

Class VIII

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
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	2 4	My Mind – 1 1.1 A Positive Outlook 1.2 Understanding my Thoughts 1.3 What is Stress 1.4 Catastrophic Thinking 1.5 Anger and Me I Have Good News!	<ul style="list-style-type: none"> Questionnaire to measure the stress level of the students using PSS (Perceived Stress Scale) by Sheldon Cohen. No sex before marriage pledge sign after sex education. A glass of water to convey the idea of stress.
June July	15 23	4 9	My Body – 2 2.1 Sleep and Energy 2.2 Exercise and Mental Well-being 2.3 Safety and Security against Violence and Injuries 2.4 My Challenging Body 2.5 My Workout	
August September October	20 10 18	8 4 6	My Relationships – 3 3.1 Who Means the Most 3.2 Positive Relationships 3.3 Listen and Draw 3.4 Do the Right Thing 3.5 Bullying	
November December	18 5	8 2	My World – 4 4.1 My Values 4.2 Helping Others – Happiness Callender 4.3 The Power of Giving 4.4 Giving to Others 4.5 All Genders Deserves	
January February March	16 19 14	8 6 5	Nature Is Beautiful – 5 5.1 Calculating my Carbon Print 5.2 Magic Milk Earth 5.3 Endangered Animals Giving to the Earth	