

CLASS IV: LIFE SKILLS SPLIT-UP SYLLABUS 2025-2026
(MY HAPPINESS AND ME)

EXAMS	MONTH	NO. OF DAYS	NO. OF PERIODSS	UNITS/SUBMITS/TOPICS/CHAPT ERS TO BE COVERED	ACTIVITY/PROJECT/PRACTICAL
PERIODIC TEST – I (2025)	APRIL	10	10	Theme: 1 My Mind 1.1 The Negatives and Positives 1.2 Sleep time	“Design your own Timetable”. • Make a timetable for yourself, decorate and highlight your sleep time.
	MAY	24	14	1.3 A Happy Mind Makes a Happy Me. 1.4 A Mindful S.T.O.P. 1.5 Less Screen Time; More Free Time.	i) “My Happy Place Drawing” Draw a picture of a place or moment where you feel most happy. ii) Have a guided class talk on how screen time can affect our sleep, focus and friendships. Share personal experiences.
	JUNE	14	9	Theme: 2 My Body 2.1 Learn Something New. 2.2 There is Nothing Like Water	i) Make a Water Drop Poster and write one important reason why we need water inside the drop.
HALF YEARLY (2025)	JULY	24	15	2.3 Hygiene = Well being 2.4 Let us play! 2.5 I said No!	i) Make a list of the things you do everyday to keep yourself clean and healthy. Then, take turns reading your list aloud with your friends. ii) Learning about My Body and Private Parts through fun Action Songs.
	AUGUST	20	12	Theme: 3 My Relations 3.1 Kindness Cost Nothing. 3.2 Gratitude 3.3 Strength	i) Create a surprise appreciation card for one or more of your family members. ii) Choose a character who inspires you. Reflect on their strengths and write about which of those qualities you believe you also have.
	SEPTEMBER	14	8	3.4 Doing Good. 3.5 Gender Equality.	i) Choose one kind act you would like to do for a classmate and carry it out inside the classroom today. ii) Collage Making: Collect and create a classroom collage titled “we all can!” to promote gender equality.
PERIODIC TEST – II (2025)	OCTOBER	22	13	Theme: 4 My World 4.1 Education for all. 4.2 Together we are stronger.	i) If you had the opportunity to help an underprivileged child, how would you do it? List them down and read it aloud. ii) Draw two people in your family whose strengths you admire.
	NOVEMBER	19	12	4.3 We are All Superheroes 4.4 Say ‘No!’ to Bullying.	i) Make “My Superhero Card” and write a few lines on why you think you are a superhero. ii) Write and signs a personal pledge card on Anti-bullying.
	DECEMBER	7	4	4.5 How to use my strength	i) Pick three of your strengths and draw a picture in which you can use them to make positive impact.

YEARLY/FINAL (2026)	JANUARY	18	12	Theme: 5 Nature is Beautiful 5.1 Why are Forest important? 5.2 Global Warming. 5.3 Where does our garbage go?	i) Write a poster on “Save Forest, Save Life”. ii) Create a small garbage bin using paper for collecting dry waste.
	FEBRUARY	12	11	5.4 Keeping our water Bodies clean. MY FEELINGS AT THE END OF THE YEAR.	i) “Spot the water Pollutants” – From the given picture, circle the things that don’t belong in the water.
	MARCH			REVISION	REVISION