

Socio-Emotional Learning

For 11 to 15 year-olds

Learning Resources that build socio-emotional skills and raise self-awareness.



Content Partners



PRATHAM BOOKS
storyweaver

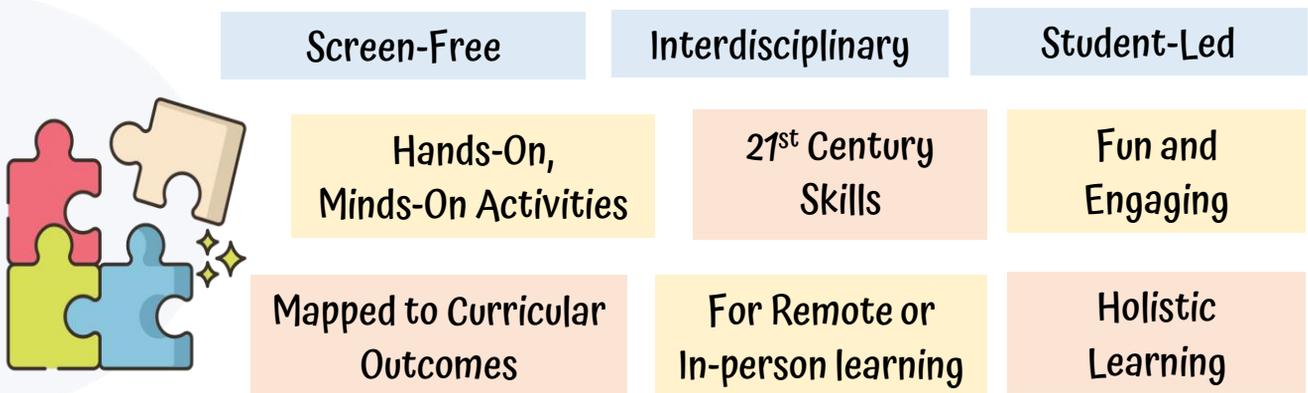
Level 3
Workbook 1

About Us

The **Education Above All** (EAA) Foundation is a global education foundation based in Qatar established by Her Highness Sheikha Moza bint Nasser. EAA envisions bringing hope and real opportunity to the lives of impoverished and marginalised children, youth and women through provision of quality educational opportunities.

EAA's Innovation Development Directorate (IDD) developed the **Internet Free Education Resource Bank** to offer hundreds of screen-free, low-resource educational resources that are interactive and develop essential skills in our learners. We are constantly adding to our open-source content, that is available in multiple-languages for multiple-ages, accessible on our website: www.resources.educationaboveall.org

We developed the **Learning Packages** in multiple formats that are readily available. Students will engage in curated learning experiences with the following features:



Designed as workbooks, the Learning Packages are available for different tracks for 2- to 14-year-olds for holistic development with a focus on a specific subject area. This learning package is focused on Social-Emotional Learning, co-created with Amal Alliance.

Amal Alliance aims to empower displaced and disenfranchised children through holistic education and social development programs within four areas of focus:

1) *Social-Emotional Learning*, 2) *Psychosocial Support*, 3) *Early Childhood Development*, and 4) *Peacebuilding*. Amal's trauma-informed social emotional learning (SEL) programs enhance cognitive, interpersonal, and emotional skills through informal education and structured play. **Colors of Kindness** is an Education in Emergencies award winning adaptation of Amal's signature Rainbow of Education. It's child-centered approach enhances social emotional competencies and fosters wellbeing.



SEL is a systematic development of core social and emotional skills to more effectively handle life, challenges, and thrive despite challenges.

Through this workbook, learners will:

- Recognise their emotions and personal goals
- Acquire skills and attitudes that help them regulate their emotions and behaviors
- Understand others' perspectives and relate effectively with them, decreasing their emotional distress



How to Use the Workbook

Progress Tracker

Track the daily progress of the learning activities.

Pre and Post Assessment

Administer these tests before and after the 'Colors of Kindness Program' to reflect on the learner's social and emotional well-being.

Daily Routines

Do these activities daily to practice gratitude and identifying emotions.

Colors of Kindness Program

Follow the instructions for Days 1 to 10 to build socio-emotional skills, which raise the learner's awareness and confidence.



Project-Based Learning Resources

Engage the learner with fun and interesting SEL related projects for Days 11 to 20.

Weekly Overview

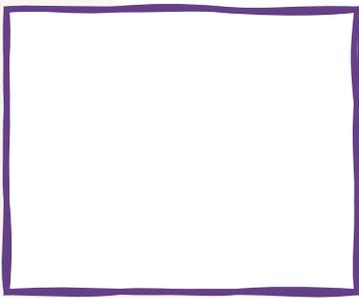
Maps out the learning journey for the week.

Weekly Reflection

Encourages deep thinking about what was learned.

My Growth Journey

Name: _____



Draw yourself here.

Colors of Kindness



Week 1



Day 1



Day 2



Day 3



Day 4



Day 5



DONE!

Week 2



Day 6



Day 7



Day 8



Day 9



Day 10



DONE!

Week 3



Day 1



Day 2



Day 3



Day 4



Day 5



DONE!

Week 4



Day 1



Day 2



Day 3



Day 4



Day 5



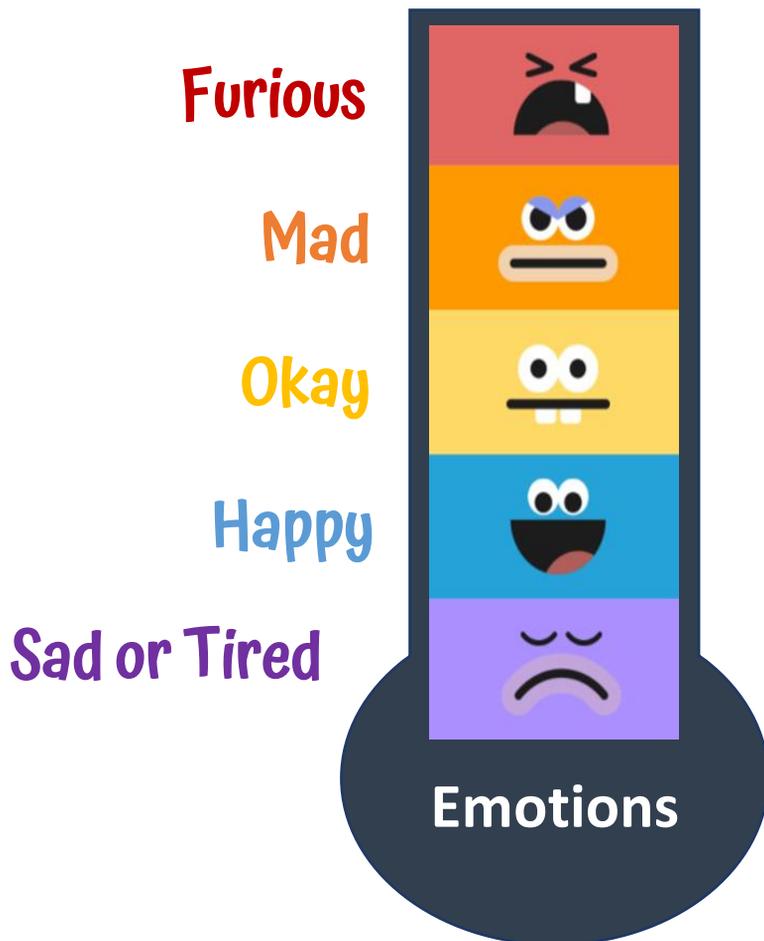
Daily Routine

Let us practice identifying and expressing our emotions.

My Emotion Thermometer

Write the following in your notebook **every day** before working on that day's activities.

Right now, I feel _____ because _____ 



- ### Other Sample Emotions
- Joyful
 - Confused
 - Stressed
 - Bored
 - Anxious
 - Insecure
 - Irritated
 - Excited
 - Worried
 - Nervous
 - Confident
 - Relaxed

Be honest about how you feel. Every feeling is recognized!

