

CLASS – III: LIFE SKILLS SPLIT-UP SYLLABUS, 2025-26

EXAM	TOPIC/CHAPTER	ACTIVITIES/PROJECTS	No. of Days	No of Periods	Weightage
PT-I APRIL – JUNE	What do I feel right now? Theme 1: My Mind 1.1: Challenging Myself 1.2: Stay Calm 1.3: My Big, Beautiful Brain 1.4: Emotions- Positive and Negative 1.5: I Need a Time Out	Art-Integrated Activity: - Draw your future self Discussion: - What do you think is causing the stress? - What helped to feel better? Experiential Learning: - Showing emotions Experiential Learning/Discussion: - Things you might do when you get angry.	48	16	80
	PT-I EXAM	23rd – 30th June			
HALF-YEARLY JULY – SEPTEMBER	Theme 2: My Body 2.1: Choose what is good for you. 2.2: Sleep tight. 2.3: Good touch and bad touch. 2.4: All shapes and sizes 2.5: Digital well-being	Art-Integrated Activity: - Colour the items that are good for your health. - Draw some of the things you do before going to bed every night. Discussion: What you would do if someone tried to touch in a way that made you feel uncomfortable, scared or confuse? Experiential Learning: - Helping my friend Discussion: Matching health issues with its solutions.	58	18	80
	Theme 3: My Relationship 3.1: Girls=Boys 3.2: Empathy 3.3: Feelings and Gratitude 3.4: Trust and Help 3.5: The World Around Us.	Discussion: - Gender Equality Experiential Learning: - Observing a family member to try and understand their feeling and emotions. Discussion: - People whom you trust. - People who help us Art Integrated activity: - Draw pictures of mountains, forests, deserts and oceans.			
	Half-Yearly Exam	15th – 23rd Sept			

PT-II OCTOBER – DECEMBER 2025	Theme 4: My World 4.1: My World of Friends 4.2: Life is beautiful 4.3: We Love our Animals 4.4: Cleanliness Begins at Home 4.5: Different, but Same	Story-based: - My best friend Experiential Learning: - Write about the highs that you have faced in the last month. Art-integrated: - Draw a picture of your favourite animal. Experiential Learning: - Clean up drive Discussion: - When you see a person with disability, how will you behave with them?	45	14	80
	PT-II Exam	9th – 16th December			
YEARLY JANUARY – MARCH 2026	Theme 5: Nature is Beautiful 5.1: My Indoor Garden 5.2: Nature is our Wealth 5.3: Reduce, Reuse, Recycle 5.4: Heal the Planet My Feelings at the End of the Year	Art-Integrated activity: - Draw a garden - Create a nature art gallery drawing. Game-based: - Reduce, Reuse, Recycle Discussion: - Heal the Planet Experiential Learning: - Write/Draw-My feeling at the end of the year.	30	10	
	YEARLY EXAM	24th Feb to 4th March			