

CHINMAYA VIDYALAYA NARUVAMOODU

LIFE SKILL ACTIVITIES 2023-24

MONTH	Std 1 -4	Std 5-7	Std 8-12
JUNE	Orientation	Orientation	Orientation
JULY	Safe and Unsafe Touch	Rules and Responsibilities	Rules and Responsibilities
AUGUST	Bullying	Bullying and Anger Management	POCSO Act, Close relationships
SEPTEMBER	Auditory skill Development	Children's Act	Personality development
OCTOBER	Memory	Mental Wellbeing	Mental Wellbeing
NOVEMBER	Importance of " Games"	Healthy food habits to maintain Wellness	Substance Use , Abuse and Addiction
DECEMBER	Healthy food habits to maintain Wellness	Interpersonal Attraction and Close Relationship	HIV in adolescent/Role of youth in prevention HIV
JANUARY	Responsibilities	Learning Styles	Entertainment for teenagers
FEBRUARY	Empathy Skills	Leadership skills	Learning Styles