

Class 2

Life skills – 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,



Energy Conservation

Life skills – Week 1

Theme: Building Independence & Environmental Awareness

Focus Task: Energy Conservation

Take help from the video link

https://youtube.com/watch?v=grx-6CNNV_Q&feature=shared

Objective

- Help the child build responsible daily habits to save electricity.
- Encourage independence, observation, and explanation of actions.
- Involve the family in the process through reminders and positive reinforcement.

Instructions

Tasks to be done by the child:

- Turn off lights, fans, and appliances when not in use.
- Remind others in the family to save electricity.
- Explain at the end of each day what they did they do to save energy?



Instructions for Parents:

- Each day, demonstrate an energy-saving action and let your child practice it.
- Involve them by asking, "Can you check if any room has lights on?"



Evaluation

- At the end of the day, ask your child:
- “What did you do today to save energy?”
- Give small praise or rewards for consistent efforts (like stickers or words like good, excellent



Weekly Progress Checklist (7 Days)

Use this to track your child’s daily energy-saving habits.

Days	Turned off light/fans	Reminded others	Explanation of actions	Tick if all done
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				