

Experiential Learning Activity-3

Subject	PSYCHOLOGY
Class	XII
Topic	MEETING LIFE CHALLENGES
Sub topic	Life skills for stress management
Time	40 minutes
Nature of Activity	Group activity
SKILLS	Life skills

What will we learn? (L.O) –Students will be able to

- appreciate various types of life skills which are needed for positive well –being.

What do we have to do?

- Enact a challenging situation reflecting the life skill assigned, as a useful measure to help developing problem solving attitude.

What do I require?

- Text book, Flash Cards mentioning life skills, Chart Paper, Pens, Glue stick and Scale.

What do I already know?

- We all face some or the other stresses in life and apply different ways and means to deal with such situations.

Teacher's Activity

Teacher will

- Divide the class into 6 groups
- Prepare 6 flash cards mentioning one life skill on each card.

ASSERTIVENESS	TIME MGMT.	RATIONAL THINKING	IMPROVING RELATIONSHIPS	SELF CARE	OVERCOMING UNHELPFUL HABITS
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- Give one flash card to each group with an instruction to prepare and enact a challenging situation being tackled effectively using the given life skill.
- Ensure that 10 minutes for within group discussion and preparation of situation is given and later 4 minutes presentation time is ensured .
- provide feedback for students' presentations and facilitate students in participating during recapitulation

How will I Proceed

Students' Activity: Students will

- listen actively and prepare a group presentation as per the life skill allotted and enact a situation one by one and get feedback from classmates and teacher.
- Take care of completing task within time limit.
- Participate in post activity discussion critically examining the significance of these life skills in maintaining a positive health and wellbeing.

What have I observed?

SIGNIFICANCE OF LIFE SKILLS FOR US

LIFE SKILLS	SIGNIFICANCE OF LIFE SKILLS
EXAMPLE: ASSERTIVENESS	

What have I learnt?

The significance of life skills in achieving mental peace and positive health.

What am I curious to learn?

To know other factors which too influence our positive health and wellbeing.

Let me evaluate myself.

Q1. Is absence of physical illness indicating positive health and well-being? Elucidate with example.

Q2. How can the life skills be useful for class 12 students?

Q3. Are these life skills interrelated also? Sythesise with an example.

Q4. Are these life skills inborn or learned? Justify your opinion with examples from your experiences.

Q5. How can an unhelpful habit be dangerous for mental health ?
