

KIDS WORLD SCHOOL
SESSION 2025-2026
HEALTH AND WELLNESS CLUB
CLASS – VII

Day	Module	Topic	Methodology	Activity / Video	Learning Outcomes
Day 1	Module 1: Interpersonal Relationships	Empathy & Respect	Video and Discussion	Video-based learning with discussion	To understand basic friendship skills and the value of kind behavior.
Day 2	Module 2: Promotion of Healthy Lifestyle	Daily Exercise and Healthy Habits	Video and Class Talk	Video-based learning with discussion	To understand the importance of being physically active.
Day 3	Module 3: Safe Use of Internet	Cyberbullying Awareness	Video and Class Q &A	Video-based learning with discussion	To learn to avoid sharing personal info and identify safe sites.
Day 4	Activity	Responsibility and Safety	Hands-on Activity	Friendship Band Making + Poster on Internet Safety	To apply learning by creating outputs that reflect understanding.