



BHAGIRATH PUBLIC SCHOOL

SAG of Class V
Subject: LifeSkills

Teacher Name : Ms. Deepthi Sharma

Month	No. of working days	Topics	Activity
	(Tentative)	LifeSkills	
April	20	Chapter 1 Handling Loss	<ul style="list-style-type: none"> Share different ways you try to improve your mood instantly in bad situation
May	09	Chapter 2 Self Acceptance Chapter 3 Trust	<ul style="list-style-type: none"> Write three sentences to express your love for yourself on A4 sheet
July	23	Chapter 4 Learning from Mistakes	
August	23	Chapter 5 Mindfulness Chapter 6 Forgiveness	<ul style="list-style-type: none"> Write a short note on Thomas Alva Edison
September	11	Chapter 7 Exercise the Body and Mind Chapter 8 Social Media	<ul style="list-style-type: none"> What are the advantages and disadvantage of social media, make a chart with pictures
October	21	Chapter 9 Anxiety	

November	20	Chapter10being positive	<ul style="list-style-type: none"> • Make a collage with pictures of being positive.
December	21	Chapter 11Using TimeWisely	
January	18	Chapter12 Bonding	<p>Make a house with waste material and fill colour with colour code, yellow -fun and happiness,green for praise and support ,Orange for kindness and care blue for arguing and fighting, red for Good communication and purple for blaming and name calling</p>
February			