Daily Practice

Let us bring positivity into our daily life. We will try to find the good in every situation. This is why gratitude is important – it helps us see what we should be thankful for.

Take a few minutes to think about what you are grateful for and place a drawing or a note about it in a jar.

Let us call it the **Gratitude Jar**.



Here is an example:

I am thankful for the sun that keeps me warm.

Please **administer** these questions before you begin **Day 1**.
Select your response and find the total score as per this scale:

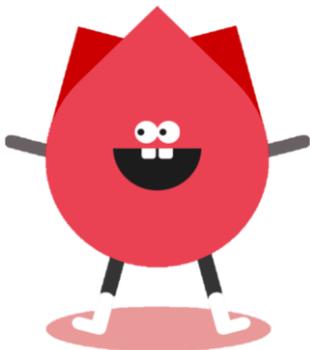
<i>Strongly Agree</i>	<i>Agree</i>	<i>Neutral</i>	<i>Disagree</i>	<i>Strongly Disagree</i>	<i>I Don't Know</i>
+3	+2	1	-1	-2	0

I know when I am happy, sad, or angry.



I am able to calm down when I'm upset.

I like engaging/playing with others and can make friends easily.



I am unique.

I can name three things that I am grateful for.

I respect people that are different from me.

I can understand when another person feels happy, sad, or angry.

I think about other people when making a decision.

I have goals and plan to reach them.

I think about the future and believe it is wonderful.





Our journey will take us through different 'Color Clouds' to help us express ourselves and our journey through the world.

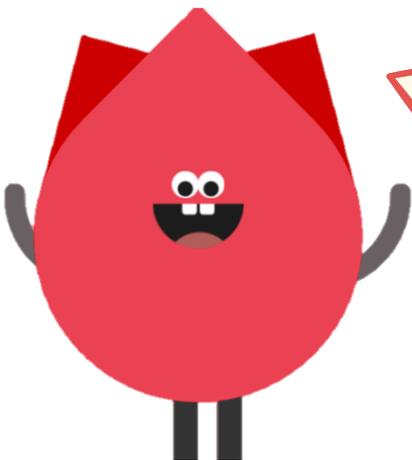
Taking care of our mental well-being is as important as being physically healthy. So, let's get started!

Red Cloud



This cloud is all about helping us identify how we feel.

- Do you like the color red? Why or why not?
- Can you spot things in the room that are red?
- What other things are red?
- How does the color red make you feel?



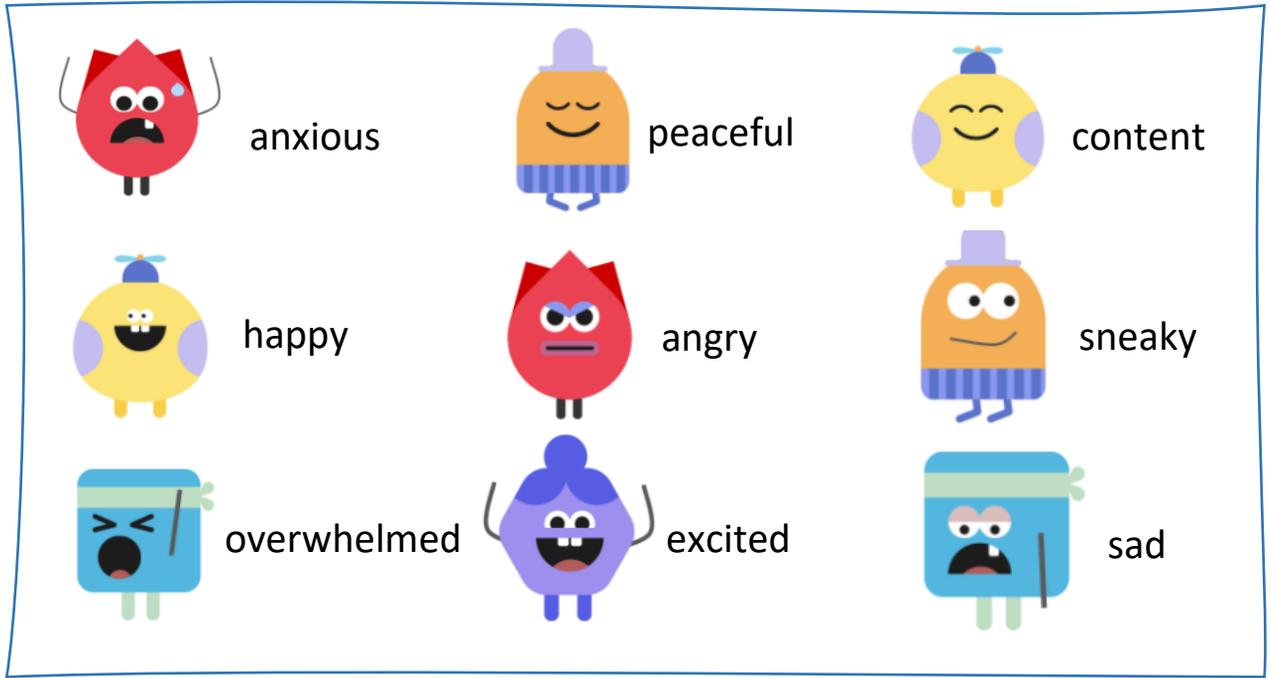
Emotions are a part of our everyday life, but it can be hard for us to express what we feel sometimes.

Don't worry! With practice, it will become easier.



Emotions Charades

- Act out the following emotions.
- Feel free to ask your friends/family to guess which emotion it is.



Stretch of the Day

Do the **Turtle Pose** as shown.
Stretch as far forward as you can.



CHALLENGE

Create a Calming Space

Which place brings a smile to your face?

When you feel sad/stressed, imagine the place in your mind. It will help you feel confident and safe.

Red Cloud



Today, we continue our journey and realise how unique we are!

Deep Breathing

- What is the one thing you like about yourself the most?
'I am _____.' (*amazing, funny, kind, etc.*)
- Lay down on your back. Place your hands on your belly.
- Breathe in and out slowly. Notice the rise and fall of your belly.
- As you breathe, say 'I am _____.' (*the trait you chose*).

Self-Esteem Soup

You are a good friends to others.
Are you a good friend to yourself?

Create a recipe to show how you can be kind to yourself. Feel free to share it with your family!

Example

Ingredients:

To make this delicious self-esteem soup, you will need 2 cups of love, 3 tablespoons of respect, a dash of loyalty, and a pinch of honesty.

Preparation:

- *Mix 2 cups of love with 3 tablespoons of respect.*
We must always treat ourselves with love and respect...





Red Cloud



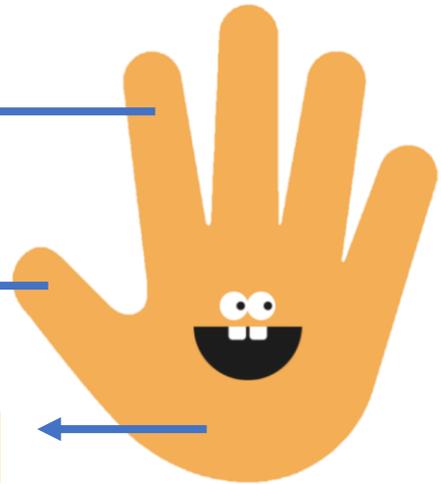
I Am Worthy

Spread your fingers wide on a piece of paper. Trace them with a pen. **Write or draw:**

A quality that makes you unique
(on each finger).

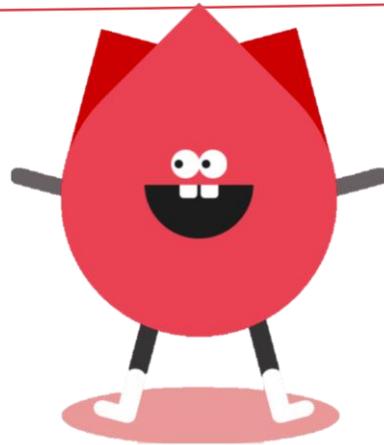
Something about yourself that
you're proud of.

