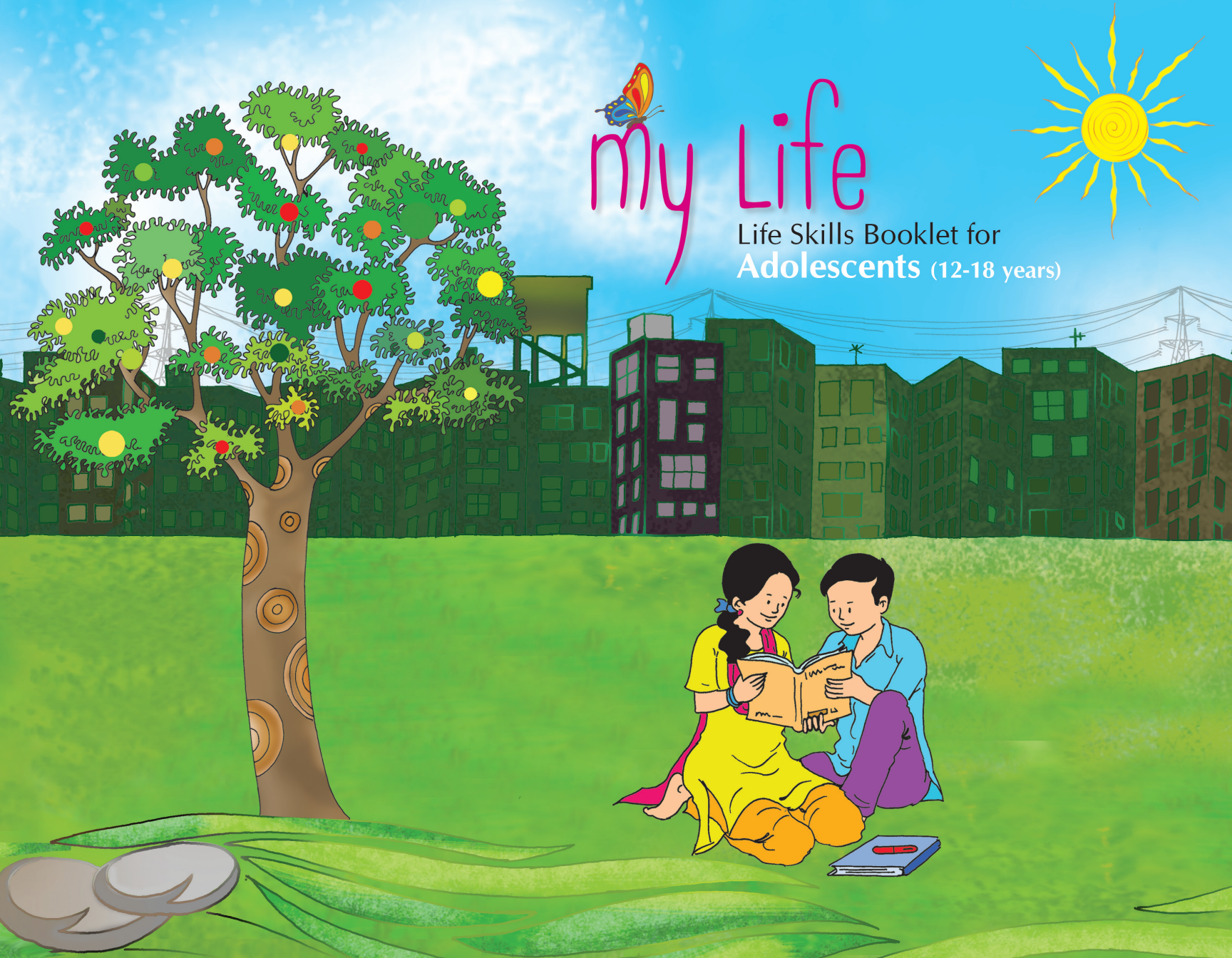


Life Skills Education aims at building skills and abilities amongst project stakeholders through an experiential learning process. This first series of modules has been developed for facilitators working with school children, adolescents and youth to support life skills amongst young people.

