

CLASS - 6

MONTH	DATE	TOPIC	TOPIC DETAILS	CLASSES REQUIRED
APRIL	1.04 to 08.04.22	Introduction	Building Rapport with the students	1
	11.04 TO 22.04.22	An introduction to Life skills	<ul style="list-style-type: none"> ➤ What is life skills ➤ Who needs life skills ➤ Why it is important 	2
	26.04 TO 07.05.22	Knowing Myself	<ul style="list-style-type: none"> ➤ Discussion on Inner Self ➤ Activity: Assessing your own Worth 	2
MAY	9.05 TO 13.05.22	Setting Goals In Life	<ul style="list-style-type: none"> ➤ How to set goals on life ➤ Activity: Setting Goal Quiz 	1
	16.05 TO 19.05.22	Problem Solving	<ul style="list-style-type: none"> ➤ Why we need Problem Solving as Important Skill in Life 	1
JUNE	27.06 TO 2.06.2022	Problem Solving	<ul style="list-style-type: none"> ➤ Activity : Where There is will there is Way 	1
SUMMER VACATIONS				
JULY	4.07 TO 14.07.2022	Interpersonal Skills: Me and My Dear Family.	<ul style="list-style-type: none"> ➤ PPT: Best Parents in the Universe ➤ Activity: Feeling Words 	2
	18.07 TO 30.07.2022	What and What is not necessary in relationship building	<ul style="list-style-type: none"> ➤ Beyond Appearance ➤ Activity: My Relationship Web 	2
AUGUST	1.08 TO 12.08	Effective Communication	<ul style="list-style-type: none"> ➤ Feel your words before you speak ➤ Speak Good and Think Positive 	2
	16.08 TO 26.08.2022	Coping with Stress	<ul style="list-style-type: none"> ➤ Discussion on What is Stress. How to manage with your stress ➤ Activity: Peer Sharing 	2
SEPTEMBER	29.08 TO 14.09.2022	Study Habits	<ul style="list-style-type: none"> ➤ Good study Habits including Concentration Memory Techniques 	2
COMMENCEMENT OF SA1				
	26.09 TO 5.10.2022	Managing Time Effectively	<ul style="list-style-type: none"> ➤ Importance of Routine including Time Management 	1
AUTUMN BREAK				
OCTOBER	19.10 TO 28.10.2022	Managing Emotions	Managing Emotions <ul style="list-style-type: none"> ➤ Managing Anger ➤ Activity: Empty Chair 	3
NOVEMBER	2.11 TO 11.11.2022	Problem Solving	<ul style="list-style-type: none"> ➤ What is Problem Solving? ➤ Why it is important as Life skills ➤ Problem Solving Includes Creative as well as Critical Thinking 	2

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	15.11 TO 26.11	Self Esteem	<ul style="list-style-type: none"> ➤ Activity Buddy Teaching ➤ What is Self Esteem ➤ Why it is important ➤ How it helps in building confidence 	2
DECEMBER	29.11 TO 9.12.2022	Empathy	<ul style="list-style-type: none"> ➤ Why it is important to be empathetic towards others ➤ Activity: Give Respect to Earn Respect 	2
	12.12 TO 21.12.2022	Effective Communication Skills	<ul style="list-style-type: none"> ➤ Important Determinants Of Effective Communication ➤ Listening An Important Source Of Learning ➤ Assertive Behaviour 	2
WINTER VACATIONS				
JANUARY	02.01.2023 TO 13.01	Child Trafficking	<ul style="list-style-type: none"> ➤ What is Child Trafficking ➤ How to avoid Child Trafficking 	2
	16.01 TO 28.01.2023	Child and Sexual Abuse	<ul style="list-style-type: none"> ➤ What is Child Abuse ➤ What is Sexual Abuse ➤ Who is responsible 	2
FEBRUARY	30.01 TO 18.02.23	Examination Anxiety	<ul style="list-style-type: none"> ➤ Jacobs Relaxation Technique ➤ Presentation on How to handle Examination Anxiety 	3
COMMENCEMENT OF SA2				