A dream, hope, or goal of yours.



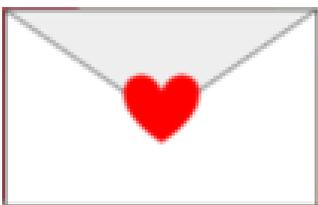
Stretch of the Day

Do the **Star Pose** as shown.
Stretch as much as you can.



CHALLENGE

Send a Positive Note



Write or draw a positive message for as many people as you can this week. It can brighten someone's day!



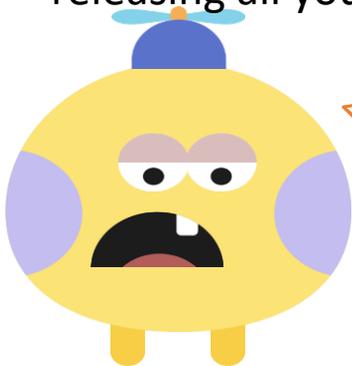
Orange Cloud

In this cloud, we will learn about ways we can respond to and manage our unique emotions.

- How does the color orange make you feel?
- Can you spot things in the room that are orange?

Angry Freeze Dance

- Ask a family member or a friend to play or sing a song. While the music plays, pretend to be an angry monster. Stomp and growl!
- When the music stops, **FREEZE!** Take a deep breath in and a deep breath out.
- As you release the air out of your lungs, imagine you are releasing all your frustrations.



It's OK to feel angry!

We all encounter an Angry Monster from time to time - remember to breathe and act thoughtfully.

Stretch of the Day

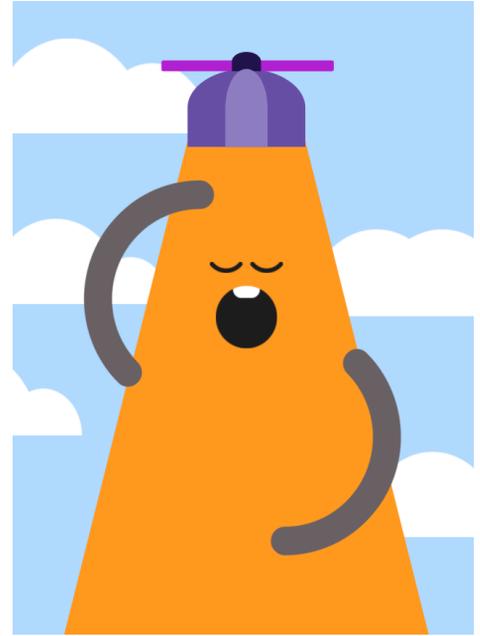
Do the **Boat Pose** as shown.
Stretch as far back as you can.



Orange Cloud

Heart and Belly Breathing

- Stand up nice and tall.
- Place one hand on your heart, the other on your belly.
- Breathe in deeply through your nose, hold for a few seconds, then gently breathe out your mouth.
- Repeat until you feel calm.



Mindful Walking

Walk in a slow motion.

Pay attention to

- the way your body moves as you walk.
- the sounds, smell, breeze.
- how every bit of your foot and toes feel when they touch the ground.

CHALLENGE

Practice Mindfulness Everyday

Connect with your environment by paying attention to what is around you. Try to see if you can spot things that are orange!



Orange Cloud



Mindful Actions

Mindful Actions = We are thoughtful of ourselves and others.

Eg.: Kindness, generosity, helpfulness

Unmindful Actions = We do not consider how our actions affect others. Eg. Dishonesty, rudeness, intolerance, selfishness

Select the Mindful Action!

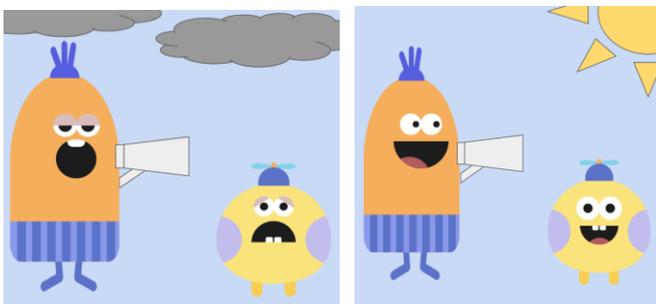
Throwing out the trash



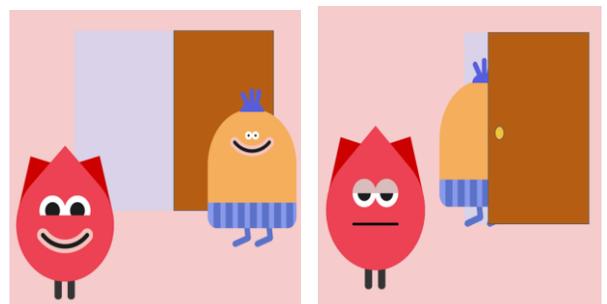
Cleaning the house



Speaking with someone



Closing the door



Think: Why are the selected actions 'mindful'?



Orange Cloud

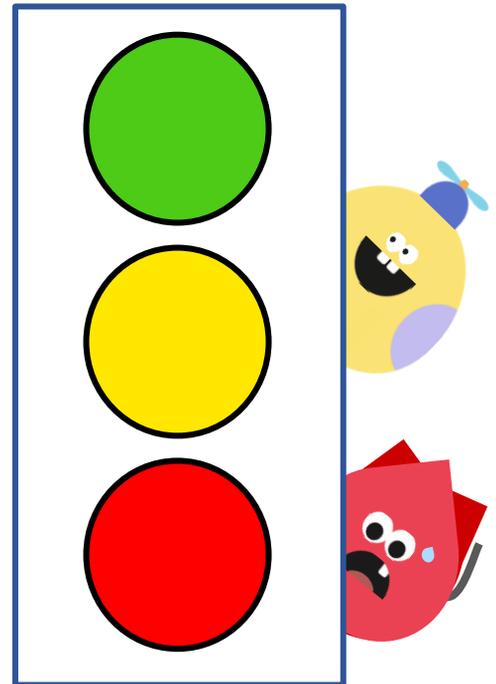


Let's continue exploring how to engage with our emotions!

Stoplight Game

Ask a family member to call out the 3 colors of a traffic light randomly and do the following in each case:

- **Green Light** = Walk around the room.
- **Yellow Light** = Move around, but at a slow pace.
- **Red Light** = Stop whatever you're doing immediately.



Remember to have fun and pay attention to the commands!

Lion's Breath



- Sit down. Cross your legs. Close your eyes.
- Imagine a beautiful lion - a symbol of **strength and courage**. Can you hear its roar?
- Lean forward and place your hands firmly on the ground, fingers spread wide.
- Inhale through the nose, hold your breath for a few seconds, and forcefully exhale out the mouth.
- Repeat this 3 times.

Orange Cloud

Create Your Own Story

1. Sit in a circle with 2 to 3 family members or friends.
2. Our theme is empowerment – so, in turns, we will create a story with strong and courageous characters.
3. Start saying 2 to 3 lines of your own story.
4. Then, the next person will continue it by adding more details, characters, or plot twists!
5. Continue until one of you wants to conclude the story!

- What was your favorite part of the story?
- Do you see yourself in any of the characters?
- Have you overcome any obstacles like the characters in the story?



Stretch of the Day

Do the **Alligator Pose** as shown.
Hold your body still and strong for as long as you can and try chomping (chewing) like an alligator!



CHALLENGE

Count Your Feelings



Count the number of times during the week you feel happy, sad, or angry. Note how you responded to those feelings. You can journal your feelings and actions on a daily basis too!



Yellow Cloud



In this cloud, we explore how to set goals and make good decisions!

- How does the color yellow make you feel?
- Can you spot things in the room or think of things that are yellow?

Stretch of the Day

Do the **Airplane Pose**. If you lose balance, just come back into the pose!

Describe what flying feels like!



Wonder Woman Breath

Picture a personal goal of yours. You'll have to capture it before it gets away. Luckily, you have good aim and some rope with you!



