



# BHAGIRATH PUBLIC SCHOOL

SAG of Class VIII

Subject: Life Skill

Teacher Name: Ms. SHIVANGI TYAGI

Month	A Better You	Subject Enrichment Activity (SEA)
April	Ch - 1 Creative Thinking	* Balancing Activity * Puzzle Activity
May	Ch - 2 The Art Of Letting Go	* Art Integrated Activity
July	Ch - 3 Handling Stress with Resilience	* Art Activity
August	Ch - 4 Generation Gap Ch - 5 Dealing with High Risk - Taking Behaviour	* Skit * Classroom Physical Activity
September	Ch - 6 Adolescent Mental Health	* Team Building Activities

<b>October</b>	<b>Ch - 7</b> Handling Ego and Jealousy	* <b>Story Telling</b>
<b>November</b>	<b>Ch - 8</b> Developing Tolerance	* <b>Skit Activity</b>
<b>December</b>	<b>Ch - 9</b> Handling Attractions  <b>Ch - 10</b> Net Addiction - and The Responsible Use of Net	* <b>Story Telling</b>  * <b>Story Telling Competition</b>
<b>January</b>	<b>Ch - 11</b> Say No to Substance Abuse	* <b>Street Play</b>
<b>February</b>	<b>Ch - 12</b> Handling Self - Harm Tendencies	* <b>Debate Competition</b>