

## **Class-1**

## **Life skill**

## **Week 1**

**Dear Parents,**

In today's fast-changing world, life skills are just as important as academic learning—essential tools that help children grow into capable, confident, and resilient adults. Recognizing this need, **SAFT** has launched a special initiative to actively involve parents in nurturing life skills in their children, tailored to each age group.

At the heart of this program is the idea of *quality time*—simple, meaningful moments you can share with your child. To make your participation easy and enjoyable, we have created user-friendly materials with color-coded sections. For example, **RED text highlights where your direct involvement is needed.**

Each day includes a clear theme, practical exercises, and an end-of-day evaluation. Please take a few moments to review these evaluations as they offer valuable insights into your child's progress and help strengthen the learning experience.

We invite you to take this opportunity to build lasting memories with your child—learning together while having fun!

Wishing you skillful and joyful holidays.

**May God bless you and your family.**

Warm regards,

## Class-1

## Life skill

## Week 1

**Theme:** Exploring Independence through Everyday Tasks

### Objectives:

- Introduce new fun ways to build confidence and self-help skills.
- Help children take small responsibilities at home.
- Foster decision-making and awareness of self and the surroundings.



### PERSONAL HYGIENE

### Activity. Personal Hygiene and Self-Care

Instructions.

#### Practice Washing Hands/ face

- Before eating.
- After using the toilet.
- After playing outside.
- Use soap and water, scrub for 20 seconds (sing the ABC song!)



#### Brushing Teeth

- Twice a day (morning and before going to bed.)
- Use a toothbrush and a pea-sized amount of toothpaste



**Parent's Role:** Model each task and let the child try independently with reminders.

**Evaluation:** Child completes morning hygiene routine with little assistance.

#### Evaluation:

- Self-Assessment: Choose from three faces 😊 😃 😐 to show how they felt about the task.
- Parent Feedback: Note what the child did independently, and how did they react to the task.

### Implementation Plan

**Preparation:** Parents can use the daily material checklist (Practice brushing teeth properly, washing hand, hand towel).

Use morning time or after breakfast for mutual discussion about 15–20 minutes of the focused activity.

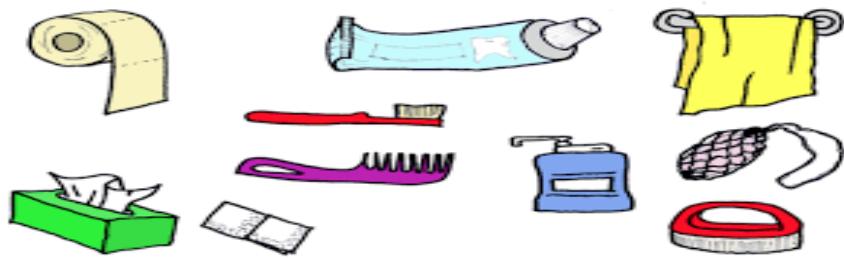
**Execution:**

Let the child do the task first, and then step in with gentle support. Keep it positive, light-hearted, and engaging.

## Weekly Progress Checklist (7 Days)

Track your child's performance through the given checklist.

Days	Completes personal care routine	Washing hands before/after meals/playing outside.	Brushing teeth twice a day.	Rewards (Excellent, good....)
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				



Add your picture doing your favorite activity from the list.