Life Skills Education is an integral component of various socio economic programmes being implemented in Hazrat Nizamuddin Basti as a part of the Aga Khan Development Network urban renewal initiative, through co-funding from Sir Ratan Tata Trust.

## AGA KHAN DEVELOPMENT NETWORK

HUMAYUN'S TOMB : urban renewal initiative  
HAZRAT NIZAMUDDIN BASTI : A PUBLIC-PRIVATE PARTNERSHIP INITIATIVE OF ARCHAEOLOGICAL SURVEY OF INDIA  
SUNDER NURSERY : MUNICIPAL CORPORATION OF DELHI – CENTRAL PUBLIC WORKS DEPARTMENT  
AGA KHAN FOUNDATION- AGA KHAN TRUST FOR CULTURE



# my Life

Life Skills Booklet for  
Adolescents (12-18 years)







# *Dear friend,*

This booklet has a series of activities, which will help you in different phases of your life, be it exams, issues with friends, trouble within the family, or anything else that you are hesitant about sharing. Some of the activities are meant for self-reflection. Developing these life skills will definitely help you achieve the aims you set for yourself in life. You can also share some these activities with your family and peer group who have not undergone training.

Use this booklet to make a note of your thoughts and experiences while undergoing the training, and later, when you apply the training to life. These notes are meant to be reflections that help you along the way, sharing them with anyone else is completely at your discretion.

We hope you enjoy going through this booklet and are able to get the best out of it.



# Content

1. My Diary	1
2. Let's Help Razia!	2
3. Are You Beautiful?	3
4. My Aims and Aspirations	4
5. Let's Crack the Examinations!	6
6. A Good Friend!	11
7. My Life, My Way	12
8. Dealing with Feelings	13
9. When You are Stressed	15
10. What Did You Learn Today?	16

# 1. My Diary

Writing a diary will help you reflect about the various aspects of your life. Writing, thus, about yourself and your life will not only help you sort out some of the challenges that you might be facing, it will also make you feel good about yourself. This is your personal diary, you need not share it with anyone.

*Notes: Whatever you write about yourself will help you become conscious of yourself and in turn deal with it easily or help you feel happy about yourself. Its personal. Don't share it.*

The following is suggested as a format for your diary. You can, of course, add anything else that you may want.

I am good at (my strengths):

.....  
.....  
.....

I can improve (my weaknesses):

.....  
.....  
.....

Will always love to remember (My happiest moments):

.....  
.....  
.....

I can overcome them (My fears):

.....  
.....  
.....

## 2. Let's Help Razia

Razia is studying in class XI. She loves going to school and is doing well in her studies. She feels that she is fat. Her friends keep teasing her. She gets disturbed and has also tried dieting. She started skipping meals and would starve the whole day. As a result, though she has lost some weight, she always feels very weak and is constantly irritable. She is unable to concentrate on her studies.



Discuss with your friends:

- What should Razia do?
- How can Razia's friends help her?
- How should Razia feel about herself?
- Should Razia try to lose weight? If yes, why and how?

All of us face problems like Razia where we may feel that we are short, or dark or thin. Why do you think we feel that way?



### 3. *Are you Beautiful?*

Let's ask everyone:

Ask 10 people in your colony, who according to them is beautiful?

What does a beautiful person look like?

List of beautiful people

---

---

---

---

---

---

---

---

---

---



**Analyze the responses given by them in terms of:**

- Similarities in responses and whether they are in any manner linked to what is presented in media or films?
- Individual differences and is it possible for anyone to look beautiful according to everyone?
- Discuss these with your friends.

## 4. *My Aims and Aspirations*



Deciding your career is an important step, which will shape your life in future. Each decision that you make in terms of your career should be well thought out. It is an important step, which should be based on information collected from credible sources such as internet, newspapers, or talking to someone who is already doing the course, and your interests and strengths. Given in page 5 is a table where you can weigh various career options available to you and weigh the possibilities of following your goals.

