

# Life Skills Workshop



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## Methodology

Apart from Interesting PowerPoint Presentations the participants will be engaged in role plays, demonstrations, games, group activities, group discussions and much more.

## Program Content

1. Focus and Self Control
2. Perspective Taking - *Thinking about another's point of view doesn't come naturally to most children, but it can be developed*
3. Empathy - *Discuss people, their feelings and motivations with the help of a case study and ask relevant questions*
4. Effective Communication
5. Making Connections
6. Creative Thinking
7. Money or Budgeting Skills - *Learn ways to save, spend and deal effectively with money*
8. Cooking skills - *If you're home alone, what and how will you cook? (theory and group discussion)*
9. Basic First aid - *Taking care of oneself or others in an emergency*
10. Managing a home - **(For teens)** *If both your parents are working, how will you manage the house?*
11. Navigational skills - *If you are lost and have to give someone directions to your home*
12. Personal Safety - *Walking alone on the road, crossing the road, interacting with strangers, social media or online safety*

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13. Handling Emotions - *Stress at school, at home, fights with friends, etc.*
  14. Goal Setting/how to prioritise - *Setting realistic and achievable goals. Think of a tough task to be completed in very little time versus an average task in average time*
  15. Discuss about Bullying and how to handle if caught
  16. Interacting with strangers
  17. Caught in a fight
  18. Caught in a stampede
  19. Stuck in a car
  20. If you're lost and you have to seek help to reach home
  21. If you've found someone who's lost
  22. You're cooking something and there's a fire/a kitchen cloth has caught fire
  23. Someone is choking
  24. Stuck in an elevator
  25. Someone is hurting a stray
  26. There's a fire in your coaching centre building
  27. Natural Disasters
  28. Someone is drowning
  29. Someone forcefully enters your house on the pretext of being a salesman
  30. You find your house unlocked when you return home after a few hours
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