

Class 3

Week 1 Life skills

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,

Theme: “Little deeds, Huge difference!”

Tagline: *One small task each week, one big difference at home!*

Objectives:

- Child will become responsible (taking care of their things and actions)
- Independent learning (doing small tasks on their own)
- Being more mindful (thinking about what they do and why)
- Family bonding through shared activities
- Self-growth by learning important life skill

Instructions for parents through video guide

<https://www.youtube.com/shorts/bGJ5g7xfKS4?feature=share>

Video Instructions for Parents – Task-wise Guidance

- Carefully watching the video will help you understand the steps to complete the task.
- Let your child take the lead and complete the weekly task independently.
- Discuss the task with your child and ask how they felt about it.
- Help your child connect the task to important life values like kindness or responsibility.
- Encourage your child to record their work by drawing, writing, or adding photos. (On A4 paper)
- Celebrate your child’s effort with praise, stickers, or fun rewards.

Innovation: Add Purpose behind Every Task

Task	Hidden Super Skill	Family Fun Tip
Day 1: Organize toys/bookshelf <u>Instructions for students:</u> Take Everything out Remove all toys or books and place them on the floor or table. Sort and Group Put similar items together — like soft toys, cars, puzzles, or storybooks Place Neatly - Keep the toys/books back in their place, nicely arranged and easy to find! Video Guide https://www.youtube.com/shorts/bGJ5g7xfKS4?feature=share	Learning order and decision-making	Let parents give 1 old book/toy for donation—teach generosity

Task	Hidden Super Skill	Family Fun Tip
Day 2: Water the plants <u>Instructions for parents:</u> • Watch the plant-care video. • Show how to test soil dryness and measure water. • Let the child do the task independently. • Encourage regular plant check-ins and celebrate plant changes. • Video guide: https://www.youtube.com/watch?v=EygnB6i32t4 <u>Instructions for Students:</u> 1. Choose a Plant Pick one or more indoor or outdoor plants you will take care of. 2. Fill a Watering Can or Bottle Fill it with clean water. Ask an adult if you're unsure how much to use. 3. Check the Soil Touch the soil gently—if it's dry, your plant needs water. 4. Water Slowly Near the Roots Pour water carefully at the base of the plant, not on the leaves or flowers.	Practicing care and patience	Take plant selfie weekly and compare growth
Day 3: Fold clothes <u>Instructions for parents:</u> • Show how to fold one item as an example. • Sit with the child and encourage them to try on their own. • Praise the effort, not perfection. • Keep it fun and talk during the activity. <u>Instructions for Students:</u> 1. Collect the Clothes Take clean, dry clothes from the laundry basket or drying area. 2. Pick One Item at a Time Start with easy items like T-shirts, towels, or socks.	Learning neatness and personal responsibility	Fold together while chatting about favorite outfits

Task	Hidden Super Skill	Family Fun Tip
3. Lay It Flat Place the item on a clean surface and smooth out the wrinkles. 4. Fold Neatly Fold the sleeves or sides in, then fold the item in half or thirds—make it small and tidy. 5. Stack or Arrange Put the folded clothes in a neat way and place them in your cupboard or drawer.		
Day 4 : Help with meals <u>Instructions for parents:</u> • Watch the meal-prep video. • Choose a safe and simple task for the child. • Stay nearby to ensure safety and guide gently. • Praise effort and enjoy the meal together. <u>Instructions for students:</u> 1. Choose a Simple Breakfast Pick something easy like toast, fruit salad, boiled eggs, or sandwiches. Ask an adult to help you decide. 2. Wash Hands & Set Up clean your hands and get everything ready—plates, spoons, ingredients. 3. Do a Safe Task Help with simple parts like: ○ Spreading butter or jam on toast ○ Arranging fruits on a plate ○ Breaking eggs into a bowl (with help) ○ Pouring juice or milk 4. Clean as You Go Wipe spills and keep the counter neat while working. 5. Video Guide https://www.youtube.com/watch?v=Ew4C95FeKwc	Building teamwork and gratitude	Let the child name the meal like a chef (e.g., “Chef Ayaan’s Family Feast”)
Day 5 : Make the bed <u>Instructions for parents:</u> • Watch the bed-making video.	Starting the day with discipline	Add a “Good Morning” sticky note for someone in the family

Task	Hidden Super Skill	Family Fun Tip
• Show how to pull and straighten the sheets. • Encourage the child to do it right after waking up. • Celebrate with high-fives or a happy note in return. Instructions for students: 1. Start Your Day Right As soon as you wake up, decide to make your bed all by yourself! 2. Clear the Bed Remove any toys, books, or clothes from the bed. 3. Straighten the Bed sheet Pull the bed sheet from all sides so it looks flat and smooth. 4. Arrange the Pillows & Blanket Place the pillow at the top neatly and fold the blanket or duvet nicely at the end of the bed. 5. Video Guide https://www.youtube.com/watch?v=mzRp0MMPE-s		

➤ Booklet Instructions:

Each A4 Sheet Includes:

- 1. Week #: Task Name**
- 2. 📝 My Reflection** (3–4 sentences)
 - What did I do?
 - How did it feel to do it myself?
 - What did I learn?
- 3. Value I practiced:** (choose from a list or write one: care, discipline, patience, kindness, teamwork)
- 4. Picture of Me Doing It:** (drawing or real photo)
- 5. Family Voice:** One sentence from a parent/sibling about what they saw or felt (e.g., “I felt proud to see Ali folding his clothes without help!”)

Evaluation:

Question-based checklist table

List Items	Rating (1to5)
1. Has child read and understood the weekly task	0 0 0 0 0

2. Were all materials prepare before starting?	0 0 0 0 0
3. Did child completed the task independently or with help	0 0 0 0 0
4. Did the child have fun doing this activity?	0 0 0 0 0
5. Did the task help the child understand the importance of the value practiced?	0 0 0 0 0
6. Did the family member notice any positive changes in the child after doing the task?	0 0 0 0 0