CLASS - 7

MONTH	DATE	TOPIC	TOPIC DETAILS	CLASSES REQUIRED
APRIL	1.04 TO 16.04.2022	An introduction to Life skills	<ul style="list-style-type: none"> ➤ What is life skills ➤ Who needs life skills ➤ Why it is important 	2
	18.04 TO 30.04.2022	Knowing Myself	<ul style="list-style-type: none"> ➤ The Role of Self Esteem ➤ How to overcome from low self Esteem ➤ Activity: I am Special In My own Way 	2
MAY	2.05 TO 13.05.2022	Interpersonal Skills: Me and My Friendship	<ul style="list-style-type: none"> ➤ Meaning of Special Relationship- Friendship ➤ Appreciating Others 	2
	16.05 TO 19.05.2022	Activity For Interpersonal Relationships	My Relationship Temperature Chart	1
SUMMER VACATIONS				
JUNE	27.06 TO 2.06.2022	Critical Thinking	<ul style="list-style-type: none"> ➤ What is Critical Thinking ➤ Why it is necessary ➤ Discussion On Fact and Fiction 	1
JULY	4.07 TO 14.07.2022	Effective Communication	<ul style="list-style-type: none"> ➤ What is Verbal and Nonverbal Communication ➤ Why being Assertive is important ➤ Activity: You and I statement 	2
	18.07 TO 30.07.2022	Coping with stress	<ul style="list-style-type: none"> ➤ What is Stress ➤ Factors that contribute to stress ➤ How to handle Stress ➤ Activity: My Stress Journal 	2
AUGUST	1.08 TO 12.08.2022	Empathy	<ul style="list-style-type: none"> ➤ What is Empathy ➤ Discussion on why being empathetic is important ➤ Treat others the way you want to be treated-how Respect ➤ ➤ 	2
	16.08 TO 26.08.2022	Problem Solving	<ul style="list-style-type: none"> ➤ What is Problem Solving? ➤ How to handle conflicts in life ➤ Activity: Addressing Conflicts 	2
SEPTEMBER	29.08 TO 14.09.2022	Some Examination Tips to handle Exam Anxiety	<ul style="list-style-type: none"> ➤ Presentation on How to handle Examination Anxiety 	2
COMMENCEMENT OF SA1				
	26.09 TO 5.10.2022	Relaxation Exercise	<ul style="list-style-type: none"> ➤ Jacobson Relaxation Technique 	1
AUTUMN BREAK				

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OCTOBER	19.10 TO 28.10. 2022	Study Habits	<ul style="list-style-type: none"> ➤ Good study Habits including Concentration Memory Techniques and Importance of Routine 	2
NOVEMBER	2.11 TO 11.11. 2022	Patience	<ul style="list-style-type: none"> ➤ What is Patience ➤ Why patience is one of the important life skills ➤ Patience helps in making decisions ➤ Activity: Patience is the virtue which is often rewarding 	2
	15.11 TO 26.11. 2022	Social Etiquettes and Norms	<ul style="list-style-type: none"> ➤ SOCIAL Etiquettes at Public Place ➤ Formal Etiquettes and Behavior in School 	2
DECEMBER	29.11 TO 9.12. 2022	Drug Abuse and Addiction	<ul style="list-style-type: none"> ➤ What Is Drug Abuse and Addiction ➤ Consequences and Reasons of Addictions 	2
	12.12 TO 21.12. 2022	Addressing Adolescents issues	<ul style="list-style-type: none"> ➤ In general Addressing the Adolescents Issues 	2
WINTER BREAK				
JANUARY	02.01.2017 TO 13.01. 23	Child Trafficking	<ul style="list-style-type: none"> ➤ What is Child Trafficking ➤ How to avoid Child Trafficking 	2
	16.01 TO 28.01. 2022	Child and Sexual Abuse	<ul style="list-style-type: none"> ➤ What is Child Abuse ➤ What is Sexual Abuse ➤ Who is responsible 	2
FEBRUARY	30.01 TO 18.02. 2023	Decision Making	<ul style="list-style-type: none"> ➤ What is Decision Making ➤ Factors that we have to keep in mind while making decisions ➤ Apply 3 C while making Decision ➤ Activity: 3 c in making decisions 	3
COMMENCEMENT OF SA2				

