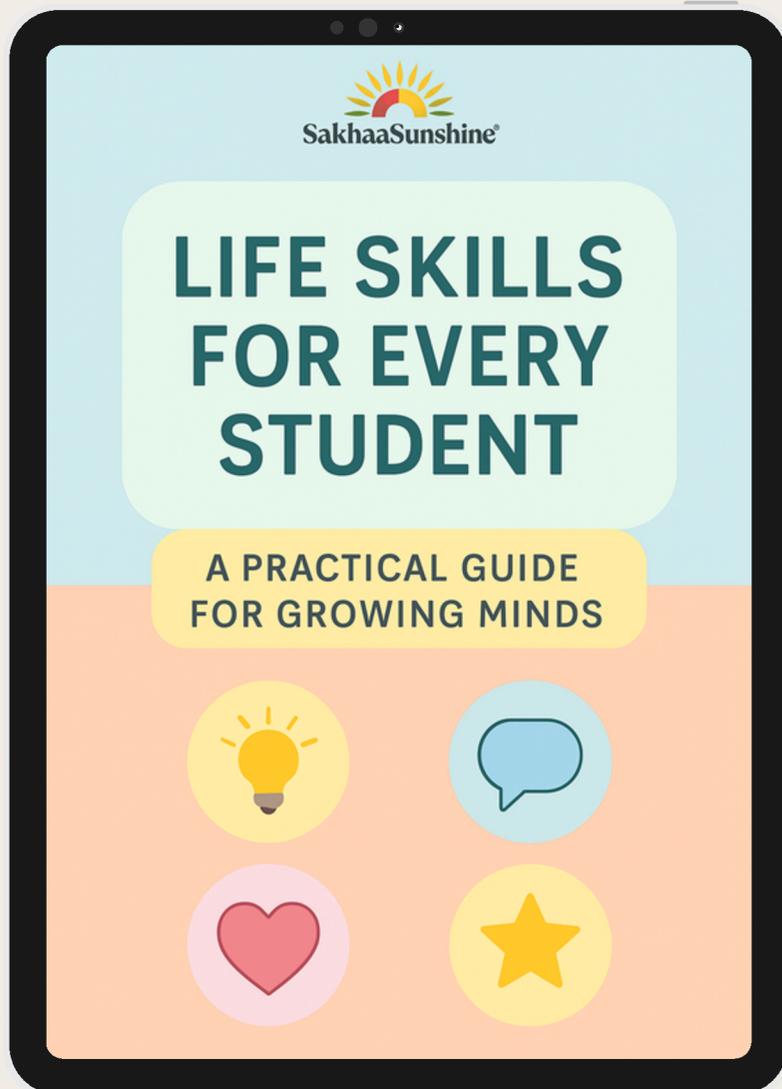


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PART-1

LIFE SKILLS FOR EVERY STUDENT

✨ A PRACTICAL GUIDE FOR GROWING MINDS

Part 1: Life Skills for Every Student – Volume 1

“Know Yourself, Express Yourself”

Includes Chapters:

1. Self-Awareness

2. Communication

3. Critical Thinking

4. Decision-Making

5. Emotional Management

 + Worksheet: Life Skills Tracker

 + Reflection Questions

 + Sneak peek of Volume 2

 + About Sakhaasunshine



"Education is not the learning of facts,
but the training of the mind to think."

— Albert Einstein

INTRODUCTION

In today's fast-changing world, students need more than just textbook knowledge. They need the skills to communicate, collaborate, think critically, solve problems, and manage emotions. These are called Life Skills — and they are the tools every child must carry into the future.

This eBook is a simple, practical guide designed for students, parents, and teachers who want to nurture these essential life skills in everyday life. Whether it's handling stress before exams, expressing ideas clearly, or working in a group — life skills help young learners not just succeed in school, but also grow into confident, responsible individuals.

The New Education Policy (NEP) 2020 also strongly promotes skill-based learning. It emphasizes the importance of building 21st-century skills such as communication, creativity, and empathy from a young age

Through this guide, we will explore 10 important life skills every student should develop. Each section will include:

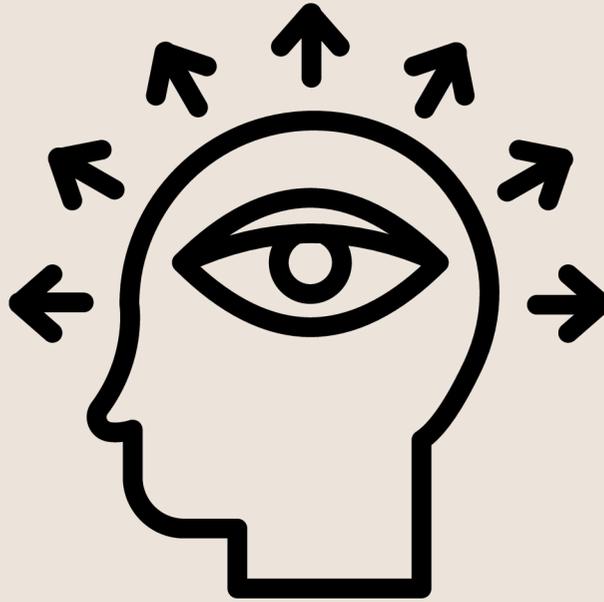
What the skill means

Why it matters

A simple activity or reflection

Tips for parents and teachers to support it

Let's begin the journey of learning life skills — the kind that go beyond marks and help shape strong minds and kind hearts.



