



GOPI BIRLA MEMORIAL SCHOOL (PRIMARY SECTION)

2023-24
Year Plan

Subject: Life Skills

Grades:1 to 5

<u>TERM – 1</u>					
Month Days Periods	GRADE 1	GRADE 2	GRADE 3	GRADE 4	GRADE 5
	Topics	Topics	Topics	Topics	Topics
June	Managing feelings and emotions	Managing feelings and emotions	Managing feelings and emotions	Managing feelings and emotions	Managing feelings and emotions
July	Self-awareness	Self-awareness	Self-awareness	Self-awareness	Self-awareness
August	Problem Solving	Problem Solving	Problem Solving	Problem Solving	Problem Solving
September	Creative Thinking	Creative Thinking	Creative Thinking	Creative Thinking	Creative Thinking

<u>TERM – 2</u>					
October	Decision Making	Decision Making	Decision Making	Decision Making	Decision Making
November	Empathy	Empathy	Empathy	Empathy	Empathy
December	Effective Communication	Effective Communication	Effective Communication	Effective Communication	Effective Communication
January	Interpersonal Relationships	Interpersonal Relationships	Interpersonal Relationships	Interpersonal Relationships	Interpersonal Relationships
February	Dealing with stress	Dealing with stress	Dealing with stress	Dealing with stress	Dealing with stress