The following exercise will help in choosing a career for self:

Criteria	Career option 1	Career Option 2
Subjects I need to pursue		
Institutes and Ranking of the Institutes		
Eligibility criteria		
Course content and No. of years required for completion		
Course Fees <ul style="list-style-type: none"> <li>• How will I fund it?</li> </ul>		
Location		
When are forms available		
Entrance procedure		
Preparation required		
Course is full-time or part-time		
Ranking in terms of interest		
Communication with parents		
Job placements		
Job or Self- employment		
Job <ul style="list-style-type: none"> <li>• Time required</li> <li>• Pay</li> <li>• Place &amp; distance from home</li> <li>• Communication with parents</li> </ul>		

It is important to analyze all the factors and write your answers in the space given.



## 5. *Let's Crack the Examinations!*

### Remember it all through the year

- Don't feel scared of any subject. To master any subject, you just need to study it, understand it and practice it regularly.
- Regularly revise the course you study in school.
- Have lot of group discussions with your friends based on the course studied in different subjects.
- Practice writing skills regularly.
- Make your notes properly.
- Mark in the course book point wise.
- Try teaching your friends some concepts.
- Use the summer break to revise your basics properly.
- Read newspapers regularly.

## *Remember before the exams*

- Believe in yourself, Say to yourself, ' I can do it'
- Set a realistic, challenging and attainable target for every subject based on your interest, performance and knowledge of that subject.
- Be ready with your course at least one day before the exam.
- Divide the course in shorter chunks based on number of days, amount of course and your level of proficiency in the course. Such as if you like social science and you have been getting good marks in it, then you may need less time to prepare for it.
- Revise the course as many times as possible.
- Practice by writing answers.
- Do lot of self-tests which are marked by you.
- Reward yourself if you do well in self-test.



- You can divide subjects among your group of friends and give each other test on different subjects or different set courses.
- Solve sample papers.
- Prepare your material, stationery, and roll no. one night before the exam.

Follow the step-by-step process given below to help you do well in your exams. Make sure that you fill in the blanks honestly and follow them religiously.

Subject	
Target Scores	
Number of days required for study	
Course	
Day wise division of course <ul style="list-style-type: none"><li>• Day 1</li><li>• Day 2</li><li>• Day 3</li><li>• Day 4</li></ul>	<ul style="list-style-type: none"><li>• Self –Test on course of day 1</li><li>• Self –Test on course of day 1 &amp; 2</li><li>• Self-test on course of all 3 days</li></ul>



You can promise yourself that if you follow it for a week, you will give yourself a treat or buy something you have been wanting to buy for a long time.

Rewards:	Day 1	Day 2	Day 3	Day 4
Revision of course <ul style="list-style-type: none"><li>• Day 1</li><li>• Day 2</li></ul>				

### During the exam:

- Don't discuss the course with your friends before the exam or the paper after you have finished it.
- Tell yourself repeatedly, "I have studied well and I will excel in the paper."
- Read the paper carefully.
- Mark the questions you know well.
- Leave enough space between two answers.
- Mark the important points in each answer.
- Write your answers neatly.
- Don't bother about what others are doing in the examination hall.

After you have worked hard, don't bother about the results. Always believe that "there is something better in store for you."

Be ready with Plan B.

## 6. *A Good Friend*

I am sure you have lot of good friends. Think about all the characteristics, you feel good friends should have and list them down.

- .....
- .....
- .....
- .....

Please reflect on:

- 1) Do your friends have these characteristics?
- 2) Do you have them?
- 3) How can you develop them?
- 4) Will you make someone who doesn't have these qualities your friend?

List the qualities that you don't have and how will you try to develop them.

- .....
- .....
- .....
- .....

List the qualities you have which make you a desirable friend? You can even ask your friends about your strengths.

- .....
- .....
- .....
- .....



