

LIFESKILL CURRICULUM-

Months	Introduction to Basic Life Skills	Learning Outcomes
April	Self-awareness & Emotional Recognition. Personal Hygiene and Self-care	To help students understand their emotions, identify strengths and weaknesses, and develop self-control. They will learn personal hygiene ,routine to follow.
May	Basic Social Skills Independence , Sharing and Taking Turns	To promote positive social interactions and collaborative skills. To instill habit of sharing and caring
	Building Social and Emotional Skills	
July	Understanding Boundaries Emotional Regulation	Students will learn what personal boundaries are (e.g., respecting others' personal space, privacy, and belongings) and why they are important in maintaining healthy relationships.
Aug	Teamwork and Cooperation, Problem solving Healthy habits	To instill polite behavior and good social manners.
Sep	Gratitude and Kindness Self-care and Emotional Support	To nurture empathy, compassion, and a sense of community. To instill habit of thankfulness
	Practical Life Skills	
Oct	Safety Awareness	To teach students to recognize risks and follow safety protocols
Nov	Environmental Awareness	Students will identify different natural resources, such as air, water, soil, trees, and animals, and understand how they are essential for life.
Dec	Helping with Household Tasks	Students will learn what it means to be responsible for certain tasks at home and understand that everyone has a role in maintaining a clean and organized environment.

	Advanced Life Skills for Independence	
Jan	Time Management and study habits	To teach students how to prioritize tasks and manage their time effectively
Feb	Friendship and Socializing	Students will understand what it means to be a good friend and will be able to initiate and maintain positive friendships with their peers.

Nursery -KG (3-5 Years Old)

April to June 2025: Introduction to Basic Life Skills

1. Self-awareness & Emotional Recognition
 - Recognizing basic emotions (happy, sad, angry, scared).
 - Expressing emotions through simple words or facial expressions.
 - Simple concepts of good touch and bad touch.
2. Understanding Routine
 - Following a basic daily routine (e.g., morning activities, lunchtime, nap time).
 - Learning about the concept of time (e.g., understanding "soon" or "later").
3. Personal Hygiene and Self-care
 - Washing hands after meals and using the toilet independently.
 - Brushing teeth with assistance.
 - Identifying when they are hungry or thirsty.
4. Basic Social Skills
 - Saying "please" and "thank you."
 - Greeting people politely (e.g., saying "hello").
5. Independence
 - Putting away toys and personal belongings.
 - Trying to put on shoes or jackets with minimal help.
6. Sharing and Taking Turns
 - Sharing toys, saying "please" and "thank you"
 - Taking turns, listening to others, asking politely for things
 - Asking for help using words.
 - Communicating basic needs (e.g., "I need water").

July to September 2025: Building Social and Emotional Skills

1. Understanding Boundaries
 - Learning to respect personal space.
 - Identifying private and public spaces.
2. Emotional Regulation
 - Identifying feelings and practicing self-regulation (e.g., using relaxation techniques when upset).
 - Recognizing how others may feel and responding with empathy.
3. Teamwork and Cooperation
 - Playing together and cooperating during group play
 - Working together to complete a task (simple group activities)
 - Collaborating in group projects and respecting others' opinions
4. Problem Solving
 - Identifying simple problems (e.g., "I can't find my toy").
 - Asking for help or finding solutions with guidance.
5. Healthy Habits
 - Introduction to healthy foods (fruits, vegetables).
 - Drinking water and avoiding sugary drinks.
 - Learning about sleep routines and the importance of rest.

6. Gratitude and kindness

- Saying "thank you" and showing appreciation
- Helping others, offering compliments
- Writing notes of appreciation, doing kind acts for others

7 . Self-care and Emotional Support

- Understanding when to ask for help (from teachers, parents)
 - Recognizing when they need a break or quiet time
 - Understanding how to talk to trusted adults when feeling anxious or sad
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October to December 2025: Practical Skills and Awareness

1. Safety Awareness
 - Knowing basic safety rules (e.g., not talking to strangers).
 - Identifying emergency numbers (fire, police).
 - Following adult instructions for safety (e.g., holding hands when crossing the street).
 2. Civic and Environmental Awareness
 - Understanding basic environmental issues and how to help (e.g., recycling, saving water).
 - Taking part in community activities or helping others.
 3. Helping Around the House
 - Putting toys away after play.
 - Helping with small household tasks (e.g., placing their plate in the sink).
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January to February 2026: Advanced Lifeskills for independence

1. Time Management and Study Habits
 - Organizing daily schedules and responsibilities.
 - Understanding the importance of planning ahead.
2. Friendship and Socializing
 - Sharing and cooperating with classmates.
 - Developing friendships through games and activities.
 - Practicing polite greetings, sharing, and taking turns.