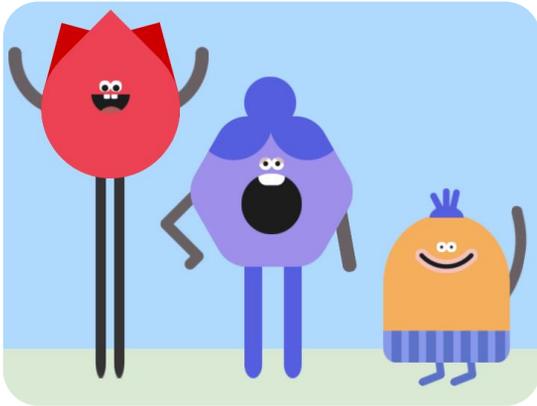
- Stand tall and focus your gaze forward.
- Inhale, raise one hand over your head, and pretend to spin the rope fast.
- Exhale and pretend to throw the rope to capture your goal and dreams. [*Breathe slowly*]



Yellow Cloud



More Than Words



- Get 3 or more family members or friends for the activity.
- Ask someone else to suggest a category for you to form a line in. (*Height, Birthday, Hair Length, etc.*)
- Without speaking, arrange yourselves in order.
- Repeat this for a few rounds.

What did you observe through this activity?

Make time this week to think about your next goal! How will you reach it? What steps do you need to take to attain it?

CHALLENGE

Sculpture Challenge

Think of a pose that represents your dream.

Try to pick difficult poses that challenge your own strength and sense of balance. Feel free to show the pose to your family and friends. Let them guess what it could be!





Yellow Cloud



Dream Map

- 1 What is a dream or goal you have?
Draw or write it in the center box below.
- 2 Draw five smaller boxes around it.
Write/draw what you have already done
to achieve this dream. (*Studying, Staying healthy, etc.*)



When we focus on what we already have, we can feel a sense of gratitude that can help motivate us towards achieving our goals.

- 3 Connect the larger box with the smaller boxes. Decorate it and keep it with you to inspire you as you reach your goals!

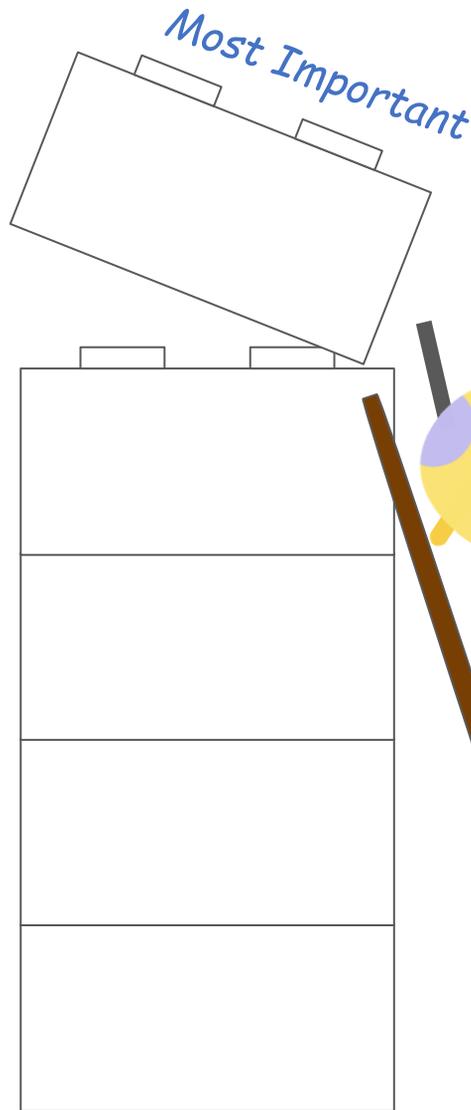
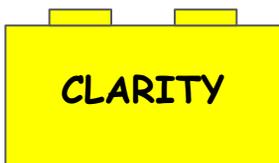


Yellow Cloud



Tower of Success

Color or label the five blocks (below) in the tower in the order you feel will be the most successful in helping you achieve your goals.



Least Important

Feel free to share your Tower of Success with your family and explain why you put the blocks in that specific order.



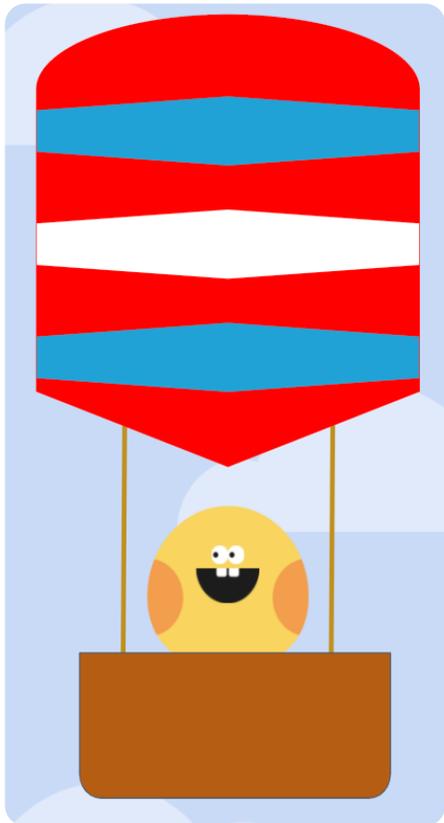
Yellow Cloud



Now it's time to work on making responsible decisions!

Body Part Dancing

- Put on a fun song (or sing it!) and start dancing, **but only move one body part at a time.**
- Have someone call out a body part like “right foot,” “left hand,” or “arms” and then move only that body part.



Hot Air Balloon Breath

- As you inhale, slowly raise your arms and reach for the sky.
- Try holding your breath and standing on your tip toes to touch the sky.
- Then exhale and wiggle your arms all the way to the ground like a deflating balloon.
- With each breath, your hot air balloon becomes larger, and you rise above the clouds. You can even spin around to soar through the sky.

What do you see while soaring high in the sky?



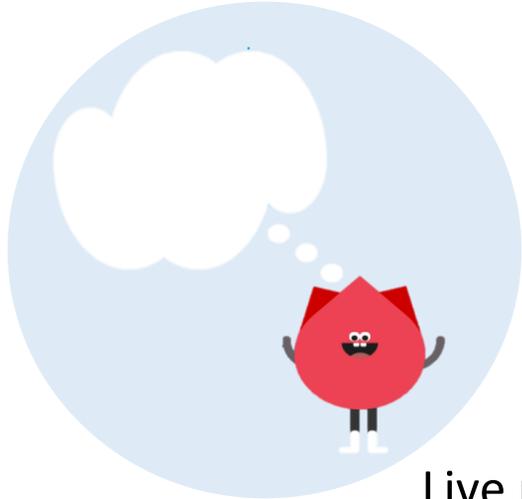
Yellow Cloud



Stretch of the Day

Do the **Cobra Pose**! Stretch your back as you breathe in and out slowly.

Try sticking out your tongue and make a hissing noise just like a snake.



Would You Rather

Explore space **OR** the ocean?

Be an ant **OR** an elephant?

Be able to fly **OR** turn invisible?

Be good at an instrument **OR** a sport?

Live near the sea **OR** near the mountains?

Have an extra finger **OR** an extra toe?

Have the weather be always warm **OR** always be cold?

Have many good friends **OR** one best friend?

Feel free to come up with 2-3 of your own questions and ask your family/ friends! Discuss the reason behind their decisions.



