



BHAGIRATH PUBLIC SCHOOL
SAG of Class VII
Subject: Life Skills

Teacher Name: Mr. Sanjay

S.No.	Month	LIFE SKILLS	Activity
		TOPICS	
1.	April	1. Handling Peer Pressure	Role Playing Scenarios
2.	May	2. Body Image Issues	Body Image Reflection Journal
3.	July	3. Cyberbullying	Cyberbullying Discussions
4.	August	4. Family-My Real Strength 5. Gender Sensitization	Collage Creation and Collage Assembly
5.	September	Exam & Revision	N/A
6.	October	6. Overcoming Negative Thinking	Positive Affirmation Posters, Gratitude Journaling
7.	November	7. Rebellious Behaviour	Empathy Role-Playing
8.	December	8. Communication Skills 9. Dealing with Sadness and Depression	Storytelling Circle, Emotional Wheel and Mindfulness Activity
9.	January	10. Impact of Parental Conflict	Family Tree of Strengths
10.	February	Revision	N/A