

## **Introducing Life Skills through Activities in School Students**

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Life skills is a term used to describe a set of basic skills acquired through learning and or direct life experience that enable individuals and groups to effectively handle issues and problems commonly encountered in daily life.

They include creativity, critical thinking, problem-solving, decision-making, the ability to communicate and collaborate, along with personal and social responsibility that contribute to good citizenship – all essential skills for success in the 21st century, both for healthy societies and for successful and employable individuals.

### **Need and importance of life Skills**

- Clearly state thoughts, feelings and ideas to others
- Settle disagreements in ways that are not hurtful
- Choose activities that promote physical health and well-being
- Manage stress positively
- Do what is right for myself when I am in a group
- Have control over my personal goals/future
- Be comfortable with who I am becoming
- Accept where I am in my personal growth
- Choose how I express myself
- Recognize my strengths and not be afraid to challenge myself
- Identify and stay true to my values

### **The World Health Organization in 1999 identified the following Life skills:**

- Decision-making
- Problem-solving
- Creative thinking
- Critical thinking;
- Communication

- Interpersonal relationship
- Self-awareness
- Empathy

### **Decision-making**

Decision making is the process of making choices by identifying a decision, gathering information, and assessing alternative resolutions. Using a step-by-step decision-making process can help you make more deliberate, thoughtful decisions by organizing relevant information and defining alternatives. This approach increases the chances that you will choose the most satisfying alternative possible.

#### **Activity**

Situation- Ratna is a student of class XII. She wants to continue her College with B.Sc. But her city college only offered B.A. degree. Her friend plan to continue in city B.A. degree. Now help Ratna in Dicision making.

### **Problem-solving**

Problem-solving skills help you determine the source of a problem and find an effective solution. Although problem-solving is often identified as its own separate skill, there are other related skills that contribute to this ability.

#### **Activity**

Situation- Sixteen years Roopa Shared her book with her friend . Now her friend is not returning it. What should Roopa do.

### **Creative thinking**

Creative thinking is the ability to invent and/or create something new: be that a concept, a solution, a method, a work of art, or an actual, physical device. Creative thinking is based on looking at things in a new way that hasn't previously been considered.

#### **Activity**

Situation- winter are over and you want to pack your woolen clothes in a bag. Because of many cloths you are unable to close the bag. What you do?

### **Communication**

Communication skills are the abilities you use when giving and receiving different kinds of information. Some examples include communicating new ideas, feelings or even an update on your project. Communication skills involve listening, speaking, observing and empathizing.

#### **Activity**

Role Play can be used to understand effective communication. For example-

Scene- Ravi house.

Ravi's friend father enters Ravi's house.

Mr. Verma – Ravi is your father at home?

Ravi- No, uncle he had gone to office.

Mr. Verma – Inform your father that there is a society meeting tomorrow.

Questions to be asked as follows-

- What message is given in the above conversation?
- Is the message meaningful?
- What should have Mr. Verma confirmed.

### **Interpersonal relationship**

Interpersonal relationship skills refer to the ability to build rapport with individuals having similar interests and goals as we do. In a workplace, interpersonal relationship skills allow us to share a special bond with our co-workers such that trust and positive feelings for one another are maintained.

#### **Activity**

Step 1. Ask the participants to name different relationship like child-parents.

Step 2. Discuss what makes a relationship successful.

Step 3. Ask the participants to describe unhealthy relationship.

### **Self-awareness**

self-awareness is an awareness of the self, with the self-being what makes one's identity unique. These unique components include thoughts, experiences, and abilities.

#### **Activity**

Write about My self

### **Empathy**

Empathy is, at its simplest, awareness of the feelings and emotions of other people. It is a key element of **Emotional Intelligence**, the link between self and others, because it is how we as individuals understand what others are experiencing *as if we were feeling it ourselves*.

#### **Activity**

Choose 5 participants and distribute them 5 cards with different emotions written on each. this could include happiness, frustration, sadness, anger and fear.

### **Conclusion**

Life skills education is a value- based programme which aims to provide students with strategies to make rational decisions that contribute to a meaningful life. In order to ensure quality education there is a need to include parents, teachers and children in the life skills education because it can help to improve the well being of individuals.

### **References**

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