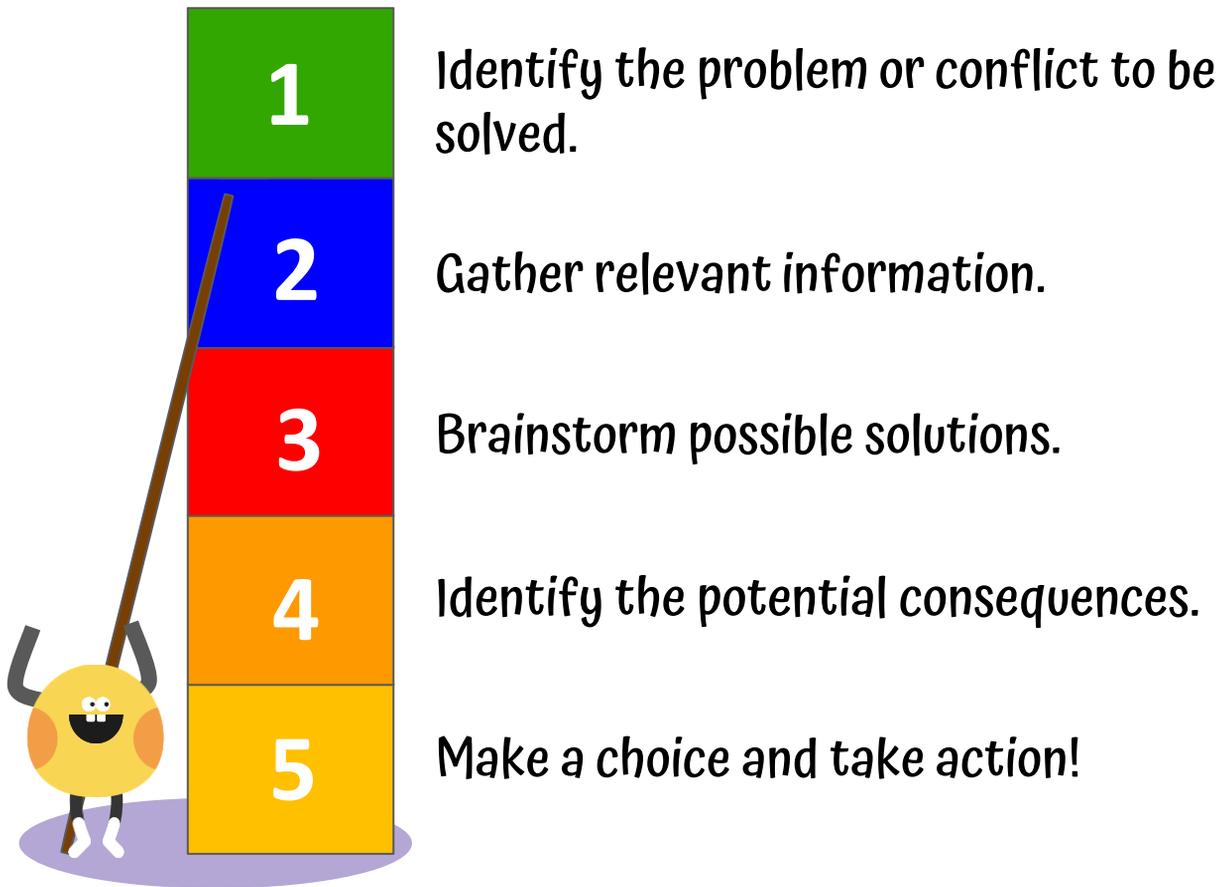
Yellow Cloud



CHALLENGE

5-Step Decision Making Ladder

Imagine your class is going on a field trip and you have to decide where to go. Follow these steps to help you make a decision:



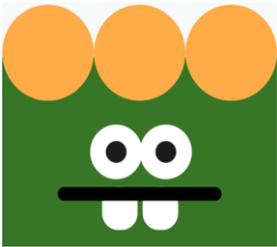
- Choose a spot on the floor. Take five steps back.
- As you go through each step on the ladder in your mind, take one step forward.
- Once you've reached your original spot, you'll know you have thought through your decision as best you can!



Green Cloud



In this cloud, we will explore how to communicate effectively!



- How does the color green make you feel?
- What things in your surroundings are green?
- Do you like the color green? Why or why not?

Good communication is important because it:

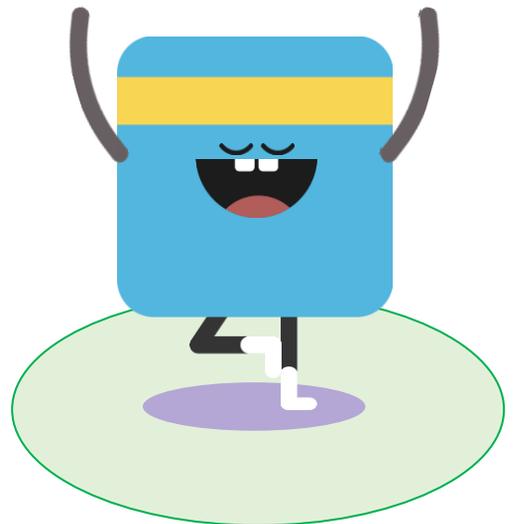
- Helps you express ideas, feelings, and thoughts with clarity
- Helps you learn
- Helps develop social skills
- Boosts confidence and self-esteem

Stretch of the Day

Do the **Tree Pose** as shown.
Take a few breaths as you balance.

Challenge yourself by swaying the branches of your tree without losing your balance.

Remember to balance
on both sides!





Green Cloud



Communication Loop

Ask 2 or 3 family members or friends to join you for this activity. Form two lines and face each other (keep distance):

1. Greet each other and start a conversation with the person in front you.
2. Smile, make eye contact, perhaps even wave, bow, or give an air hug.
3. Try being polite by adding a *“Hello, how are you?”* or *“Hi, it’s been a long time since we met. Hope you are well!”*
4. Switch partners!

Communication is not just about talking, but listening carefully to the other person.



Remember that eye-contact and non-verbal communication are very important. What are some things people can do in a conversation that show they are disinterested?



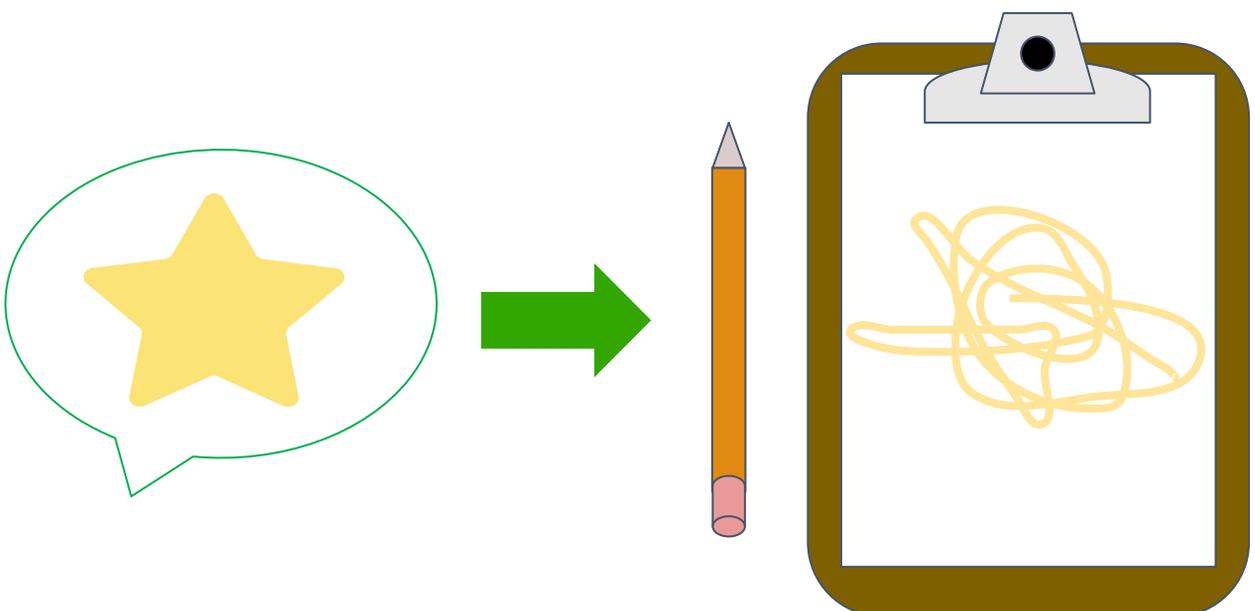
Green Cloud



Draw Misunderstanding



- Find a partner and sit back-to-back with each other. (*Maintain physical distance.*)
- Have your partner describe an object **without telling you what it is.**
- Remember that you are not facing each other so you will not be able to see the object.
- Draw the object based on the description. Take turns.