Chapter 1: Self-Awareness

“Knowing yourself is the beginning of all wisdom.” – Aristotle

Self-awareness means understanding who you are — your thoughts, feelings, strengths, weaknesses, likes, and dislikes. It's the ability to ask:

“How do I feel right now?”

“What makes me happy or upset?”

“What am I good at?”

“What do I need to work on?”

Children who are self-aware can express their emotions better, make good choices, and develop confidence in who they are.

WHY IS SELF -Awareness Important?

Helps students recognize and manage their emotions

Encourages positive self-image and confidence

Builds a strong base for decision-making

Supports mental well-being and emotional balance

Real-Life Example:

Riya, a Class 6 student, often gets nervous before speaking in front of the class. One day, her teacher asks her to notice how she feels just before she speaks — sweaty palms, fast heartbeat. She writes it down and talks about it. Slowly, she begins to manage it by breathing calmly.

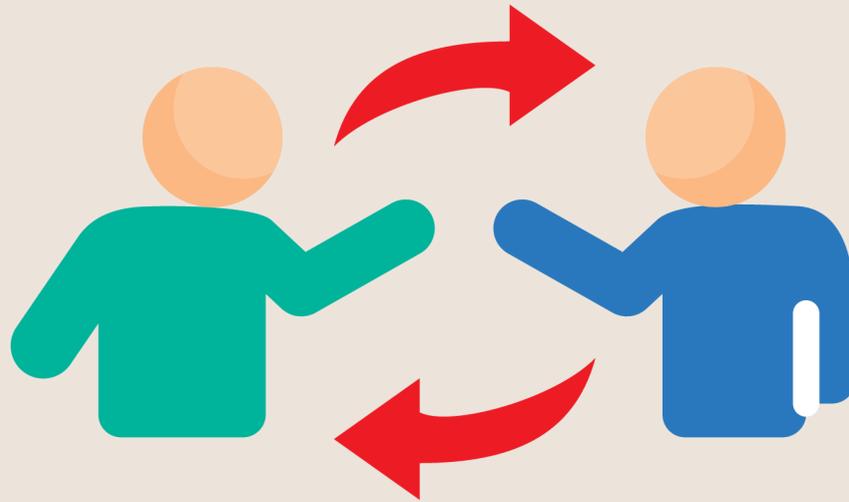
 That's self-awareness in action.

Activity for Students:

☀️ My Self-Awareness Flower

Draw a flower with 5 petals. In each petal, write:

1. I am good at _____
2. I feel happy when _____
3. I feel upset when _____
4. I want to learn _____
5. One thing I love about myself _____



Chapter 2: Communication Skills

“The way we communicate with others determines the quality of our lives.”

— Tony Robbins

What are Communication Skills?

Communication skills are the ability to express thoughts, feelings, and ideas clearly — and to listen carefully to others. It includes:

Speaking with clarity and confidence

Listening with attention and respect

Using body language, tone, and eye contact

Asking questions and giving feedback

It's not just about speaking — good communication begins with listening.

Why are Communication Skills Important?

Help students build strong friendships and teamwork

Improve performance in classroom discussions and presentations

Boost confidence and reduce stage fear

Help avoid misunderstandings and resolve conflicts peacefully

Real-Life Example:

Aarav often shouted during group work in class and didn't listen to others. His teacher taught him to wait for his turn and listen first. Slowly, he started using calm words like "Can I share my idea?" and noticed his team respected him more.

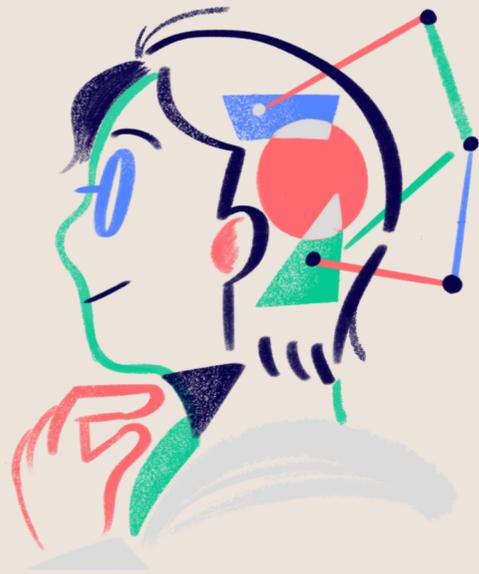
➔ Aarav became a better communicator by learning to listen.