## 7. My Life, My Way

I) My parents don't allow me to go out with my friends. It is one of my closest friend's birthday and s/he is taking all of us out for a treat. **What will I tell my parents?**

**How will I convince them? Will I not go?**

II) My teacher scolds me everyday. She picks on me and tries to find faults with my work. She humiliates me in front of everyone. She doesn't explain concepts properly and asks us to read the book quietly. How should I react to my teacher? **How can I improve my grades in the subject? How can I improve my understanding in the subject?**

**What could be some interesting ways to study the subject?**

III) My friend has some personal problems, which she is afraid to share with anyone. I know that she may need medical help for she may have an infection in her private parts. **What will I do because she feels it is shameful to have it?**

**How will I convince her to go and visit a doctor?**

Given above are certain situations we may all face in our lives. Analyze the responses you give to find out about yourself and how you can improve yourself, that is, responding to situations rather than reacting.

## 8. How to Handle my Feelings?

Why do you think the reactions are different, though all of them have gone through the same situation?

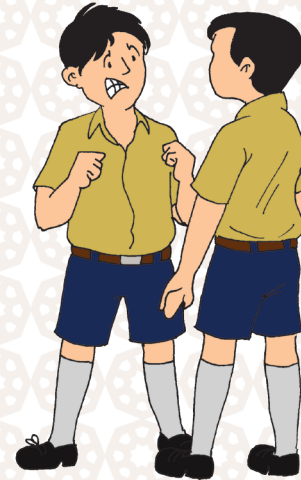
- Because the situation happens out there, but our feeling and our reaction is dependent on how we think about the situation and others involved. This would lead to the way we feel about the situation.

What is different between the three visuals?

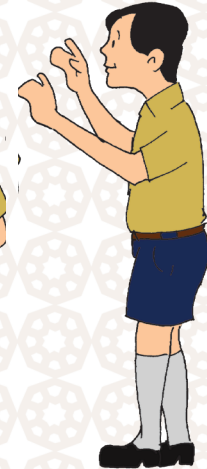
Passive



Aggressive



Assertive



You are right. The reactions are different.

Now who could the person who was screaming be and what could be his reason?  
Given below are three. Add at least five more.



- Some elder feeling that you came late.
- One of your friends feeling that you betrayed her.
- Some stranger feeling that you that you threw water on them.

- .....
- .....
- .....
- .....

**Now, does your reaction change in all the situations. If the answer is yes, then think about why did it change?**

How your understanding of the situation determines your response? How you are in control of your response to the situation and in turn how that situation shapes up?

Remember, you are the master of your feelings, for you and only you can control them.



## 9. *When you are Stressed*

Do you have stress in your life? Here are some fun things to do along with facing the stressor as a challenge. Open this page and close your eyes. Move your fingers on the list given below and stop at the count of ten. Wherever your finger stops, do that activity to deal with stress you face.

1. Dance on a nice Bollywood number.
2. Write down your feelings on a piece of paper and tear it off.
3. Write a poem.
4. Sing a song.
5. Go for a walk.
6. Run and take a round of the basti.
7. Close the door and scream loudly.
8. Exercise for 20 minutes.
9. Go off to sleep.
10. Listen to your favourite song
11. Draw and colour anything that comes to your mind.
12. Visualize that the person you are angry with is getting a scolding badly.
13. Do something you love to do.
14. Clean utensils.
15. Wash clothes.
16. Solve a puzzle.
17. Write a love letter to yourself.
18. Say good things about yourself.
19. Play a game.
20. Call up someone.

## 10. *What did you learn today?*

It's good to write what you learn everyday at night before you sleep. After a month you will realize how many things you have learnt in just 30 days.

Days	My Learnings
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	
Day 8	
Day 9	
Day 10	
Day 11	
Day 12	
Day 13	
Day 14	
Day 15	

Days	My Learnings
Day 16	
Day 17	
Day 18	
Day 19	
Day 20	
Day 21	
Day 22	
Day 23	
Day 24	
Day 25	
Day 26	
Day 27	
Day 28	
Day 29	
Day 30	

*Share your learning with your friends and see what they have learnt during this one month.*





Keep Smiling