What did you observe in this activity?



Green Cloud



Breath Wave



Repeat this 3 or 4 times.

- Stand tall, facing a partner.
- Put your hands in front of you as if you were holding a ball.
- Take a deep breath in and as you exhale “pass” the breath as you would a ball to your friend.
- Then, your partner will do the same by taking a deep breath in and exhaling to pass it along.

CHALLENGE

Create a Presentation

- Pick any topic.
- Draw or write a presentation.
- Use props, artwork, or music!
- Present to your family and friends!

Take time to really think about what you want to talk about, and how you will present it to your peers.

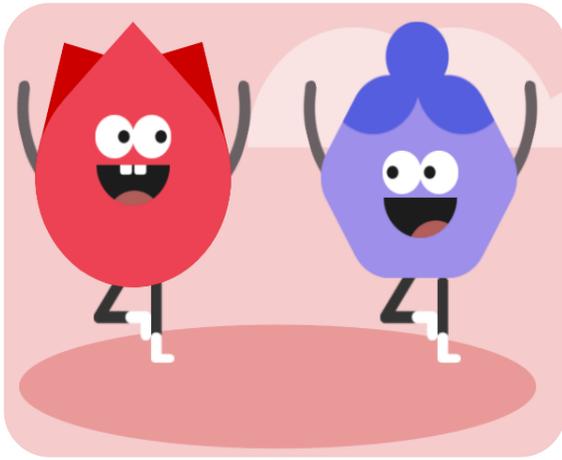


Green Cloud



We will continue to explore how to communicate effectively and pay close attention to others!

Mirror Game



- Face a partner.
- You should try to mirror their movements and expressions.
- After a few minutes, switch so your partner can mirror too!



Was it difficult or easy to follow your partner?
 What did you need to do to successfully play this game?

Stretch of the Day



Do the **Downward Dog** as shown. This creates length through our body!

Try to keep a flat back and peddle your legs.



Green Cloud



Partner Breathing

Sit up straight and close your eyes. Place your hands on your belly and bring your attention to your breath.

Now, look to your partner and bring your attention to their breath.

Try to match their breathing from a distance! Do this for a few minutes.



Positive Traits Circle



1. Sit in a circle with 3 to 4 family members or friends.
2. Say some positive traits about the person on your right.
3. Then, the next person does the same for the person on their right.

Let's celebrate each other!

How did you feel while people said good things about you?
What about when you said good things about someone?





Green Cloud



Best At



- Ask 4 to 5 friends or family members to sit down with you for this activity.
- Have someone call out a category (like dancing). Those who believe they are the best in it must stand up.
- Then, the others should select who is best out of those standing. (You can have a mini-competition to find out!)

Possible
Categories

The fastest runner

The longest stare in a staring contest

The best singer

The fastest Mathematician!

CHALLENGE

Draw a Leaf

To honor someone you care about:

- Draw a leaf.
- On the **OUTSIDE**, write a word describing what you love about them based on their **appearance**.
- On the **INSIDE**, write something that represents what you love about their **character**.



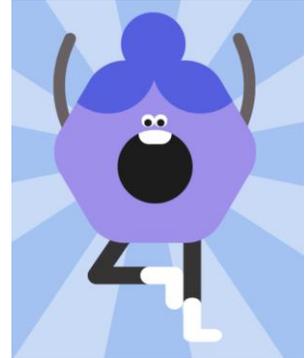


Blue Cloud



This cloud explores empathy, compassion, and appreciating diversity.

- How does the color blue make you feel?
- Can you think of things that are blue?



CHALLENGE

Acts of Kindness

Practice being kind by doing **Random Acts of Kindness**.

Some examples are saying hello to a neighbor, complimenting a family member, or making a friend laugh when they feel sad.

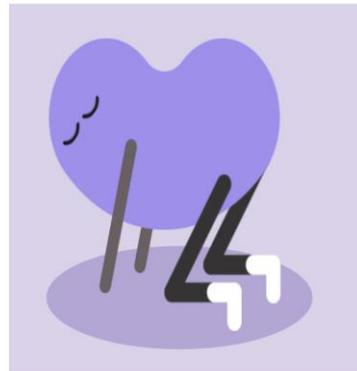
Stretch of the Day

Do the **Cow Pose** as shown by inhaling as you drop your belly towards the floor.

Next, move into the **Cat Pose** as shown while you exhale.

Repeat this 5-10 times, and rest.

Cow Pose



Cat Pose

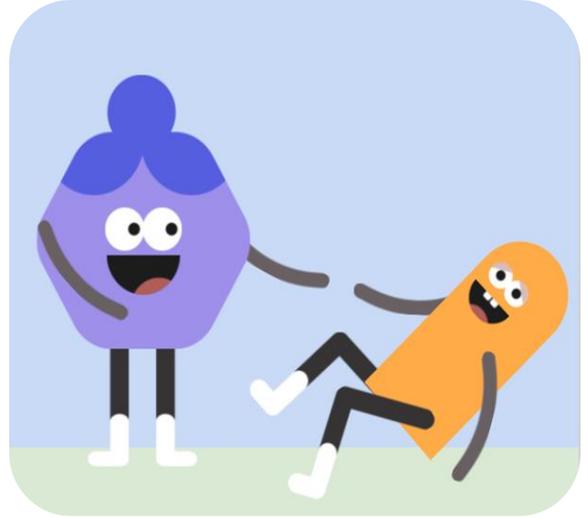


Blue Cloud



What Would You Do?

- Get a partner.
- They will pretend as if they have been pushed, got hurt, or feel bad about something.
- You will pretend to be a stranger who tries to help.
- Switch roles and create new scenarios!



1. Discuss how the stranger could tell that the someone was feeling hurt.
2. What is one nice thing you did for someone else? Did it make them feel better? Did it make you feel better too?

Naming Feelings



How would you feel in these situations?

- Seeing someone pushed/hurt
- If you were pushed/hurt
- If you push/hurt someone



Blue Cloud



Hurting can lead to strong feelings such as anger, fear, and frustration.

While it's okay to feel these feelings, **it is never okay to react by doing violent things**, such as intentionally hurting someone.

It is better to communicate how you feel with your words.

Think of some difficult situations you came across (or might come across) with people in your life.

Write 3 ways you can resolve these situations peacefully:

1 _____

2 _____

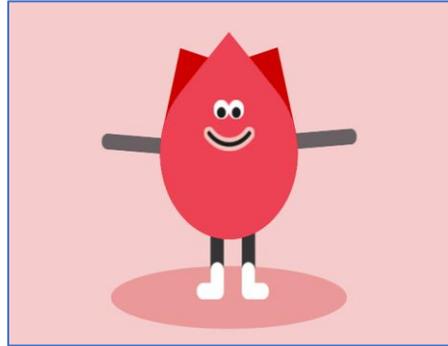
3 _____



Blue Cloud



Deep Breathing Self-Hug



- Inhale deeply as you open your arms out wide.
- Exhale as you give yourself a hug!
- Do this several times.



Three Kind Things

Can you name three kind things about another person?

- Ask 3 to 4 family members/friends to join you for this activity.
- Stand in a circle, and begin the game by saying, "Three Kind Things about (name of anyone in the circle)."
- Others say three kind things about them, one by one.
- The activity continues until everyone hears three kind things about themselves.



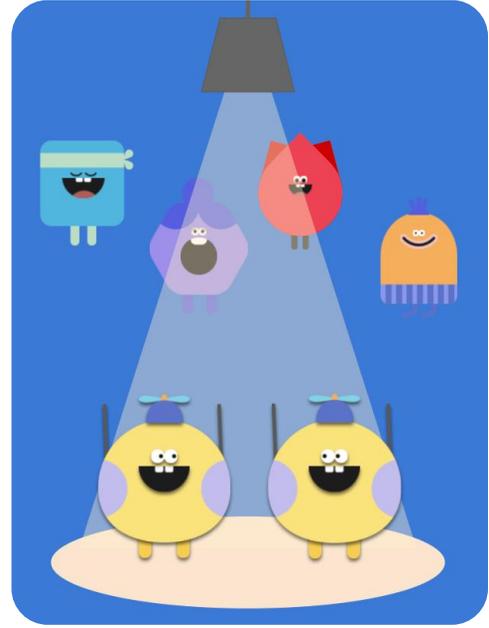
Blue Cloud



We have reached the final cloud! Are you ready to begin our last journey?

