

## Class VII

### SYLLABUS OVERVIEW

### SUBJECT: LIFE SKILL

Teacher: Ma'am NV

Chapter No.	Name of the Chapter
Chapter 1	My Mind
Chapter 2	My Body
Chapter 3	My Relationship
Chapter 4	My World
Chapter 5	Nature Is Beautiful
<b>TOTAL</b>	

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	<b>My Mind – 1</b> 1.1 Positive Emotions 1.2 Yes, We Can! 1.3 Healthy Criticism 1.4 Don't Change My Den Again! 1.5 Yoga For Your Mind Wellness Bingo	<ul style="list-style-type: none"> <li>▪ Breathing instructions: Joining dots as a breathing exercise to help improve concentration and keep calm.</li> <li>▪ Wellness Bingo Game for physical and mental well-being.</li> <li>▪ Poster making about Digital well-being.</li> <li>▪ Unicorns – to explain the danger of social comparison.</li> <li>▪ Books – to illustrate the weight of hate.</li> </ul>
June July	15 23	6 9	<b>My Body – 2</b> 2.1 Sleep – The Invisible Charger 2.2 Stress and My Body 2.3 Eat Right to Enjoy Life 2.4 Step Out of The Comfort Zone and Be Awesome 2.5 The Weight of Hate 2.6 Good Touch, Bad Touch	
August September October	20 10 18	8 4 7	<b>My Relationships – 3</b> 3.1 Stay Safe, Stay Smart 3.2 Peer Pressure 3.3 Let Us Break Gender Stereotypes 3.4 Its Too Late 3.5 Stop. Walk. Talk.	
November December	18 5	8 2	<b>My World – 4</b> 4.1 Live a Beautiful Life 4.2 Exploring Myself 4.3 Stepping Stones 4.4 There is Always a Comeback 4.5 Challenging My Biases	
January February	16 19 14	8 6 5	<b>Nature Is Beautiful – 5</b> 5.1 Save the Seas 5.2 Victor the Virus 5.3 A World Without the Buzz of Bees 5.4 Positive Wordsearch	