

Class VI

SYLLABUS OVERVIEW

SUBJECT: LIFE SKILL

Teacher: Ma'am NV

| Chapter No. | Name of the Chapter | Marks |
|-------------|---------------------|-------|
| Chapter 1 | My Mind | |
| Chapter 2 | My Body | |
| Chapter 3 | My Relationship | |
| Chapter 4 | My World | |
| Chapter 5 | Nature Is Beautiful | |
| TOTAL | | |

| Month | No. of Days | No. of Periods | Lesson/Unit | Activities/Projects/Practical experiment to be held/Specific Assessment Tools(s) |
|--------------------------------|----------------|----------------|--|--|
| April May | 11 20 | 4 8 | My Mind – 1 1.1 Managing Me 1.2 Stress Bucket 1.3 Respond, Do Not React 1.4 Challenging Negative Thoughts 1.5 Tech Check 1.6 Unwinding Doing What I Like | <ul style="list-style-type: none"> Creating Mandala Art as a form of Therapy and Stress Relief. Drawing different kinds of foods that have different colours to represent “Eat a Rainbow”. Practising different Asanas during the class for physical well-being. Draw a diagram to represent personal boundaries. A half-filled water bottle to explain the power of perspective. |
| June July | 15 23 | 6 9 | My Body – 2 2.1 Hygiene 2.2 My Bedtime Ritual 2.3 Eat a Rainbow 2.4 How Stress Affects My Body 2.5 Get Your Steps In 2.6 Tuning into My Body | |
| August September October | 20 10 18 | 8 4 6 | My Relationships – 3 3.1 Understanding My Personal Boundaries 3.2 The Power of Forgiveness 3.3 My Superpower of Resilience 3.4 Heating Up and Cooling Down 3.5 Role – Playing Conflict | |
| November December | 18 5 | 8 2 | My World – 4 4.1 Gender Equality: Challenging Prejudice 4.2 Stay Alert, Stay Safe 4.3 Understanding Disability 4.4 Stay Calm, Keep Learning 4.5 My Dream | |
| January February March | 16 19 14 | 8 6 5 | Nature Is Beautiful – 5 5.1 Epidemics and Pandemics: The Corona Virus Story 5.2 Eating Seasonal, Eating Local 5.3 Let’s Be Earth Positive 5.4 Plastic Does Not Mix with Nature | |
| | | | | |