Similarities & Differences

- Stand in a large circle with 4 or more friends or family members.
- Each person will share a fact about themselves.
- If the fact is true for someone else too, they should take a step forward into the circle.



1. What makes us different from or similar to each other?
2. Imagine a world where everyone is the same, and no differences exist. What would it be like?



Flower Breath



- Imagine your favorite flower.
- Sit down with your legs crossed, place your hands on your knees with your palms facing up.
- Inhale through the nose, close your palms as if the flower petals are closed.
- Exhale through your mouth, open your hands as if your flower petals were blooming.



Around the World in 10 Minutes

Collect information about as many countries as you can by talking to your family members or from books/videos.

Identify each country's flag, language, costume, food, etc.

How are they different from or similar to your country?

Below are some examples of countries you can explore!



Colombia



India



Kenya



United States of America

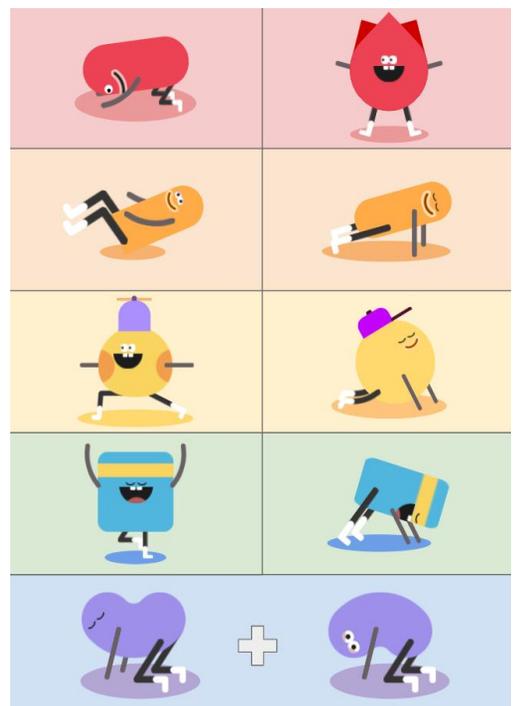


Qatar

Stretch of the Day

Today we have a **Combination Flow!**

Do all the poses - Turtle, Star, Boat, Alligator, Airplane, Cobra, Tree, Downward Dog, Cat & Cow – one after the other.



Please **re-administer** these questions upon completion of the workbook.

Select your response and find the total the score as per this scale:

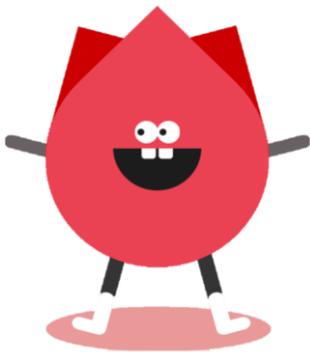
<i>Strongly Agree</i>	<i>Agree</i>	<i>Neutral</i>	<i>Disagree</i>	<i>Strongly Disagree</i>	<i>I Don't Know</i>
+3	+2	1	-1	-2	0

I know when I am happy, sad, or angry.



I am able to calm down when I'm upset.

I like engaging/playing with others and can make friends easily.



I am unique.

I can name three things that I am grateful for.

I respect people that are different from me.

I can understand when another person feels happy, sad, or angry.

I think about other people when making a decision.

I have goals and plan to reach them.



I think about the future and believe it is wonderful.

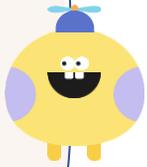
Reflection



Did I enjoy the Colors of Kindness Program?



What are some new things I learned about myself?



- ★ *We hope that you will continue to take your emotional temperature daily, seeing how you feel, and expressing that emotion in a healthy way.*
- ★ *We ask that you express gratitude for something or someone that you are appreciative of and communicate that sentiment.*
- ★ *With your goals set, take responsible steps to reach those goals, and always honor and respect others.*
- ★ *Remember to be empathetic and compassionate when the situation deems it appropriate, and to always choose to be kind.*

Together, we can make this world a better place!

Week 3 Overview



Project

Imagine That

Your World

Create your own world!

5

Dream School

Design the perfect school of your dreams!

4

Festivals

Which festivals would be celebrated in your world?

3

Re-imagine!

Create your own version of your surroundings!

1

2

Professions

Explore different jobs and come up with your own.

Materials Needed

- Paper
- Colours
- Pen/Pencil



Imagine That!

If you could create your own world, what would it look like?

1. Draw a picture of yourself in any type of surrounding – beach, forest, home, etc.
2. Show 5 objects as different shapes you know in your drawing and make a list of these. Example:



Shape	Object
Circle	Sun, Tree
Rectangle	House
Square	Windows
Triangle	Roof

3. Now, imagine and re-think what everything could look like. Change the shapes and colours of the objects in your drawing!
4. Add animals or objects to your drawing. Re-think their roles!

Item	Role	New Role
Cow	Gives milk	Gives fruits
Hen	Lays eggs	Gives wool
Bus	Travel on road	Travel on water!



Feel free to present your drawing to your family and friends.

Imagine That!

1. Interview your family members or friends to know more about their jobs, what they used to do, or what they want to become.

Sample Questions

What do you do everyday?
What should people know about your job?
What do you want to become?



2. Pick any 3 professions. Describe them and their importance by writing a few sentences, drawing, or speaking about it.

IMAGINE

What do you want to be? You can choose an existing profession or make one of your own!

Draw what a day in your dream job would look like.

A large, empty rectangular box with a blue border, intended for drawing a day in a dream job.

Present your drawing and explain why you choose this profession.

Imagine That!

1. What are some festivals you know of? Do you celebrate any?
2. Interview family members or friends to know more about the festivals in your country.

Sample Questions

Which is your favourite festival? Why?
What is the story behind the festival?
How do you celebrate it?

3. Which is your favourite festival? Why?
Draw how it is celebrated.
Example: Diwali →

OR



Imagine that it is festival day with your family members and friends and pretend to do the activities to celebrate it!

IMAGINE

Create your own Festival!

- What is the name of the festival?
- What is the message/story of the festival?
- How will you celebrate it?

*Draw it out or
role-play with
your friends!*

Present your festival to your friends and family!

Imagine That!

1. What do you like and dislike about schools?
2. Ask your friends or family what they like and dislike about schools. Create a pictogram of the top 5 things they like below:

Example:

Category	No. of Likes
Library	

What is the most and least popular thing in schools?

IMAGINE

Design Your Dream School!



Your school should be a fun place of learning so that students never want to leave! In which place do you enjoy and learn the most?

Think of how you can make your school just like that. Can it be outdoors? Does it have a movie room? Let your imagination run wild!

Make a poster to attract students to your dream school!

Imagine That!

Time to create your own imaginary world!

Include your imagined professions, festivals, and school in it too! Think about the following:



- What would adults do?
- Where would the homes be? (*In the sky? under water?*)
- What would the transportation be? (*Could you have a balloon car?*)
- What kind of food would people eat?
- What type of animals are there in your world?
- What is one thing you dislike the most in the real world - how would this be different in your world?

Example:

I do not like the use of plastic and my entire world will be made with all things natural!



Create a story about a family in your imaginary world or draw it out!

Present it to your friends and family members too.



How can you bring some of your imaginations to life and make changes in the real world?

Weekly Reflection

Did I enjoy learning this week?



What are some new things I learned?

If you liked this, go to our IFERB website for hundreds of more such resources. Visit <https://resources.educationaboveall.org>

Week 4 Overview



Project

Life Skills

Story Time

Who is DukDuk? Read a story to find out!

