

Life Skills Curriculum Grade 1 to Grade 6

S.no	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6
1	Actions and Consequences	Looking Up- Respecting Elders	Get Set Right- Organizing Skills	Writing Diaries	Beauty of Diversity	Time Management
2	Stop Telling Lies	Fair Play- Honesty and Ethics	Mind Maps for Studies	Anger Management- L1	World of Money	Focus and determination
3	Giving and Sharing – L1	Bond to win- Team Work- L1	The Last Mile	Anger Management - L2	Beauty within- Empathy	Critical Thinking- L1
4	Giving and Sharing- L2	Bond to win- Team Work- L2	Why we go to work?	Building Self Esteem- L3	Building Self Esteem- L5	Managing Chaos
5	Self Control- L1	Self Control- L3	Breaking Bad Habits	Building Self Esteem- L4	Building Self Esteem- L6	Contentment
6	Self Control- L2	Self Control- L4	Forming Good Habits	Civic Sense	Art of discussion- L1	Aggressive VS Assertive
7	Stranger Safety	Grooming and Etiquettes- L1	Active Listening- L1	Taking Initiative	Art of discussion- L2	Sportsmanship
8	Mighty and Tidy	Grooming and Etiquettes- L2	Active Listening- L2	Finding your interests	Finding your role model	Active Listening
9	Heroes and Villains	Story Telling- L1	Speak Good, Speak Positive	Giving and Caring	Will to find ways	Finding your talents
10	Family and I	Story Telling- L2	Buddy Teaching	Why do we need Why?	Needs VS Wants	Public Speaking- L1
11	Emoticons L1: Labeling Emotions	Emoticons L3: Labeling Emotions	Emoticons L5: Labeling Emotions	If I wear your shoes	Wearing your confidence	Public Speaking- L2
12	Emoticons L2: Labeling Emotions	Emoticons L4: Labeling Emotions	Emoticons L6: Labeling Emotions	Bully Busters	Emotions Express- L1	Emotions Express- L3
13	Brain Mapping	Forgiveness	Building Self Esteem- L1	My Strengths and Weakness	Emotions Express- L2	Emotions Express- L4
14	Helping Hands	Brain Gym	Building Self Esteem- L2	Patience a Virtue	Creative Thinking	Lateral Thinking
15	Model Behavior-1	Model Behavior-2	Model Behavior-3	Model Behavior-4	Model Behavior-5	Model Behavior-6
16	Facing Challenges	My Memory Bank	Not every hero wears a cape	Good and Not So Good-1	Good and Not So Good-1	Good and Not So Good-1
17	Who is in the Mirror	My Charger	My needs Vs Your Needs	World is a Stage-1	World is a Stage-2	World is a Stage-3
18	Silence is gold	If I was..	Feeling good with feelings	Trust Me Trust You-1	Trust Me Trust You-2	Trust Me Trust You-3

Life Skills Curriculum- Grade 7 to Grade 12

S.no	Grade 7	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12
1	Time Management	Overcoming Failure	Power and Authority	Money Management	Making friends and Influencing People	Importance of Resilience
2	Dealing with change	Who am I?	Rising up to challenges	Preparing for change	Overcoming fear of failure	Self Transcendence
3	Study Skills	Overcoming Social Anxiety	Beauty Within- Empathy	Dealing with Procrastination	Being Mindful	Daily Entrepreneur
4	Organizing Skills	Enjoying Responsibility	Process of Mastery	Decision Making- L1	Negotiations	Choices and Responsibilities
5	Aim Higher: Goal Setting	Let's Say No	Critical Thinking-L1	Decision Making- L2	Expectation Setting	Relationships
6	Peer Pressure	News and Views	Critical Thinking- L2	Art of Introspection	Social Media Identity	Mindfulness
7	Knowing your worth	Beauty of commitment	Anger Management	Appreciating Life through Arts and Literature	Life Beyond School	Research and Analytical Thinking
8	Problem Solving- L1	Problem Solving- L3	A brand called me	Critical Thinking- L1	Flow State	Study Skills- 1
9	Problem Solving- L2	Problem Solving- L4	Body Language	Critical Thinking- L2	Study Skills	Study Skills- 2
10	Internet Safety	What are universities for?	Right Leadership	Managing Anxiety	Giving and Receiving Feedback-L1	Managing Personal Finances
11	Resolving Conflicts	Social Online- Digital Presence	Stress Management	Public Speaking and Presentations	Giving and Receiving Feedback-L2	Influencing Others
12	Why and how to say sorry	What is Confidence	Emotional Translation	Emotional Intelligence- L1	Emotional Intelligence- L3	Emotional Intelligence- L5
13	Overcoming Bad Inner Voices	Journey into the brain	Humor in conversations	Emotional Intelligence- L2	Emotional Intelligence- L4	Emotional Intelligence- L6
14	Leadership	Appreciating Life through Arts and Literature	World of Vocation	Career Guidance -L1	Career Guidance-L3	Career Guidance –L5
15	Model Behavior-3	Model Behavior-3	Model Behavior-3	Model Behavior-4	Model Behavior-4	Model Behavior-4
16	Taking a Stand-1	Taking a Stand-2	Taking a Stand-3	Taking a Stand-4	Taking a Stand-5	Taking a Stand-6
17	Identity Quest-1	Identity Quest-2	Identity Quest-3	Identity Quest-4	Identity Quest-5	Identity Quest-6
18	Give up or not	Watch yourself	Building Confidence	Building Trust	Finding Passions	Finding Meaning

19	Higher Conscious -1	Higher Conscious -2	Higher Conscious -3	Higher Conscious -4	Higher Conscious -5	Higher Conscious -6
20	I am ok You are Ok	Life is Good	Life through Arts-1	Life through Arts-2	Life through Arts-3	Life through Arts-4
#	Assessment/Counseling	Assessment/Counseling	Assessment/Counseling	Career Guidance -L2+ Career Counseling	Career Guidance- L4+ Career Counseling	Career Guidance –L6+ Career Counseling

