

# Bridge Course

Life Skill

## ACTIVITY -1 TO BE HAPPY AND MAKE OTHERS HAPPY

	Name of the Activity	To be Happy and make Others Happy
1	Type of Activity	Group Activity
2	Objective	To make the students aware about the sources of happiness
3	Aim	Self-awareness, positive attitude towards life
4	Description/Execution	In this activity, teacher will show any videos regarding Happiness (i.e, video named "Happiness" by Deepak Manchanda). Students will discuss on the video in a group and will relate with their own lives and share among others.
5	No of Students can participate	50 to 60 (Depends on the Class)
6	Duration	approximately 1 hour (Depends on the Class)
7	Skills Developed	Interpersonal relationship, Positivity, Collaboration
8	Anticipated Problems & Solutions	<p><b>Problem:1</b> All the students may not be able to co-relate the theme of the video with their own life</p> <p><b>Solution:1</b> Teacher should motivate and encourage them to remember such incidents when they made others happy</p> <p><b>Problem:2</b> Some students may become very emotional.</p> <p><b>Solution:2</b> Teacher should counsel them and be sympathetic.</p>

## ACTIVITY -2 ANGER MANAGEMENT

	Name of the Activity	Anger Management
1	Type of Activity	Individual Activity
2	Objective	Making students capable to control their anger and to deal with it in a positive way
3	Aim	Identifying possible solutions instantly, Assertiveness, Coping with stress and emotions
4	Description/Execution	Students will prepare the posters on 'Anger Management' theme and selected posters would be displayed on soft-board
5	No of Students can participate	All
6	Duration	2 hours
7	Skills Developed	Creative thinking, Presentation Skill, Improving Self-esteem, Time management
8	Anticipated Problems & Solutions	<p><b>Problem:1</b> Some students may not be able to present their ideas on posters  <b>Solution:1</b> Students can share their ideas on Anger Management theme and teacher can guide on how to represent on paper</p> <p><b>Problem: 2</b> Some students may not be able to prepare poster within allotted time limit  <b>Solution: 2</b> They would be given extra time to finish their task</p>

## ACTIVITY -3 ROLE PLAY

	Name of the Activity	Role Play
1	Type of Activity	Group Activity
2	Objective	To make students aware about the role of various characters
3	Aim	To appreciate and understand others' role in the life
4	Description/Execution	Teacher will give the specific role (i.e, teacher, mother, principal, banker etc..) to all students in a group and 10 minutes will be given for preparation and followed by the performance
5	No of Students can participate	5 to 8 in a group
6	Duration	10 Min per group
7	Skills Developed	Imaginative sympathy, Presentation skill, Social skill
8	Anticipated Problems & Solutions	<p><b>Problem:1</b> Initially, Students may find difficulty to perform  <b>Solution:1</b> Teacher should motivate student and give brief idea of playing role</p> <p><b>Problem:2</b> Students may find difficulty to write script  <b>Solution:2</b> Teacher will give help during their preparation time</p>

## ACTIVITY -4 IDEAS MATTER

	Name of the Activity	Ideas Matter
1	Type of Activity	Not Specific
2	Objective	To develop positive and problem solving mind set
3	Aim	To motivate students to express their views
4	Description/Execution	The class will be divided into two parts and teacher will give various problems of the life and after discussion both the parts have to find solution
5	No of Students can participate	All
6	Duration	2 hours
7	Skills Developed	Logical and critical thinking, Collaboration skill, increase confidence level
8	Anticipated Problems & Solutions	<p><b>Problem:1</b> In one part, there will be many students so all of them will have some other suggestions for solution</p> <p><b>Solution:1</b> They can discuss and share the best solution</p> <p><b>Problem:2</b> Students may not understand how to start thinking on the problem</p> <p><b>Solution:2</b> Teacher can give some examples</p>

## ACTIVITY -5 MOTIVATIONAL MOVIE CLUB

	Name of the Activity	Motivational Movie Club
1	Type of Activity	Group Activity
2	Objective	To motivate the students to go beyond their capacity and develop “Can do” mindset
3	Aim	Through these exercise students can transform their mindset and take everything positively
4	Description/Execution	The students are divided into group of 8-10 according to strength of the class. Teacher will show the motivational videos in the classroom like: “Bhagvad Gita Saar”, “Life Vest Inside- Kindness Boomerang”, “Never Give Up- Nic Vujcic” – and students will discuss on the video in a group. They will explain the video after discussion and also share one story from their life when they were motivated by others.
5	No of Students can participate	50 to 60 (depends on the class)
6	Duration	Every Week
7	Skills Developed	Listening Skill, Simulate student’s interest, Personality development
8	Anticipated Problems & Solutions	<p><b>Problem:1</b> Sometimes students may not understand the video  <b>Solution:1</b>Teacher can play the video again</p> <p><b>Problem: 2</b> Though everyone is motivated from any person or object in their life but they are not aware. So initially students may not be able to remember their motivational story.  <b>Solution:2</b> Initially, teacher can speak 1 example and then ask to follow same method</p>

Name of the Activity	Activity Yoga, Tree Plantation and Thalassemia Awareness & Testing
Yoga	<p><b>a. Pranayams:</b></p> <p>bhastrika, anulom-vilom, kapalbhati, bahya, agnisar, bramri, udgit, ujjai shitli, sitkari nadisodhan, karnrogantak, suryabhedi, chandra bhedi etc .</p> <p><b>b. Asanas;</b></p> <p><b>Standing Postures:</b> Garudasan, trikonasan, dhruvasan, natrajasan.</p> <p><b>Sitting Postures:</b> yogmudrasan, baudhpadmasan, vakrasan, ardhmasendrasan, vajrasan, kukutasan, sidhasan, kapotasan, marjarasan</p> <p><b>Prone Posture</b> Naukasan(viprit), bhekanan, dhanurasan,</p>
<b>Tree plantation</b>	Focus should be made on native tree plant i.e. Neem, banayan, pepal, , gulmahor, son mahor etc.
<b>Thalassemia Awareness &amp; Testing</b>	<b>Thalassemia Awareness &amp; Testing</b>