Activity for Students:

 Role-Play: Let's Practice Talking & Listening

1. Pair up students or siblings at home.
2. One speaks for 1 minute about:
“My Favourite Toy” or “My Weekend”
3. The other listens silently, then repeats what they heard.

Then switch roles.



Chapter 3: Critical Thinking

“Don’t just learn to answer—
learn to question.”

What is Critical Thinking?

Critical thinking means the ability to think clearly and logically before making a decision or forming an opinion. It helps students:

Ask “Why?” and “What if?”

Look at a problem from different sides

Understand facts and separate them from opinions

Avoid jumping to conclusions

In short, critical thinking turns information into understanding.

Why is Critical Thinking Important?

Helps students solve problems creatively and logically

Builds independent thinking – they don't just follow the crowd

Prepares them for real-life decisions, exams, and challenges

Makes them curious learners who enjoy finding answers

Real-Life Example:

Priya reads two news articles about the same event. One says “School exams are harmful,” the other says “Exams help students grow.” She asks her teacher questions, reads more, and forms her own opinion.

➡ That’s critical thinking — she didn’t accept everything blindly.

Activity for Students:

Think Like a Detective

Show students a picture (a crowded classroom, a broken toy, or a traffic jam).

Ask them to:

1. Observe carefully – What do you see?
2. Ask questions – Why is this happening?
3. Think of 2 possible reasons
4. Suggest a solution

Chapter 4: Decision-Making

“In every moment, we make choices — and our choices shape our future.”

What is Decision-Making?

Decision-making is the skill of choosing the best option after thinking about all the possibilities, consequences, and feelings involved. Whether it's selecting a subject, handling a friendship issue, or planning a routine — students make decisions every day.

Good decision-making involves:

Thinking before acting

Understanding consequences

Considering others' feelings

Taking responsibility for the outcome

Why is Decision-Making Important?

Helps students become independent and responsible

Reduces impulsive or emotional mistakes

Builds confidence in personal judgment

Prepares children for future choices — in studies, career, and relationships

Real-Life Example:

Rahul is invited to a friend's party the night before an exam. He really wants to go, but he knows he hasn't studied enough. He writes down the pros and cons and chooses to stay home. He goes to the party the next weekend with peace of mind.

➡ That's smart decision-making — balancing fun and responsibility.

Activity for Students:

My Choice Chart

Ask students to think of a simple problem they've faced (e.g., "Should I play or study?"). Then complete this chart:

Choice	Good Things	Possible Problems
--------	-------------	-------------------

Choice A		
----------	--	--

Choice B		
----------	--	--



Chapter 5: Emotional Management

“Emotions are not to be controlled—they are to be understood.”

What is Emotional Management?

Emotional management is the ability to recognize, express, and handle emotions in a healthy way. It doesn't mean hiding or suppressing feelings — it means understanding them and choosing the right way to respond.

It includes:

Naming your feelings: happy, sad, angry, anxious, excited

Knowing what triggers your emotions

Using strategies to calm yourself or express feelings safely

Learning to show empathy toward others' emotions

Why is Emotional Management Important?

Helps students stay calm during stress (like exams or conflicts)

Encourages self-control and maturity

Reduces aggression, anxiety, and peer pressure issues

Builds stronger relationships with family, friends, and teachers

Real-Life Example:

Mehak feels very angry when her younger brother breaks her art project. Earlier, she would shout or cry. Now, she takes three deep breaths and tells her mother, "I'm upset because I worked hard on it."

➡ That's emotional management — naming emotions and responding calmly.

Activity for Students:

 My Mood Meter

Draw a square with 4 colored boxes:

|  Angry (Red) |  Happy (Yellow) |  Sad (Blue) |  Worried (Green) |

Ask students to:

Write or draw how they feel right now in one box.

Then answer:

1. What made me feel this way?
2. What can I do to feel better or stay balanced?

What's Next?

This is Volume 1 of the two-part eBook series:

“Life Skills for Every Student – A Practical Guide for Growing Mind

In this volume, you learned about:

Self-Awareness

Communication

Critical Thinking

Decision-Making

Emotional Management

Coming Soon: Volume 2 – “Grow Together, Move Forward”

Volume 2 – “Grow Together, Move Forward”

It will include:

- ✓ Problem Solving
- ✓ Empathy
- ✓ Time Management
- ✓ Teamwork
- ✓ Digital Awareness
- ✓ Final reflections & certificate

Stay Connected

Want to receive Volume 2 when it's released?

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Let's continue learning, growing, and becoming our best selves! 🌱