5

Frozen Skit

Perform a skit to enact challenging situations from our lives.

4

Inner Beauty

Look at what makes you and the people around you beautiful.

3

Listening | Observing

Are you an active listener and observer?

1

2

Leader | Follower

Observe yourself as a leader and a follower through fun activities.

Materials Needed

- Paper
- Tape
- Pen/Pencil

For the games that require more people, ask your family members or friends to join you!



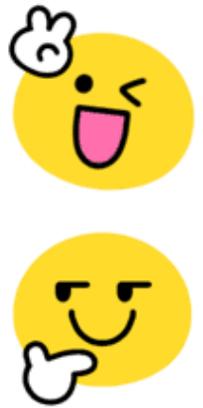
Life Skills

What life skills do you need to live a better life?

Face Race

2 or more pairs

1. Mark a start and finish line using tape or an object.
2. Partners face each other and race to the finish line.
3. Partners take turns to make funny expressions while walking, and the other copies it. If either one laughs, both go back to the starting point.



What Brings You Joy?

What is the happiest thing in nature? Why do you think so?

1. Talk to a partner about what brings you joy for 2 to 3 minutes. Then, your partner will share.
2. Listen carefully, with your ears, eyes, and heart.
3. Draw how you felt while listening to your partner.



- What was it like to listen? What was it like to speak?
- What happens when you share what brings you joy?
- How does listening help us in real-life?

Life Skills

Morning Mirror

1. Face your partner.
2. Your partner will do the actions they would do while looking at a mirror. Pretend to be their mirror and copy their actions.
3. Switch roles.



I Tell, You Dance

Name something in nature that dances. Why do you think it dances?

1. Come up with a story and tell it to your partner.
Make sure your story has emotions and dialogues.
2. Your partner will dance to whatever they hear from you.
3. Then switch roles. You dance to the story you hear.

Sometimes the dancer leads the story; sometimes the storyteller leads the dancer.



Let's
Reflect!

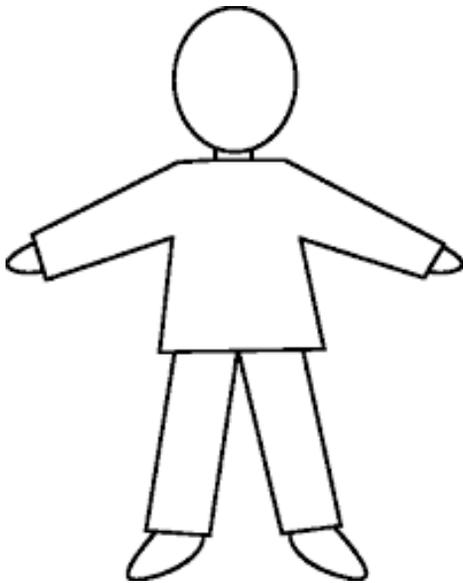
- What was it like to lead each other?
- Was it easy or hard to dance with the story?
- Did you learn anything about yourself as a leader or as a follower today?
- Where do you see leaders and followers in your family/communities?

Life Skills



Inner Beauty

1. Choose a family member or friend for this activity.
2. Both partners draw an outline of a body as shown below.
3. Fill it with your partner's good qualities, interests, and talents.



Everyone has hidden inner beauty. So, think about a special way to draw each part.

Example:

If they are very good artist, draw their hands in a special way.

If they are very kind, draw a big heart, etc.

Exchange the drawings and observe your inner beauty!



Let's
Reflect!

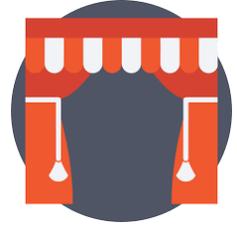
- How did it feel to draw your partner's 'inner beauty' and share your drawings?
- What did you notice about your partner or yourself through this activity?

Life Skills

Frozen Skit

4 or more people

We will be doing a skit to show the harmful effects of bullying or teasing someone.



1. Select one person to be the director.
2. Two actors enact a scene where one teases the other in a hurtful way.
3. The director claps at different points in the skit.

After **each clap**, the actors freeze in their positions.

Another person can come in and take the place of any actor to continue the skit to show why **bullying is NOT the right way to behave**.



Let's
Reflect!

- What did you observe in these scenes? Were they realistic?
- What did you think of the solutions?
- Would you use these solutions in real life? Why or why not?
- Where might it be difficult for you?

Try doing the frozen skit activity for new scenarios that are challenging for you to face in real life too!

DUKDUK

Written by Sanjana Kapur

Sia and her brother, Roni, used to play all the time. They'd explore caves under the staircase and fight the aliens on the mango tree in the backyard. Roni always made Sia laugh.

But it has been a long time since they played together. Roni doesn't like playing with anyone these days! "Why don't you feel like playing?" Sia yells at Roni. "I don't want to," Roni says. "I am stuck with a big monster on my back".



Sia names the monster Dukduk. "Dukduk must be mean and grumpy," Sia thinks. "It feels like he's swallowed up Roni's smile."

Dukduk always seems to be with Roni. "Tell your monster to go away! I don't like him," Sia says.

Sometimes, Dukduk grows bigger than a truck. Roni gets angry about everything on those days. He even chews his food angrily!

Mama thinks she knows how to make Roni feel better. "You should go out for a walk. The fresh air will do you good," Mama says.



On other days Dukduk seems to be holding on to Roni. He doesn't even let Roni get out of bed.

Papa keeps telling Roni how to fix it. "What's wrong?" asks Papa. "Eat well and your problem will go away!"



There are days when Dukduk is small and floats around like a kite. Then Roni gets out of bed and plays with Sia. But he gets tired very fast.

“It’s all in your head. You just have to put your mind to it, and you will snap out of it,” everyone says. “I will try,” Roni says. “It isn’t that easy.”

It is Roni’s birthday today. Sia has baked a cake.

“Thank you, Sia,” Roni smiles. Sia frowns. Roni’s smile is very different these days.

Sia sits next to Roni.

“Is your new friend making you unhappy?”

Roni nods.

“I feel like being happy, but it’s hard work on most days,”

Roni explains.

“How long do you think your friend will stay?” Sia asks.

“I don’t know,” says Roni.

“It’s okay,” Sia says. “We can play whenever you feel like.”

Roni smiles his old smile. Dukduk becomes smaller.

Now Roni is even getting help from a doctor.

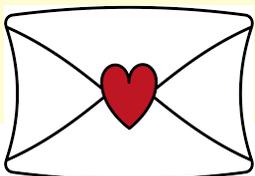
Dukduk is still there. On some rare days, he is big. Sia waits for them to pass.

Mostly, Dukduk is small, and on those days, Roni likes to play.



Answer the questions below.:

1. Who are the main characters of the story?
2. How does Dukduk affect Roni’s life?
3. How do you think Roni felt when people kept giving him advice?
4. Do you think Dukduk is real? Why or why not?
5. Have you ever felt like there was a Dukduk holding you or your friend's back? If yes, how did you feel? What did you do?



Imagine you are Sia, make a birthday card for Roni with a positive message to make him feel better!

Weekly Reflection



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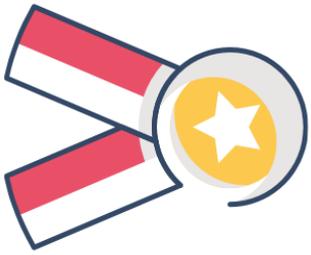
Did I enjoy learning this week?



What are some new things I learned?

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CERTIFICATE OF COMPLETION



This certificate is awarded to

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Facilitator

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Pg. 45, 48: ‘Life Skills’ Project-Based Learning Resource designed by Dream A Dream, India for EAA’s Internet Free Education Bank (IFERB).

Pg. 49, 50: DukDuk, based on the original story ‘Who Stole Bhaiyaji’s Smile?’ (English), written by Sanjana Kapur, illustrated by Sunaina Coelho, Re-levelled by EAA, published by Pratham Books (© Pratham Books, 2006) under a CC BY 4.0 license on StoryWeaver.

