

CLASS V: LIFE SKILLS SPLIT-UP SYLLABUS 2025-2026

EXAMS	MONTH	NO. OF DAYS	NO. OF PERIODSS	UNITS/SUBMITS/TOPICS/CHAPT ERS TO BE COVERED	ACTIVITY/PROJECT/PRACTICAL
PERIODIC TEST – I (2025)	APRIL – JUNE	48	16	What do I feel right now? Theme: 1 My Mind 1.1 We all worry 1.2 Let go... 1.3 Managing my stress. 1.4 Struggles and challenging my brain. 1.5 Flowing consistency.	Art Integrated: • Draw mindfulness toolbox. • Write thoughts bubbles. Social Emotional learning: My stress response worksheet. Self-reflection - Write struggles and challenges in your life. • Draw and describe – Hobby. • Habit tracker.
HALF YEARLY (2025)	JULY – SEPTEMBER	58	18	Theme: 2 My Body 2.1 Why is Hygiene important? 2.2 A healthy Menu. 2.3 Being Active. 2.4 Managing my time. 2.5 Screen time and sleep. 2.6 Good touch and bad touch.	Health education: Hygiene awareness quiz. Draw - Healthy foods. Physical education: Yoga with yoga bear. • My weekly school and activity planner. • Plan your to-do list. • Things that help you focus. • Illustration – record of screen time activities for one day. • Circle the appropriate answer.
PERIODIC TEST – II (2025)	OCTOBER – DECEMBER	45	14	Theme: 3 My Relationships 3.1 Give without expecting. 3.2 Bullying. 3.3 Developing Empathy. 3.4 Doing the right thing. 3.5 Digital well-being.	Value and story based: Answer the appropriate questions based on a situation. Social-motional learning: • Discussion on bullying. • Empathy challenge. • The golden rule. Real-life based: • Right vs wrong decisions. • My digital life.
YEARLY/FINAL (2026)	JANUARY - MARCH	30	10	Theme: 4 My World 4.1 Courage. 4.2 Kindness bucket. 4.3 Beyond pink and blue. 4.4 My role model. 4.5 Altruism and me.	Writing and Expression: My courage story. Interactive and real-life based: • List kind words. • Spreading kindness. Story based: Be the best version of yourself. Art Integrated: My role model drawing. Paragraph writing: Altruism in daily life.
				Theme: 5 Nature is beautiful 5.1 The trouble with humans. 5.2 Pollution and us. 5.3 Global warming 5.4 Carbon print.	Draw how human actions negatively and positively impact the planet. Game based: Dice game. Describe a pollution picture. • Actions to help fight against global warming. Draw and colour foot and hand print.