CLASS 8

MONTH	DATE	TOPIC	TOPIC DETAILS	Total periods
			Life skills- Meaning and Importance	01
April	01.04 TO 08.04.22	Introduction of Life Skills	<ul style="list-style-type: none"> ➤ My strength- Activity on appreciating the good qualities in Oneself ➤ The Role of self esteem- understanding what is high and low self-esteem ➤ Overcoming Low self esteem 	03
	11.04 TO 30.04.2022	Internalizing Life skills		
May	02.05 TO 07.05.22	Empathy	Helping Hands	01
	09.05 TO 19.05.22		Activity: Patience is the virtue which is often rewarding Activity-Role Play	02
SUMMER VACATIONS				
July	26.06 to 02.07.22	Internalizing Life skills	Building positive Self Esteem- setting Goals	01
	04.07 TO 07.07.22	Anti- Bullying	Activity: Nobody wants to Befriend A Bully	01
	11.07 TO 16.07.22	Good study habits	Good study Habits including Concentration Memory Techniques and Importance of Routine	01
	18.07 TO 30.07.22	Critical thinking	<ul style="list-style-type: none"> ➤ Activity -1 Facts and Fiction ➤ Activity 2- To be or not to be 	02
August	02.08 TO 12.08.22	Anger Management	<ul style="list-style-type: none"> ➤ Understanding Anger ➤ Managing Anger- activity 	02
	16.08 TO 26.08.22	Managing emotions	<ul style="list-style-type: none"> ➤ Expressing emotions ➤ Managing emotions- activity 	02
September	29.08 TO 14.09.22	Coping with stress	<ul style="list-style-type: none"> ➤ What happened when stressed? ➤ stress snap- activity ➤ Coping with stress 	02
COMMENCEMENT OF SA1				
October	1.10 to 5.10.2022	Problem Solving	Puzzles and Teasers- activity 1	01
AUTUMN BREAK				
	19.10 TO 28.10.22	Problem Solving	Activity 4- birthday line-up (outdoor)	02
November	2.11 TO 5.11.22	Internalizing Life skill	The grace of being polite	01
	7.11 TO 17.11.22	Adolescents	Adolescents is a period of Stress and Storm How it can be smooth?	1

CLASS 8

	21.11 to 30.11	Effective Communication	<ul style="list-style-type: none"> ➤ Asking Question- Activity ➤ You and I Statement (assertiveness) -activity 	02
December	02.12 TO 09.012	Empathy	Treat others the way you want to be treated --Show Respect	01
	11.12 TO 19.12	Gender sensitivity	The Role – Gender plays in society	01
WINTER BREAK				
January	04.01 TO 07.01	Substance Abuse	What is substance Abuse and its consequences	1
	09.01 TO 13.01	Peer Pressure	What is peer pressure? Its positive and Negative Effects	1
	17.01 TO 30.01	Effective communication Skills	Verbal and Non Verbal Communication Activity: Accepting Compliments Assertively	2
February	02.02 to 18.02	Some Examination Tips to handle Exam Anxiety Relaxation Exercise	<ul style="list-style-type: none"> ➤ Presentation on How to handle Examination Anxiety ➤ Presentation Skills ➤ Relaxation Technique 	3
COMMENCEMENT OF SA2				

CLASS 9

MONTH	DATE	TOPIC	TOPIC DETAILS	CLASSES REQUIRED
APRIL	1.04 TO 16.04.22	Introduction to uses of life skills	<ul style="list-style-type: none"> ➤ Building Rapport with the students ➤ What is the importance of life skills ➤ How it is beneficial in our daily living 	2
	18.04 TO 30.04	Activity: Introspection	<ul style="list-style-type: none"> ➤ My say on Life Skills ➤ SWOT Analysis 	2
MAY	2.05 TO 13.05.2022	Interpersonal Skills:	<ul style="list-style-type: none"> ➤ Balancing my relationship with others ➤ Balancing Me and My Parents /Teachers expectations ➤ Activity: Me and my Parents' ... Celebrating our Communication 	2
	16.05 TO 19.05.22	Managing Emotions in Adolescents Period	<ul style="list-style-type: none"> ➤ Discussion Difference Between Love and Infatuation 	1
SUMMER VACATIONS				
JUNE	27.06 TO 2.06.22	Peer Educator	<ul style="list-style-type: none"> ➤ What is Peer Educator ➤ Activity: Working Together 	1
JULY	4.07 TO 14.07.22	Effective Communication	<ul style="list-style-type: none"> ➤ PPT: Understanding and managing verbal cues of myself and others ➤ Activity: I understand what you say? 	2
	18.07 TO 30.07.22	Coping with stress	<ul style="list-style-type: none"> ➤ What is Stress ➤ Factors that contribute to stress ➤ How to handle Stress ➤ Activity: Coping with stress 	2
AUGUST	1.08 TO 12.08.22	Goal Setting	<ul style="list-style-type: none"> ➤ What is goal setting? ➤ How goal setting is related to make career plan ➤ Activity: The deciding Factor 	2
	16.08 TO 26.08.22	Beliefs Attitude and Discrimination	<ul style="list-style-type: none"> ➤ Brain Storming Role Play and Situational Analysis 	2
SEPTEMBER	29.08 TO 14.09.22	Some Examination Tips to handle Exam Anxiety	<ul style="list-style-type: none"> ➤ Presentation on How to handle Examination Anxiety (Time Management ,Concentration and Memory Techniques) ➤ Presentation Skills 	2
COMMENCEMENT OF SA1				
	26.09 TO 5.10.22	Media and Its influence	Activity 2: Analysis Advertisements Media for Developing Good Nutrition Practices	1
AUTUMN BREAK				
OCTOBER	19.10.22	Learning Style	➤ PPT on Different Learning Style and	2

