

Life Skills Workshop.

An art based workshop on
imparting life skills to youth

Ashok Kumar

jembeashok.com

+91 9980 344 788

Life Skills

definition: A skill that is necessary or desirable for full participation in everyday life

"Change happens, if it needs to, when we become aware of what we are, not when we try to become what we are not."

— Philippa Perry



Observe
/ Learn



Visual
/ Draw



Speak
/ Listen



Perform
/ Engage

We will be using art, movement, theatre, drums and music based activities to allow youth to explore about themselves and learn life skills. This is an intensive group activity based workshop.

Sample Schedule

Week 1: Introduction

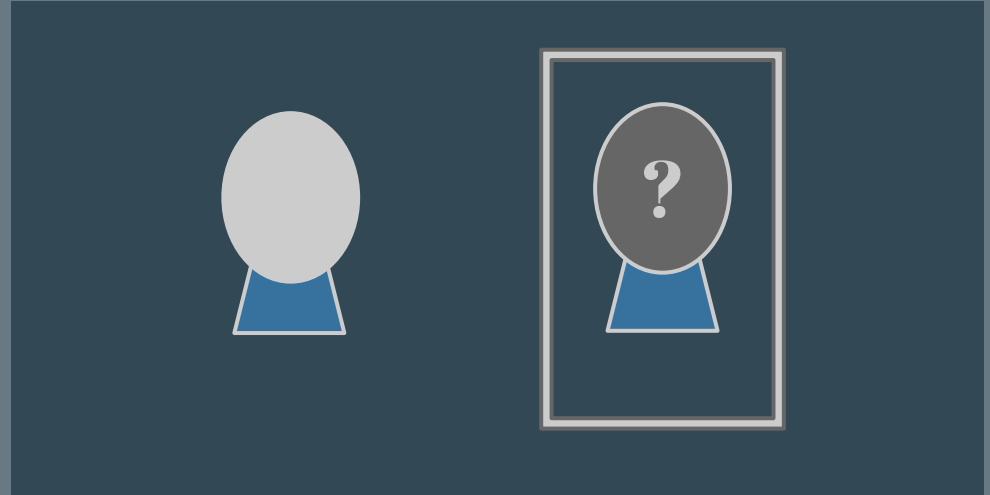
Week 2: Self Awareness

Week 3: Effective Communication

Week 4: Interpersonal Relationships

Self Awareness

definition: conscious knowledge of one's own character, feelings, motives, and desires



What is self awareness - physically, emotional and intellectually? Do I know myself? Why do I behave in certain ways? What are my triggers? Am I aware of my conditioned patterns?

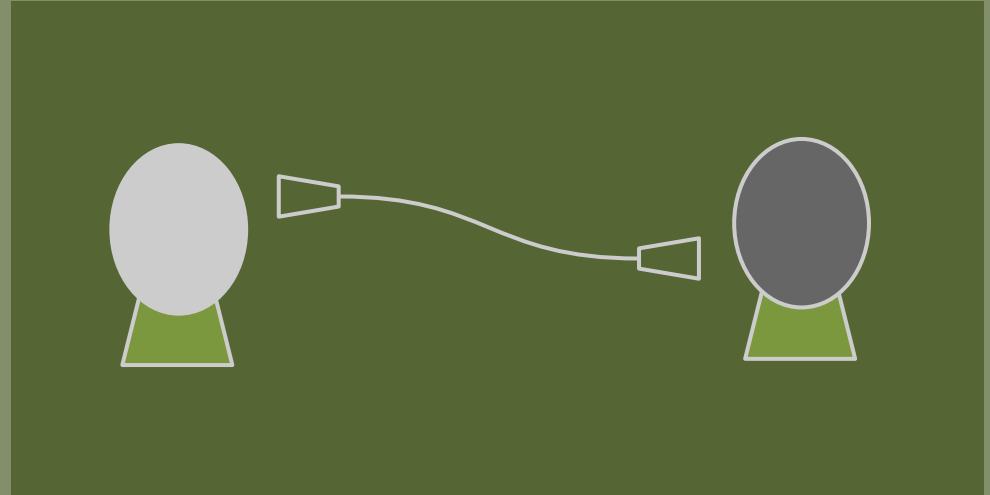
Sample Activities

- Clap and move, stop and move
- Moving in a circle and finding your center
- Mirroring the action of a partner
- Sit in silence and pay attention to thoughts
- Awareness of breathing while walking

"Everything that irritates us about others can lead us to an understanding of ourselves."
— C. G. Jung

Effective Communication

definition: the successful conveying or sharing of ideas and feelings



Can I express myself verbally and non-verbally in an appropriate manner? Am I able to express my ideas, opinions, fears and seek assistance and advice in times of need?

"The most basic of all human needs is the need to understand and be understood. The best way to understand people is to listen to them."

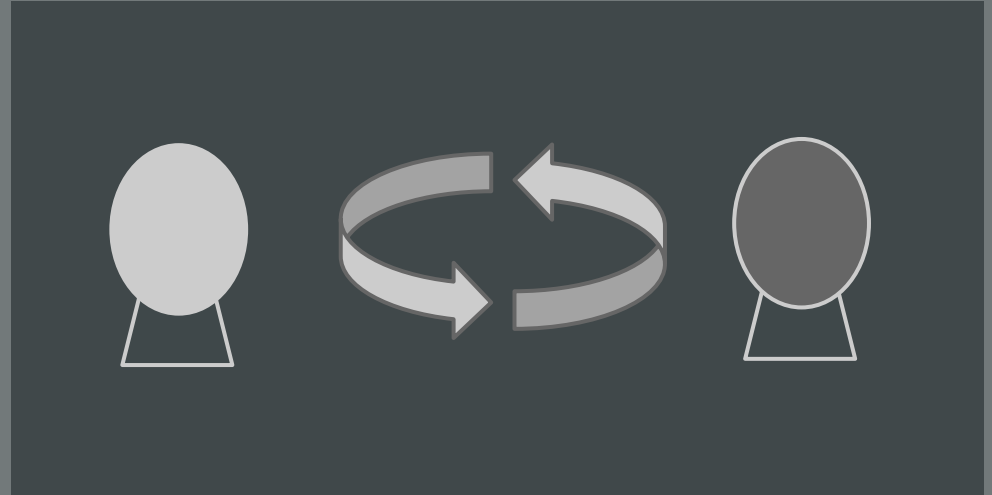
— Ralph Nichols

Sample Activities

- Active and passive listening exercise
- Role of body language
- Fish bowl - speaker, listener and observer
- True voice exercise
- Chinese whispers, public speaking

Inter- personal Relationship

definition: the way in which two or more people regard and behave towards each other



What is my relationship with friends, family, and with society? Do I relate to them in a positive or negative manner? How do I engage with them and build trust in my relationships?

Sample Activities

- Blindfolded walk, alone or with a partner
- Leader and follower exercise
- Clapping in a circle together
- Two person group presentation
- Falling with trust in to a group

"We're never so vulnerable than when we trust someone - but paradoxically, if we cannot trust, neither can we find love or joy."

— Walter Anderson
