

YEAR PLAN 2021-22 (Monthly Break-up)

Course Book- The Mirror of Values (Goyal Brothers Prakashan)

SUBJECT: Life Skills

GRADE: 7

TEACHER: Nilisha Shaji

| JUNE | JULY | AUGUST | SEPTEMBER | OCTOBER |
|--------------------------|--|--|--|---|
| Ch-1 : Lead kindly Light | Ch 2: Faith is a powerful tool for healing Periodic Test 1 | Ch 3: God's ways are strange Ch 4: Realise your Potential | Ch 5: Self control Ch 6: Habits Ch 7: I am the captain of my soul Ch 8: A psalm of life Life skill Assignment 1 | Ch 9: There is no shortcut to success Ch 10: Respect for Elders AEP session 1 Topic: Session on the changes seen in pubertal phase, menstruation, Hygiene, the Emotional changes, Body positivity, nutrition and sleep Half Yearly Exam |

| NOVEMBER | DECEMBER | JANUARY | FEBRUARY | MARCH |
|--|---|--|--|--------------------------|
| <p>Ch 11: Abraham Lincoln's letter to his son's teacher</p> <p>Ch 12: True to one's nature</p> <p>Ch 13: The Farewell Gift</p> | <p>Ch 14: Amartya Sen-The economist of the downtrodden</p> <p>Ch 15: Actions speak louder than words</p> <p>Periodic Test 2</p> | <p>Ch16: Nothing is Impossible</p> <p>Ch 17: Jagdish Chandra Bose</p> <p>Ch18: Miracle worker-Rajendra Singh</p> | <p>Ch 19: Elattuvalapil Sreedharan</p> <p>Ch 20: Learning Life skills</p> <p>AEP session 2:</p> <p>Topic: Cyberbullying and social media influence.</p> <p>Life Skill Assignment 2</p> | <p>Final Exam</p> |