

Best Practices 2: Life Skills Activities:

The skills that make an individual adjust and adapt to the changes and challenges brought to them on an everyday basis are known as life skills. Some examples of life skills are effective communication, decision making, critical thinking, problem-solving, making connections, being a self-starter etc. These are an essential set of skills that is learned by the students throughout their life to enhance their lifestyle in a better way possible. Learning a life skill is a very important and mandatory part of growing up. From the month of March 2020 the whole world has come to a standstill, and the reason is the pandemic COVID-19. All of a sudden, it seems we are a part of a horror movie. The villainous coronavirus is killing thousands of people, and we are feeling helpless. It has turned our lives upside down. Even in our dreams, we could not have imagined ourselves conned to our homes, with no outings and unable to meet our friends and relatives. Reasonably, the situation has given us a chance to look at things differently. These hard times are teaching us the value of everyday food items like fruits, vegetables, and groceries in our lives. We are learning to manage ourselves with limited resources. But all of us took this in a positive way. A lot of hidden talents of students as well as teachers explored during this period. Taking advantage of explored talents and to take away the students from dull environment GCER decided to take some online Life Skills activities which help the students to come out of the stress.

This was really challenge for us to conduct these activities online. But we took this challenge and chalk out the program.

Objectives:

- To make feel students connected and resilient during the pandemic.
- To equip the students with the social and interpersonal skills that enable them to cope with the demands of everyday life.
- To build self-confidence, encourage critical thinking, foster independence and help people to communicate more effectively.

We decided to conduct these online activities as follows:

- First we selected 30 activities that students can do while staying at home and with the help of resources available in the home.
- We took online orientation of these activities. In this orientation we explained importance and need of these skills to them as a teacher.

- One day before information related to the activity which next day students have to perform was sent to the students on the whats app group. They have asked to send photos of performing these activities upto 3.00 p.m.
- The video of the photos sent by the students was made by one of the students and posted on the group.

Above mentioned procedure was adopted for each activity during the month.

Outcomes:

- Students got engaged with the activities throughout the month. It leads to minimization of stress of lockdown.
- Improved self-confidence
- Hidden talents of the students were explored.
- It encouraged critical thinking & fostered independence.
- Students learnt to look at things differently
- Students learnt to see the situations positively.