



MIRACLE
FOUNDATION
- INDIA -

LIFE SKILLS EDUCATION



Life Skills Education Modules

Thinking Skills

- Problem Solving
- Critical Thinking
- Creative Thinking
- Conflict Resolution
- Decision making
- Conceptual Thinking skills

Social Skills

- Self Awareness*
- Empathy
- Interpersonal skills
- Communication(Effective) Skills*

Coping Skills

- Coping with Stress*
- Managing Emotions*
- Expressing yourself*
- Resilience

Professional Skills

- Career Related*
- Team Related Skills*
- Leadership and Management Skills*

Generic Skills

- Self care
- Violence & Abuse
- Substance Abuse & Addictions : Alcohol, Drug
- Gender Bias/Racism
- Inclusive environment
- Digital Safety
- Financial Literacy*
- Development Transitions(puberty)*
- Parenthood(young parents)
- Work life balance
- Time Management
- Study Skills
- Premarital Preparation

Note:

- *Has sub topics
- Age group categories
 - Age group I - 05 to 08 years;
 - Age group II- 09 to 15 years
 - Age group III- 15 to 18 years
 - Age group IV- 18 to 25 years
- For age group I (05 to 08 years)- Compulsory Foundational Literacy: Literacy, Numeracy, and ICT Literacy
- PSS related topics will be added

Life Skills Education Modules (Sub Topics)

Thinking Skills

- No Additional Sub topics

Social Skills

- Self Awareness
 - Exploring Identity
 - Self expectations
 - Self image/ self esteem
 - Self efficacy
- Communication (Effective) Skills
 - Listening
 - Reading
 - Writing(Different Modes)
 - Speaking
 - Non-verbal Communication

Coping Skills

- Coping with Stress
 - Handling Peer Pressure
 - Academic pressure & competition
 - Exam Pressure
 - Work Pressure
- Managing Emotions
 - Handling Failure
 - Love, Infatuations
 - Family Issues/relationships
- Expressing yourself
 - Identify emotions and expression
 - How to say "No"
 - Handling criticism

Professional Skills

- Career Related
 - Resume Building Skills
 - Interview Skills
 - Group Discussion Skills
 - Exploring Career Opportunities
- Team Related Skills
 - Presentation Skills
 - Trust and Collaboration
 - Listening as a Team Skill
 - Brainstorming
 - Social and Cultural Etiquettes
 - Internal Communication
- Leadership and Management Skills
 - Leadership Skills
 - Managerial Skills
 - Entrepreneurial Skills
 - Innovative Leadership and Design Thinking
 - Ethics and Integrity

Generic Skills

- Financial Literacy
 - Basic & Advanced
- Development Transitions (puberty)
 - Gender & sexuality

Note:

- Age group categories
 - Age group I - 05 to 08 years;
 - Age group II- 09 to 15 years
 - Age group III- 15 to 18 years
 - Age group IV- 18 to 25 years
- For age group I (05 to 08 years)- Compulsory Foundational Literacy: Literacy, Numeracy, and ICT Literacy
- PSS related topics will be added

Life Skills Education Modules Age Based Matrix

	Age 05 to 08 years (Group I)	Age group II- 09 to 15 years	Age group III- 15 to 18 years	Age group IV- 18 to 25 years
Thinking Skills	Problem Solving, Critical Thinking, Creative Thinking, Conflict Resolution, Decision making, Conceptual Thinking skills	Yes with age appropriate context	Yes with age appropriate context	Yes with age appropriate context
Social Skills	Self Awareness, Empathy, Interpersonal skills, Communication(Effective) Skills	Yes with age appropriate context	Yes with age appropriate context	Yes with age appropriate context
Coping Skills	Coping with Stress, Managing Emotions, Expressing yourself , Resilience	Yes with age appropriate context	Yes with age appropriate context	Yes with age appropriate context
Professional Skills	NA	NA	Team Related Skills, Leadership Skills, Financial Literacy	Career Related, Team Related Skills, Leadership and Management Skills
Generic Skills	NA	Self care, Violence & Abuse, Substance Abuse & Addictions, Gender Bias/Racism, Inclusive environment, Digital Safety, Development Transitions(puberty)	Yes with age appropriate context	Yes with age appropriate context

Note:

- For age group I (05 to 08 years)- Compulsory Foundational Literacy: Literacy, Numeracy, and ICT Literacy
- PSS related topics will be added

Life Skills Education Modules Situation Based Matrix



Concept	Scenarios/Situation	LSE areas of focus
Making New Friends	A child starts at a new school and feels shy about approaching classmates.	Social skills, communication, emotional intelligence.
Following Instructions	A child is asked to help a parent with chores	Listening, teamwork.
Expressing Emotions	feeling upset after losing a favorite toy/ or not getting something that they are wishing for	Emotional awareness, communication.
Making Choices	A child must choose between joining a sports team or a music class.	Decision-making, evaluating options.
Conflict Resolution	Two children argue over a game during playtime.	Problem-solving, negotiation, empathy.
Time Management	child has homework to complete but also wants to play outside.	Prioritization, planning.
Handling Peer Pressure	A teenager is pressured by friends to skip school.	Assertiveness, critical thinking, self-awareness.
Setting Goals	student wants to improve their grades but is unsure how to start.	Goal-setting, self-management.
Coping with Stress	A teenager feels overwhelmed with schoolwork and extracurricular activities.	Stress management, emotional regulation.
Preparing for Job Interviews	young adult is applying for their first job and needs to prepare for an interview.	Communication skills, self-presentation
Financial Literacy	A teenager receives their first allowance or paycheck and needs to budget it wisely.	Money management, planning.
Navigating Relationships	young adult is experiencing challenges in a romantic relationship.	Communication, empathy, conflict resolution.
Living Independently	young adult moves out for the first time and must manage household responsibilities	Self-management, problem-solving, independence
Career Planning	college student is unsure about their career path after graduation.	Decision-making, goal-setting, networking.
Coping with Life Changes	young adult faces the stress of transitioning from college to the workforce.	Resilience, adaptability, emotional intelligence.

Note: Field team can request for specific modules/sessions based on issues faced in their region which they would like to address through LSE/PSS Workshops