

Grooming Life Skills

What is it in you, that makes you like others? How to know your strengths and weaknesses and make a road map for success? What is leadership ? Can you find one good quality in each of your classmate ? Why do we fight ? These are just some of the questions addressed in a workshop on life skills . These workshops are group counseling sessions that create a platform to sensitize children about various issues , and enables them to think and take responsibility by acting appropriately. Children are free to voice their opinion, debate, agree and disagree, introspect and while doing these they relate .They relate to problems around them, they relate to peers, they relate to environmental issues and they relate to their own emotions better.

All children are born with the desire and the ability to learn. Children learn best through hands-on experiences and self-discovery, rather than through direct Instruction. Children learn best when the learning is self-initiated, arising from their own curiosity and interests, rather than imposed on them. These are some of the principles on which the life skill workshops are formulated upon.

The purpose of such sessions is to help students to understand their behaviour, feeling, vision, values : developing insight into who they are, what were there strengths and weaknesses and how they could prepare an armour of right attitudes to face life .

In a highly interactive session several such questions made adolescent think and introspect. It motivated prefects to take control of their thoughts and actions.It was conducted by Mrs Salony priya counseling psychologist who related to new generation of leaders with ease and geared them to be more sensitive and more achievement oriented .After the session young leaders were ready to reach the stars. –Dhrubani Banerjee, teacher DPS Megacity

One such session commenced with an interesting ‘**Number Game**’ where Ms. Priya had flashed about ten five digit numbers for a minute and then asked the students to recall those numbers in the same sequence as they were displayed after removing them from the screen. Many students, tried and failed, except for four of our friends who finally could recollect them all correctly....well, Kudos to them”. It taught them that nothing is IMPOSSIBLE, it is only when we give up thinking ‘I cannot do, a task becomes impossible. Everything starts from your attitude and your belief, You can or You cannot ! The discussions were interesting students and gradually they were made to understand the messages from the game .Taking initiative, trying, not quitting actually made the students winners. So much was the motivation that by the end of the session almost everyone was able to accomplish a task that appeared impossible. –Shakuntala Sen teacher Heritage

Learning for *students* from the session were as –

I would definitely not think of cracking a difficult sum to be impossible from the next time” Subhangi Agarwal of class-6

“She explained to us how to balance our work and regular activities as well as find some extra time for our own self so as to develop some wonderful hobbies too.” Akashdeep Ghosh of Class-6

Several such workshops that could help the adolescents in our care are as follows :-

APPRECIATING DIFFERENCES-aims to develop mutual respect , creates inclusive groups and also builds empathy for people who differ in appearance, skills and abilities (for eg children who are dark or fat or not so pretty , how to keep them a part of the group)It helps in countering bullying in schools.

Treasure Hunt –for the students of junior school , through games and stories – enabling each student to discover the strengths of other peers in the class .

CLASS OR TEAM-sense of unity and amiable group working towards tolerance and acceptance of students in the class hailing from diverse communities and economical backgrounds.

GENDER SENSITIVITY –aiming to develop desired social behaviour with opposite sex.

COMPASSION & EMPATHY-Sensitising students to accept students with special needs, reduce tendency to isolate them, develop acceptance of their struggle, their dreams and finally be an agent that makes coming to school a pleasure for the special child.

Many of the adolescent problems can be handled in a proactive and positive manner by organizing such workshops for students. They are an aware, confident energetic group that can think and make the right choice for their behavior and learn to solve their problems . It is teachers and parents who have to have the belief and give them a chance ! Let us try ...

Salony Priya

Conceptualizer of SMART life skills program