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	TO 28.10.22		Their Importance ➤ Assessing your own Learning Style	
NOVEMBER	2.11 TO 11.11.22	Emotional Quotient	➤ Assessing Emotional Quotient ➤ What is EQ and why it is important?	2
	15.11 TO 26.11	Social Etiquettes and Norms	➤ SOCIAL Etiquettes at Public Place ➤ Formal Etiquettes and Behaviour in School	2
DECEMBER	29.11 TO 9.12.22	High Risk Behaviour Drug Abuse and Addiction	PPT ➤ What Is Drug Abuse and Addiction ➤ Consequences and Reasons of Addictions ➤ Tattooing its negative impact ➤ HIV/ AIDS	2
	12.12 TO 21.12.22	Anti Bullying	➤ Anti Bullying ➤ Its negative effects and consequences	2
WINTER BREAK				
JANUARY	02.01.2022 TO 13.01	Managing Emotions	➤ How to handle my emotions ➤ PPT on Anger and Its Management ➤ Activity: What would I do if?	2
	16.01 TO 28.01.22	Conflict Management	➤ Activity: The Problem Solving approach ➤ Activity: MY D3 (Dear , Decision Diary)	2
FEBRUARY	30.01 TO 04.02.22	Cyber Wellness	➤ Internet Addiction ➤ Netiquettes	1
	06.02 to 18.02.2022	Some Examination Tips to handle Exam Anxiety	➤ Presentation on How to handle Examination Anxiety (Time Management ,Concentration and Memory Techniques) ➤ Presentation Skills	2
COMMENCEMENT OF SA2				

CLASS 10

Month	Date	Topic	Topic Details	No. Of Period
			Building rapport with the student	01
April	1/4/22	Introduction with the students		02
	8/4/22	Introduction to life skills	Activity- Analyzing my relations with the environment around me	
	11/4/22		Activity- When are life skills required	01
	22/4/22		Activity -My name is ME	
	25/4/22	Self Awareness	<ul style="list-style-type: none"> To promote the students' awareness and appreciation about themselves 	01
	30/4/22		<ul style="list-style-type: none"> To help student s reflect on their self worth 	
May	2/5-7/5/22	Self Esteem		01
	9/5-19/5/2022	Learning styles	Assessing techniques of learning and applying - Questionnaire	02
Summer Vacation				
June	27/6-2/7-2022	Concentration and Memory	<ul style="list-style-type: none"> How to eliminate Distraction Techniques to enhance memory 	01
July	4/7-7/7/2022	Interpersonal Relationships	Activity- Healthy relationship To develop positive attitude to build healthy relationship	01
	11/7-16/7/22	Effective communication	Activity-hearing and listening	01
	18/7-23/7/22	Managing emotions	What is EQ and why it is Important? Activity- Role play	01
	25/7-30/7/22	Interpersonal Reactivity Index	Activity- People Around me	01
August	1/8- 6/8/22	Anti Bullying	How to develop the qualities of Empathy leaders- Brainstorming and GD	01
	8/8-20/8/22	High Risk Behaviour	<ul style="list-style-type: none"> Substance abuse HIV/AIDS- basic facts, transmission & prevention Internet Addiction 	02
	22/8-26/8/22	Critical thinking/ Goal setting	Activity- My subject, my career, my choice	01
September	29/8-3/9/22	Interest and Aptitude	<ul style="list-style-type: none"> What is interest and aptitude? How it is related to goal setting? - GD 	01
	6/9-14/9/22	Handling Exam Anxiety	<ul style="list-style-type: none"> Presentation Skills on Answer sheet Handling nervousness Preparation for exams 	02
	16/9/22	Commencement of SA-1		
October	26/9-5/10/22	My Value system	Beliefs, prejudices and Discrimination. Activity- Brainstorming, Role play, Situation Analysis	02

