



Dr. S. Amutha

M.Sc., M.Sc.(Psy)., M.A., M.Ed., M.Phil.,
PGDEA., PGDY., PGDIT., PGDG&C.,
Dip.in Mental Health (Ireland).,
Dip.in Neurobiology(USA).,Ph.D.

*Department of Educational Technology
Bharathidasan University*





Life Skill Education?

Ability to discharge his life appropriately
organize the activities related to life in a
systematic manner.



Objectives of Life Skills

- Thoughts, feelings, notions, and ideas clearly expressed
- Disagreements settled without hindering anyone's feelings
- Activities concerned with flourishing physical health and contribute to well-being
- Stress managed positively
- Build team working habits
- Keep personal goals reachable
- Be comfortable with what you are becoming
- Learn to accept things according to the situation
- Start challenging yourself and try to discover yourself
- Stay true to your values



Aim of Education

The purpose of social development

Development of experimental knowledge

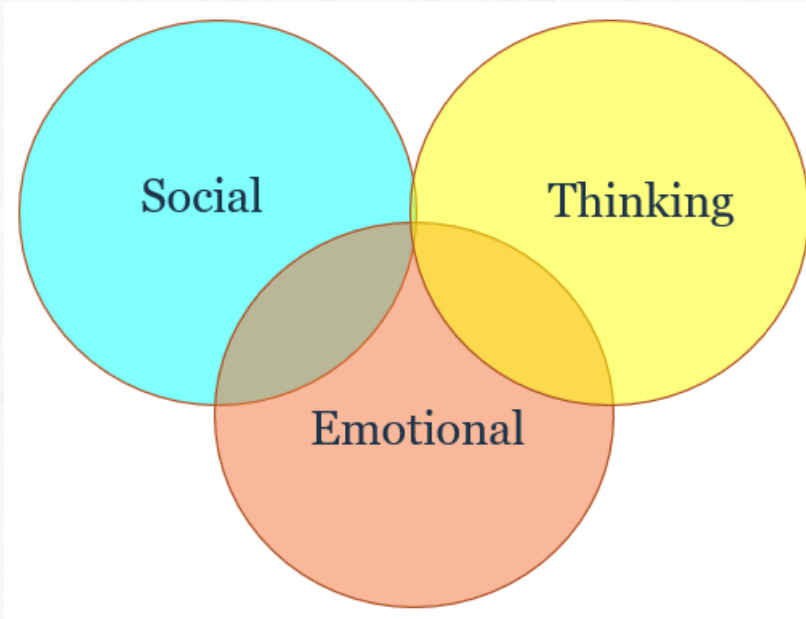
The purpose of the development of adjustment power

The objective of develops life values

The objective of mental development

Of all-round development





Advantages of Life Skills Education

- Contribute to healthy behaviour
- Addresses the needs of all children
- Flourishes the relationships of people
- Improve mental health
- Fostering better behaviour



Skills

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Life Skills

Livelihood
Skills

Daily Living
Skills

Learning
Skills

Health
Skills

Survival
Skills



Social Skills

Self-Awareness

Effective Communication

Interpersonal Relationships

Empathy

Thinking Skills

Critical Thinking

Creative Thinking

Problem Solving

Decision Making

Emotional Skills

Coping with Emotions

Coping with Stress



UNESCO and **WHO** list the ten core life skill strategies and techniques

1. Self-Awareness Skills

1. Is aware of his/her physical/social and emotional self
2. Self respecting
3. Aware of his/her strengths and weaknesses
4. Adopts optimistic approach
5. Has the confidence to face challenges

Self-Awareness

*Effective
Communication*

Social Skills

*Interpersonal
Relationships*

Empathy

Problem Solving


1. Finds a workable solution to the problem
2. Handles various problems effectively
3. Identifies and states the problem
4. Views problems as a steppingstone to success
5. Finds ways to solve different kinds of conflicts

Decision Making

1. Is decisive and convincing
2. Is able to find different alternatives to solve problems
3. Is able to analyse the alternatives critically
4. Takes decisions logically
5. Shows readiness to face challenges




Critical Thinking

1. Assesses the statements and arguments
 2. Examines the problems closely
 3. Listens carefully and gives feedback
 4. Tries to find out alternatives and solutions
 5. Questions relevantly
- 




Creative thinking

1. Ability to find creative and constructive solutions to problems and issues
 2. Is independent in thinking
 3. Has fluency in expression
 4. Has rich imagination and is able to think out of the box
 5. Can make independent judgement in crucial matters
- 




Interpersonal Relationships

1. Is able to interact effectively with peers and teachers
 2. Is very cheerful and friendly
 3. Exhibits fine etiquettes and other social skills
 4. Finds it natural and easy to share and discuss the feelings with others
 5. Responsive to others' interests and concerns
- 



Effective Communication

1. Contributes frequently to group conversations
 2. Knows the difference between assertive, aggressive and submissive manners of communication
 3. Is able to make use of speech, action and expression while communicating
 4. Exhibits good listening skills
 5. Uses gestures, facial expressions and voice intonation to emphasize points
- 

Empathy

1. Demonstrates ability to respect others
2. Is concerned about the problems in the society/
community
3. Is able to reach out to the friends who are in need
of extra help
4. Is tolerant with diversity
5. Is sensitive towards the environment

