

School of Education

Course Code: MEDU2007

Course Name : Issues & Curricular Concerns at Secondary & Senior Secondary Level

The logo of Galgotias University is a stylized circular emblem composed of several overlapping, curved segments in shades of yellow, orange, and blue, creating a sense of movement and growth.

Life Skill Education and Learning Activities

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LIFE SKILLS EDUCATION - OBJECTIVES

- Contribute actively in various decision-making and processes
- Resolve disputes and conflicts and to weigh up what is right and wrong
- Understand and to respect different beliefs, customs and traditions of a multi cultural world.
- Understand the strength and limitations of the personality and to modify accordingly
- Manage emotions and sustain mental health
- Identify diverse cultures, ethnic and communities

What are Life Skills?

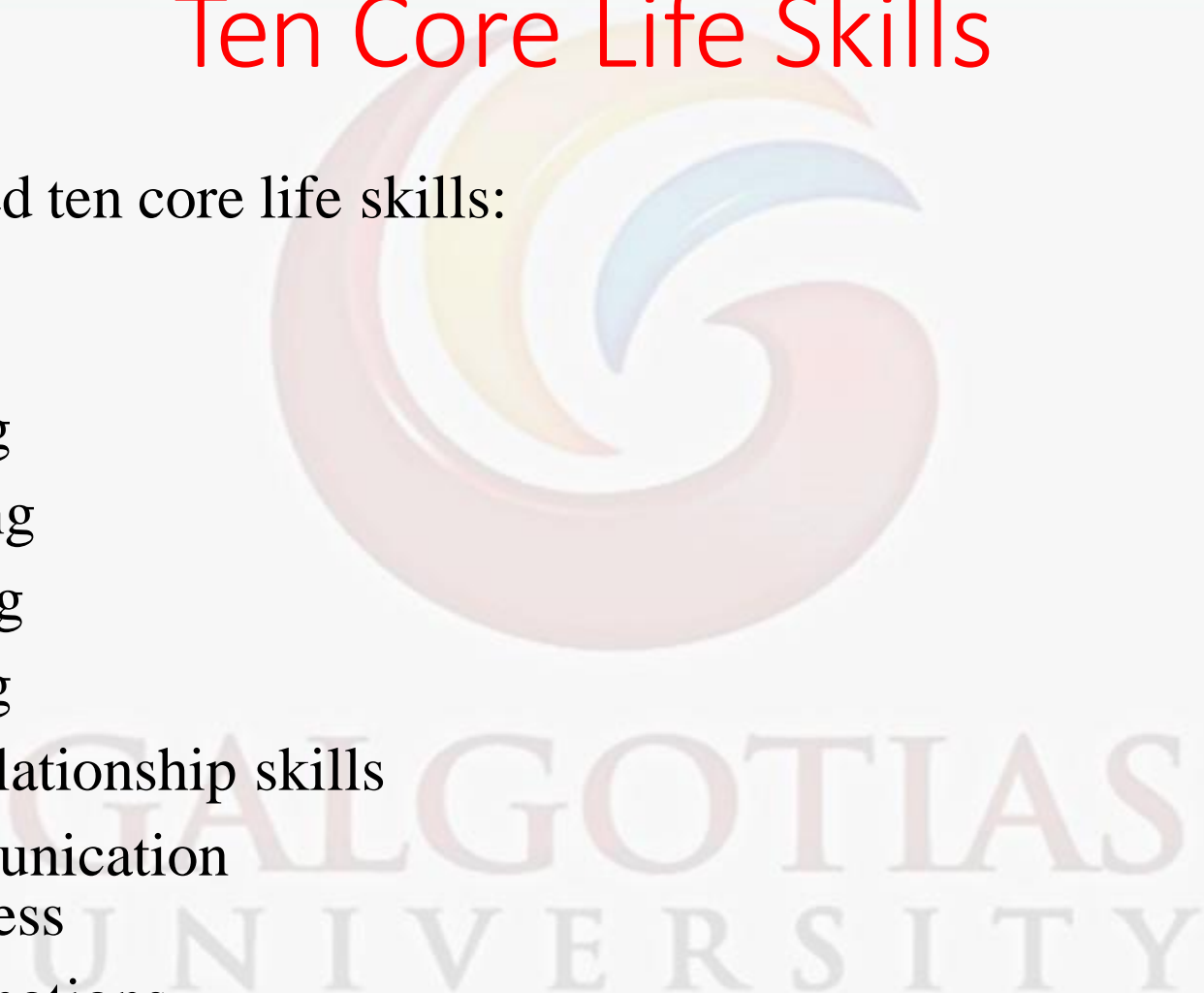
- Life skills are abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life.
- They are abilities that facilitate the physical, mental and emotional well being of an individual.

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Ten Core Life Skills

WHO has described ten core life skills:

- Self awareness
- Empathy
- Critical thinking
- Creative thinking
- Decision making
- Problem solving
- Interpersonal relationship skills
- Effective communication
- Coping with stress
- Dealing with emotions



- Life skills work in combination
- Examples in which we can see how these life skills can work together.

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Learning Activities

Learning to learn:

1. Interactive Activities
2. Creative Activities
3. Learning to Appreciate Activities
4. Decision Making Activities

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Interactive Activities

- Group work
- Peer teaching
- Discussions
- Games
- Dance
- Playground
- Debates
- Excursions
- School visits
- Role play
- Drama games
- Communications
- Games(e.g., conflict resolution, assertiveness, negotiation)
- Meetings
- Play
- Recreation and outdoor adventure pursuits

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Creative Activities

- Play/street theatre
- Improvisation
- Collages
- Pictures
- Poems
- Simulation games
- Mimes
- Dance
- Gymnastics, sequencing games
- Diagrams
- Problem solving
- Surveys

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Learning to Appreciate Activities

- Reviews
- Reports
- Group work
- Sensory experience(e.g., testing, listening)
- Literature
- Rating scale
- Self assessment
- Peer Assessment
- Values clarification
- Media Analysis
- Interviews
- Surveys
- Experiments
- Diaries
- Observation of performance(e.g., ideas, audience)

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Decision Making Activities

- Moral Dilemmas
- Open-ended stories
- Discussions
- Question-Answer
- Values
- Continuums
- Obstacle courses
- Team strategy planning
- Problem solving
- Hypothetical
- Skills/practices
- Group and pair work
- Action plan
- Flow chart
- Timelines
- Research
- Situation Analysis
- Plays
- Trial and Error
- Values and Clarification
- Conflict resolution

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