

KIDS WORLD SCHOOL, NAGPUR**SESSION – 2026-27****CLASS - VII****SUBJECT – LIFE SKILL**

Month	Domain	Sub Domain	Activity Name & Details	Mode	Core Life Skill	Enhanced Skill	Assessment
July Day 1	Cognitive skill	Self-Awareness	Self-Introduction & My Strengths Chart Details: Students introduce themselves and prepare a strengths chart.	Individual	Self-Awareness	Verbal communication	Participation & Presentation
July Day 2	Self-management	Goal setting & responsibility	Student write or draw one personal goal and explain how to achieve it	Group	Cooperation Skills	Goal setting	Group performance
July Day 3	Decision Making	Problem Solving & critical thinking	Give simple daily life situation (lost school bag, disagreement with a friend ,forgetting	Individual	Empathy	Understanding Others	Decision making Improve
July Day 4	Social Skills	Communication ,Team work & cooperation	Student work in groups to complete a task (building a paper tower ,puzzle or poster) discuss cooperation and communication	group	Team work challenge	Confidence Building	Role play observation
August Day 1	Internalizing life	Self-awareness	Who Am I (Self-Awareness chart)	Individual	Confidence level	Personal qualities	Self-awareness Developed
August Day2	Internalizing life	Self-reflection	Make 2 columns my strengths & I want to improve (worksheet pencil)	Individual	positive thinking	Self-evaluation	Self-reflection Completed

August Day3	Internalizing life	Emotional Awareness	Students choose emotions explain why they feel that way and discuss healthy way to manage emotions (emotion wheel , smile cards)	Individual	Express emotions	Self-control	Emotion Identified and expressed
August Day4	Internalizing life	Self-management	Students write academic goal , one personal goal and the steps to achieve them (chart paper ,sketch pen)	Individual	short term goals	Responsibility and decision making	Goals set with action plan
September Day 1	Critical thinking	Read it , write it & count it	Students read a short passage & answer 5 simple question based on it.	Individual	Critical thinking	Reading comprehension	Worksheet improve Reading and writing
September Day 2	Creative thinking	Rack your Brain	Word chain game 5-10 words without repeating any word longest correct chain wins	Individual	Creative ideas	Vocabulary & fluency	Vocabulary and Creativity Enhanced
September Day 3	Critical thinking	Communication &critical thinking	Group discussion and debate (eg mobile phone useful or harmful?)	Group	Express opinions	Logical reasoning listing confidence	Communication Improve
September Day 4	Creative	Going crazy	Student create short funny story (presentation skill)	Individual	Innovation	Creativity and planning	Story writing and Presentation
October Day 1	Effective communication	See , express & act	Students observe picture express what they see in 4-5 sentences and suggest improve the situation	Individual	Expressing idea	Observation ,confidence ,self-expression	Observation and Expression Improved

October Day 2	life skill	Effective communication	poster/slogan making 'good communication habits "and present it	Group	Presentation	Creativity public speaking	Teamwork Developed
November Day 1	Interpersonal relationship	Appreciating others	Students write 3-4 positive sentence about classmates	Individual	Empathy	Gratitude ,positive thinking	Appreciation shown
November Day 2	Interpersonal relationship	My special greeting cards	Student design a greeting card for a friend and family member	Individual	Building relationship	Creative communication ,kindness	Creativity improved.
December Day 1	Managing Emotions	Feeling chart	Students draw or write five emotions(happy ,sad, angry ,excited ,scared) and mention one situation for each	Individual	Self-awareness	Expressing emotions	Emotions Identified Correctly
December 2	Managing Emotions	Calm down techniques	Students demonstrate three simple ways to calm themselves when they feel upset (deep breathing ,counting 1-10, drinking water.	Individual	Coping with emotions	Self-control	Calming techniques demonstration
December 3	Managing emotions	Emotion flash cards	Students prepare simple flash cards with different emotion and identify the correct Emotion shown on each cards	Individual	Emotions Awareness	Observation ,communication	Emotion Recognition Improved
January Day1	Coping with stress	What happens when stressed?	Student identify three situations that make them feel stressed and write	Individual	Coping with stress	Self-awareness	Stress Triggers Identified
January Day2	Coping with stress	Stress journal	Students write about one stressful situation they faced and how they managed it.	Individual	Coping with emotions	Reflection ,emotion regulation	Stress Reflection Completed

January Day3	Empathy	Helping hand	Student perform one act of kindness in school and write 3-4 lines about their experience	Individual	Empathy	kindness, responsibilities	kindness Demonstrated
January Day4	Empathy	Patience in virtue	Students practice patience by waiting their turn or helping someone calmly and write what they learned from the experience.	Individual	Empathy	Patience ,self - control	patience practiced
February Day 1	Decision making	I can decide!	Students read a simple daily-life situation and choose the best option with one reason	Individual	Decision making	Problem solving	Good Decision Made
February Day 2	Decision making	Help the character	Student read a short story where a character has a problem and write one suitable solution .	Individual	Critical thinking	Empathy , reasoning	Problem solving logically
February Day 3	Decision making	Decision making wheel	Student draw a simple decision wheel with options and choose the best solution for a given situation.	Individual	Decision making	Analytical thinking	Best option selected
February Day 4	Decision making	rank them up	Students arrange five daily task in order of importance and explain why they ranked them that way .	Individual	Decision making	Prioritization, logical thinking	Task prioritized correctly
March Day 1	problem solving	puzzles and teasers	Students solve simple puzzles ,riddles ,or brain teasers and explain how they found the answer.	Individual	problem solving	logical thinking	puzzle solved correctly

March Day 2	problem solving	problem solving tools	students read a simple everyday problem (eg. forgetting homework)	Individual	problem solving	Decision making	problem solving skill
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