

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
Children (9 -12 years)

Dear friend,

This booklet has a series of activities, which will help you in different phases of your life at personal and professional levels. 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.

Aga Khan Development Network

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1. *Mirror, mirror on the wall* *Tell me my strengths and my flaws*

A mirror gives you a clear picture of how good or bad you are looking everyday. This is a magic mirror, which will help you see your strengths and weaknesses so that you can work upon your weaknesses and master your strengths.

Strengths

-
-
-
-
-



Paste or draw your picture in the centre and think about yourself – your strengths and weaknesses (write them on the sides).

Weaknesses

-
-
-
-
-

Caution:

If you see only strengths and no flaws or vice versa, then the magic is not working properly.



2. *Dreams come true*

Draw a picture of what you will like to become when you grow older in the star. Think about the ways you can achieve your target and write them below.

1.
2.
3.
4.
5.

Make sure you look at the picture every day and promise yourself to work towards it. You are free to change the ways or the picture if you want to.

3. *Listen, think and then speak !*

Let's play a game to see how well you listen, understand and then speak.

Players : Minimum 4 players

Instructions

One Player 'A' says a line of at least 5 words in player 'B's' ear. Now Player 'B' needs to convey the same message to the Player 'C' in his/her own words without changing the meaning of the line, and so on until the group reaches the last player. The last player says the line loudly and Player 'A' checks whether the line has the same meaning as she had said it.



Things to remember:

- Greet with a smile
- Listen attentively and with an open mind
- Think before you speak
- Respect other person's viewpoint
- Give feedback to the other person

4. *Let's make it a beautiful world!*

Imagine a time in your life when you get up one day and find out that no one is around you. Everyone has vanished. You go out and try to find them but they are nowhere to be found.

Things to remember:

- Never breach anyone's trust
- Be empathetic
- Look for positives in the other person
- Value relationships
- Communicate your feelings and thoughts honestly without hurting the other person

Write how will your life be in 100 words.

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Whom will you miss and why?

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What should you do to ensure that people around you are happy and love you?

.....

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.....

5. *Game of life*

1	2	?	4	5	6	7	8	?	10
11	12	?	14	?	16	?	18	19	20
?	22	23	24	25	25	27	28	29	30
31	32	?	34	35	36	37	38	39	40
41	42	43	44	?	46	?	48	49	50
?	52	?	54	55	?	57	58	?	60
61	?	63	64	?	66	67	68	69	70
71	72	?	74	75	?	77	78	79	80
?	82	83	84	85	86	87	88	?	90
91	92	?	94	?	96	97	98	99	100

Players: 2 (Minimum)

Instructions

Throw the dice. When you get 6, you can start playing the game. Whenever you reach "?", you go to the list of situations given in the next page and try finding possible solutions to them. Your friends can help you find the ideal solution. If your answer is right, go 5 steps ahead. If you are not able to arrive at any solution, go 5 steps back and consult any adult around you.

Situations

1. All your classmates are against you.
2. Some of your seniors bully you and call you names during break time.
3. You are not able to cope up with your studies.
4. You are not getting good marks in your class.
5. Your teacher scolds you often and you don't feel like going to school.
6. You have to finish work at home because of which you are not able to go to school.
7. Your "friends" are asking you to try gutka.
8. You feel you have dark complexion.
9. You are not able to talk to your ammi and abbu.
10. Your friends tease you and call you "moti".

All the players can discuss each situation and try to find the most practical and rational solution.

6. Akbar aur Birbal ka kissa

Once Badshah Akbar got upset with Birbal and asked him to leave the court. However, as usual, he started getting bored in court and started missing Birbal. Badshah Akbar decided to find Birbal. He gave his twelve goats to 12 village heads and told them to take good care of the goats for a month and feed them properly. The only important condition being that the goats should be of the

same weight even after a month. Most of the village heads got confused and did not know what to do.

After a month, Badshah Akbar called all the village heads to the court along with the goats. All the goats had gained weight except one. Badshah Akbar asked the village head how he could maintain the weight of the goat.

How do you think the village head could maintain the goat's weight?

Solution

The village head said that he tied a lion in front of the goat. So no matter how much the goat would eat she would still stay as thin as she was. Badshah Akbar knew that only one person could have suggested such a solution and asked the village head to get the person who had suggested him this solution. The village head produced Birbal in front of the King. He was very pleased to find Birbal and hugged him.

7. *What should Mohsin do?*

Mohsin is in class 5 and lately has been having lot of problems. He is not able to cope up with his studies and has started getting frustrated a lot. His father also asks him to sit on the shop before going to school and after coming back from there. This doesn't give him any time to play or study. He is very stressed out and doesn't know how to deal with the situation.



Discuss Mohsin's problems with your friends and write the solutions here. Let's see if your solution matches our solution.

Some possible solutions

- Mohsin should talk to his abbu and tell him to reduce his time that he needs to sit on the shop.
- He should ask his teachers or fellow students to help him in his studies.
- He should make a timetable and try to divide his time between study, play and other activities.
- He should try to finish his homework while sitting on the shop so that he can take out some time for play.
- He should talk about his problem to a responsible adult and ask her/him to talk to his father.



8. *When you are angry*

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 cool down your anger.

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

Later, think about

- Why you got angry?
- What did you do?
- What else could you do?
- What can you do to remember to not react in a harsh manner, next time?

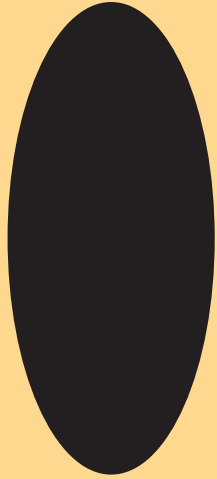
9. *What did you learn today?*

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