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Autumn Break				
	19/10-28/10/22	Peer Education	Activity- Helping friends " I can Help U"	01
November	2/11-11/11/22	Empathy	Activity(pen and Paper)- working together	01
	15/11-3/12/22	Decision making	Activity- Why we decide on what we decide PPT and Case studies- <ul style="list-style-type: none"> • Decision making steps • Discuss process of decision making 	02
December	5/12-22/9/12/22	Critical thinking	Activity- Lets make things better	01
	11/12-19/12/22	Problem Solving	Activity-Conflict management skills	01
WINTER VACATIONS				
January	2/1/17-7/1/23	Time Management	PPT- Importance of time management and Prioritising	01
	9/1-21/1/2023	Stress management	Questionnaire- How You perceive your own stress Activity- Just Chill out <ul style="list-style-type: none"> • Enhance students' understanding about causes of stress • How stress affects our body and mind 	02
	23/1-27/1/23	Critical Thinking	Gender stereotypes	01
February	30/1-4/2/23	Effective communication	Activity- Action speaks louder than voice	01
	6/2- 19/23	Need based class counselling of the students facing problems		02
	20/2/17/23	Commencement of SA2		

Class 11

Month	Date	Topic	Topic Details	No. of periods
April	1/4/16	Introduction class	Rapport building	01
	8/4/2022	Self Awareness	<ul style="list-style-type: none"> Activity- understanding inner-self Activity- Analyzing my relations with the environment around me 	02
	11/4-22/4			
May	26/4-7/5/22	Setting goals	<ul style="list-style-type: none"> Career talks- brain storming Career prospect- situational analysis 	02
	9/5- 13/5/22	Time management	Time and stress relation, managing time- PPT and role play	01
	16/5-19/5/22	Problem solving	Activity- The six thinking hats	01
		Summer vacation		
May- June				
July	27/6-7/7/22	Problem solving	Activity- understanding a problem better	02
	11/7- 16/7/22	Decision making	Activity- conflicts! My conflicts/ group discussions and brainstorming	01
		Anger management	Activity- Your triggers for anger	01
August	1/8-6/8/22	UT-1 of class xi		
	8/8- 19/8/22	High risk behaviours	<ul style="list-style-type: none"> HIV/ AIDS Substance Abuse 	02
	22/8-3/9/22	Interpersonal relationship	<ul style="list-style-type: none"> Understanding Peer Pressure and Being assertive- Debate 	01
		Examination presentation skills	Some tips on presenting well in examination- brainstorming/ GD/PPT	01
September	5/9-23/9/22	Emotional Quotient	<ul style="list-style-type: none"> Be emotionally Smart-Assessment EQ and Discussion Accepting Compliments Assertively activity 	03
October	26/9-5/10/22	Decision Making /stress management	Utilizing Autumn Break- Activity/ Brain storming Coping with stress	01
	8/10-18/10/22	Autumn break		
	19/10- 21/10/2022	Need based Class counselling of the students facing problems		01
	24/10/2022	Half Yearly of Class 11		

November	7/11-19/11/22	Critical Thinking	Gender Stereotype	02
	21/9-30/11/22	Need based Class counselling of the students facing problems		01
December	1/12-9/12/22	UT2 of Class 11		
	12/12-19/12/22	Decision making	Activity- Why we decide on what we decide PPT and Case studies- <ul style="list-style-type: none"> • Decision making steps • Discuss process of decision making 	02
WINTER BREAK				
January	02/01-20/01/23	Stress management	Questionnaire- How You perceive your own stress Activity- Just Chill out <ul style="list-style-type: none"> • Enhance students' understanding about causes of stress • How stress affects our body and mind 	3
	23/01 - 31/01/23	Career Talks	Discussion on Various Career Related to Streams	2
February	02/02 - 19/02/23	Need based Class counselling of the students facing problems		2