CURRICULUM – Grade 1st -2nd

April: Self-awareness & Emotional Recognition

- Focus: Understanding one's own emotions and recognizing how they influence behavior.
- Topics: Identifying emotions, self-reflection, mindfulness techniques.
- Storytime & Discussion: Read a story where characters experience different emotions. Discuss how the characters might feel and why.
- Self-care & Personal Hygiene: The importance of hygiene as part of self-awareness and care for oneself.

May: Basic Social Skills, Independence, Sharing & Taking Turns

- Focus: Socializing, understanding personal space, and practicing shared activities.
- Topics: Effective communication, listening, making friends, respecting others' boundaries.
- Compliment Circle: Children give compliments to their classmates (e.g., "I like your shirt!" or "You did a great job!").
- Social Story Time: Read stories about making friends and being polite
- Sharing Game: Have children take turns playing a game like "Pass the Ball" or sharing classroom materials.
- Turn-Taking Games: Play games like "Simon Says" or "Duck, Duck, Goose" to practice waiting their turn.

July: Understanding Boundaries & Emotional Regulation

- Focus: Setting personal boundaries and managing emotional responses.
- Topics: Learning how to say "no", recognizing when you need space, stress management techniques
- Emotion Charades: Children act out different emotions while others guess the feeling.
- Boundary Story: Read a book or create a story about a character learning about respecting others' boundaries
- Puzzle Time: Children work together to solve a simple puzzle, learning the importance of cooperation and problem-solving.

August: Teamwork and Cooperation, Problem Solving

- Focus: Working together in groups and resolving conflicts.
- Topics: Conflict resolution strategies, collaboration in teams, and developing problem-solving skills.
- Group Games: Play cooperative games like "Build a Tower" with blocks where everyone must work together to achieve a common goal.

September: Gratitude & Kindness, Self-care & Emotional Support

- Focus: Cultivating positive emotions and building supportive relationships.
- Topics: Practicing gratitude, random acts of kindness, self-care routines, and seeking emotional support when needed.
- Gratitude Tree: Create a "Gratitude Tree" on the wall where children add leaves with things they are thankful for.
- Kindness Jar: Each child writes something kind they did for someone that day and puts it in the jar. At the end of the week, share the acts of kindness.

Self-care & Emotional Support

- Self-care Routine: Discuss and practice self-care routines like taking breaks, talking to a trusted adult, and asking for help.

October: Safety Awareness

- Focus: Understanding personal safety, both physical and digital.
- Topics: Road safety, online safety, recognizing unsafe situations, emergency procedures.

□ Safety Drill Practice: Teach children the steps for fire drills, how to cross the street safely, and where to find help.

November: Environmental Awareness

- Focus: Understanding environmental issues and taking responsibility for sustainability.
- Topics: Recycling, conservation, eco-friendly practices, and local environmental challenges.
- Nature Walk: Take a walk around the school or neighborhood and discuss how to care for nature (e.g., not littering, picking up trash).
- Planting Seeds: Have children plant seeds in a small pot or garden as a hands-on activity to learn about sustainability

December: Helping with Household Tasks & Advanced Life Skills for Independence

- Focus: Practical life skills for independent living and household responsibilities.
- Topics: Cooking, cleaning, budgeting, and basic home maintenance.

January: Time Management & Study Habits

- Focus: Developing effective time management skills for work and study.
- Topics: Creating schedules, prioritizing tasks, avoiding procrastination, effective study techniques.
- Schedule Practice: Create a simple daily schedule with pictures and words, showing what to do at certain times of the day (e.g., after breakfast, it's time to play or study).

February: Friendship & Socializing

- Focus: Strengthening friendships and social interactions.
- Topics: Building and maintaining friendships, understanding social cues, and handling social conflicts.
- Compliment Tree: Each child writes a compliment to a classmate, and the compliments are hung on a "friendship tree."
- Friendship Stories: Read stories about the value of friendship, like "Frog and Toad Are Friends."