Managing Emotions

1. Is able to identify his/her emotions
2. Manages his/her emotions
3. Shares his/her feelings with peer group, teachers and parents
4. Can express his/her feelings in a healthy manner
5. Remains cool and calm under adverse conditions

Dealing with Stress

1. Is able to identify the different stress related situations
2. Copes with stress in an effective manner
3. Is optimistic in handling different stress inducing situations
4. Able to react positively under critical situations
5. Remains composed and collected in stressful situations



High-Level Skills

Excellent warmth and high mental level

Mental and physical relaxation

Goal Setting

Social support

Standard of living with health



Types of Thinking skills

Analytical Thinking Skills

Divergent Thinking Skills

Creative Thinking Skills

Critical Thinking Skills

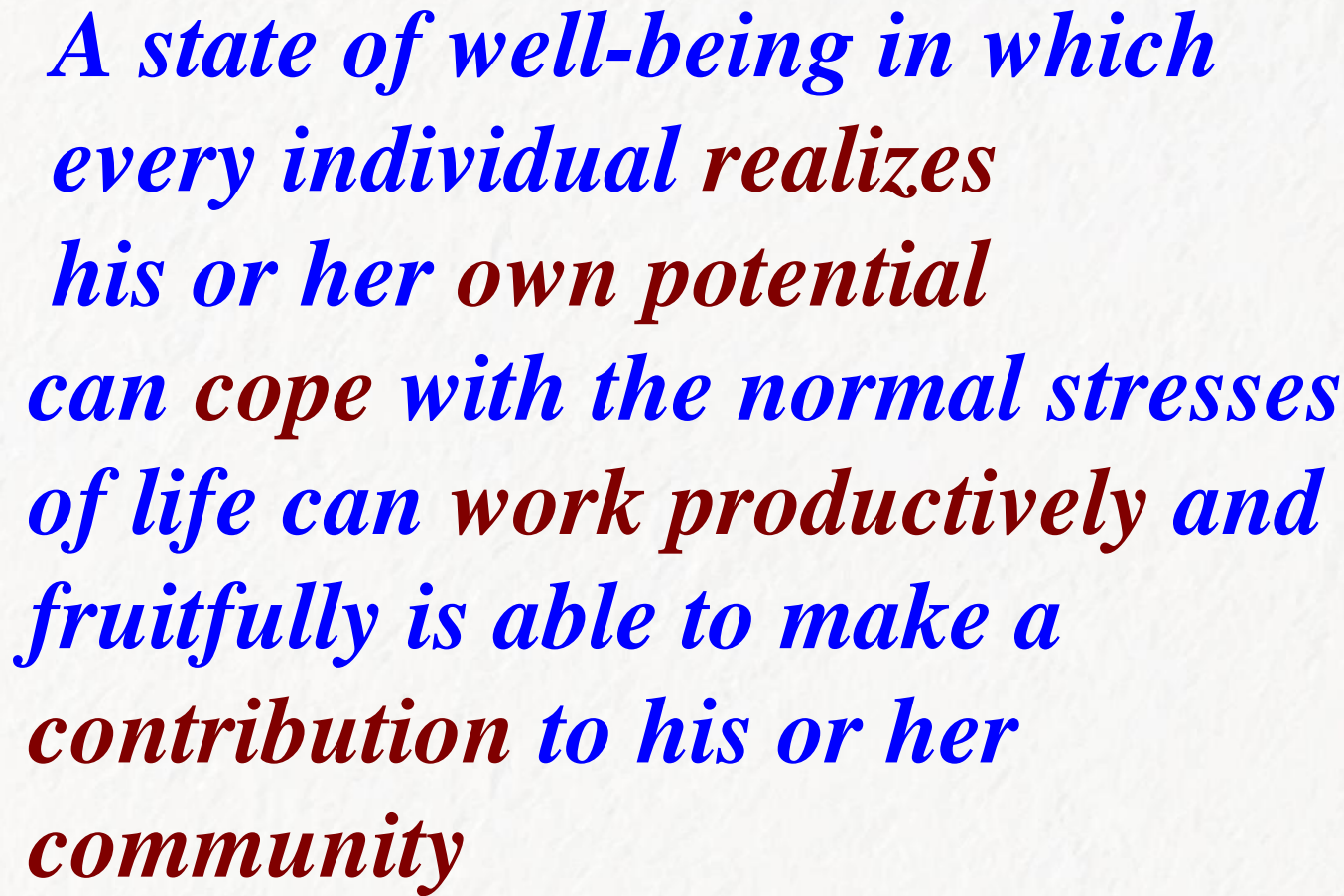
***Coping
with
Emotions***

***Emotional
Skills***

***Coping
with
Stress***

Life Skill Tree





A state of well-being in which every individual realizes his or her own potential can cope with the normal stresses of life can work productively and fruitfully is able to make a contribution to his or her community

(WHO, 2010)

A decorative border of various flowers and leaves in shades of pink, yellow, orange, and blue, framing the central text. The flowers include large yellow and pink blossoms, smaller pink flowers, and clusters of small blue flowers. The leaves are in various shades of green and blue.

Thank you