

LIFE SKILLS HI ENG NGE NI?

- Life Skills chu ni tin nuna mamawh kan neih te, chona lo awm thin te, tha tak leh tangkai taka hmachhawn thei tura thiamna leh theihna kan neih te hi a ni.
- Life Skills chuan taksa, rilru dam leh hrisel kan neih theih nan min pui a, nunin a ken tel harsatna leh hrehawmna te, hlimna leh lawmna te dawngsawng thei turin min buatsaih a, ngaihtuahna dik leh thutlukna dik siam kawngah min pui a ni.

LIFE SKILLS THUPUI SAWM (10) TE

Self Awareness (Mahni inhriatchianna)

- Tu nge ka nih tih inhriat chian.
- Kan chakna/chak lohna inhriat chian.
- Ngainat zâwng/ngainat loh zâwng hriat chian.
- Thatna/that lohna hriat chian.
- Thiam zâwng/thiam loh zâwng hriat chian.
- Tui zâwng/tui loh zâwng hriat chian.
- Mahni hlutna inhriat chian.
- Mahni ngaihhlut zâwng hriat chian.
- Mahni inrintawk/inngaihhlut.

Empathy (Mi dangte dinhmuna indintir thiamna)

- Mi dangte dinhmun hriat thiampui.
- Mi dangte dinhmuna indah thiam.
- Lawmte lawmpui, tapte thapui.
- Miin i chung a an tih a, i duh tur ang bawkin mi chungah pawh ti ve

rawh... (Bible chang dah tur) Luka 6:31, Mathaia 7:12.

Critical Thinking (Chik taka ngaihtuah thiamna)

- Ngaihtuahna tah hriam.
- Chhia leh tha hriatna fim tak hmanga dik leh dik lo, tha leh tha lo buk tawn, thliarhran thiam.
- Duh leh mamawh thliarhran thiam.

Creative Thinking (Thil thar ngaihtuah chhuah thiamna)

- Thil thar, tih dan thar, ngaih dan thar ngaihtuah chhuah thiam.
- Nun dan thar, chin dan thar ngaihtuah chhuah thiam.
- Thil tha zawk awm theite zawn chhuah thiam.
- Tawngkam hman tur ngaihtuah chhuah thiam.
- Thiamna leh theihna awmze neia hman thiam.
- Khawvel changkannain a ken hmanraw chi hrang hrangte tangkai zawka hman thiam.
- Tangkai leh awmze neia hun hman thiam.

Problem Solving (Harsatna sutkian)

- Mei si te tak tê ngaihtah hian in lianpui a kang ral thei, chuvangin harsatna leh buaina rang taka chin fel a nih theih nan hei hi lo hmang tangkai rawh.
- P.O.W.E.R

P – Problem: Harsatna kan neih min tibuitu chu eng nge ni tih kan hriat a ngai.

O – Option: Harsatna sutkian theih dan hrang hrang awm theite ngaihtuah.

W – Weigh: Ngaih dan hrang hrangte chu buk ila.

E – Elect: Tih dan tha ber tur ngun taka ngaihtuahin thlang ang aw.

R – Reflect: Kan thlang fuh em? A zawngchhang thlak em?

- Duhthlan theihna dikna chanvo pek vek kan ni.
- Ka nunah hian keiman mawh ka phur.

Decision Making (Thutlukna dik siam)

- Ni tin thutlukna kan siam a tul thin.
- Ni tin thutlukna kan siam thenkhatin kan nunah nghawng pawh a neih loh laiin thutlukna kan siam thenkhat erawh chuan kan dam chhung nun a nghawng thei a ni Entir nan: sex hman leh hman loh, drugs tih leh tih loh.
- Thutlukna dik kan siam theih nan mi dangte thurawn la hreh suh.
- Thutlukna i siam hmain, i thutlukna siamin a nghawng tur ngaihtuah thin rawh.
- A thatna leh that lohna awm theite buk tawn thin rawh.

Effective Communication (Inbiak pawhna tha)

- A hun leh a hmun azira sawi âwm leh âwm loh hriat.
- Thinrimna leh intihbuaina awm miah lova mi dangte dawr thiamna.
- Ngaithlatu tha nih.
- Mamawh hun laia thurawn lak leh tanpuina pek thiam.
- A dinhmun hriat thiampui chung a thusawi ngaithlak.
- I ngaih dan emaw, i duh loh emaw chu chiang taka sawi.
- Hnem leh tanpui duhna tak tak thinlung nena hnema tanpui.
- Thuruk vawng thei mi nih.

Interpersonal Relationship (Mi dangte nena inlaichinna tha neih)

- Mi dangte boruak tha neih – Nu leh pa leh fate inkar te, thian inkar te, zirtirtute nena inkar te leh, thenawm khawveng te nena inkar tha neih.
- Chhungkaw ngaihhlut.
- Mi dangte dinhmun hriat thiamna neih.
- Phuba aiah ngaihdamna thinlung put.
- Thinrimna, intihbuaina awm miah lova mi dangte dawr thiam.
- Mamawh laia thurawn lak leh tanpuina pek thiam.
- Sawitu nih aiin ngaithlatu nih.
- Sawi tlan theihna boruak tha siam.

- A tul huna mahni ngaih dana din ngheh leh a tul huna inphah hniam theih.

Coping with Stress (Rilru hahna leh thawpikna hmachhawn thiamna)

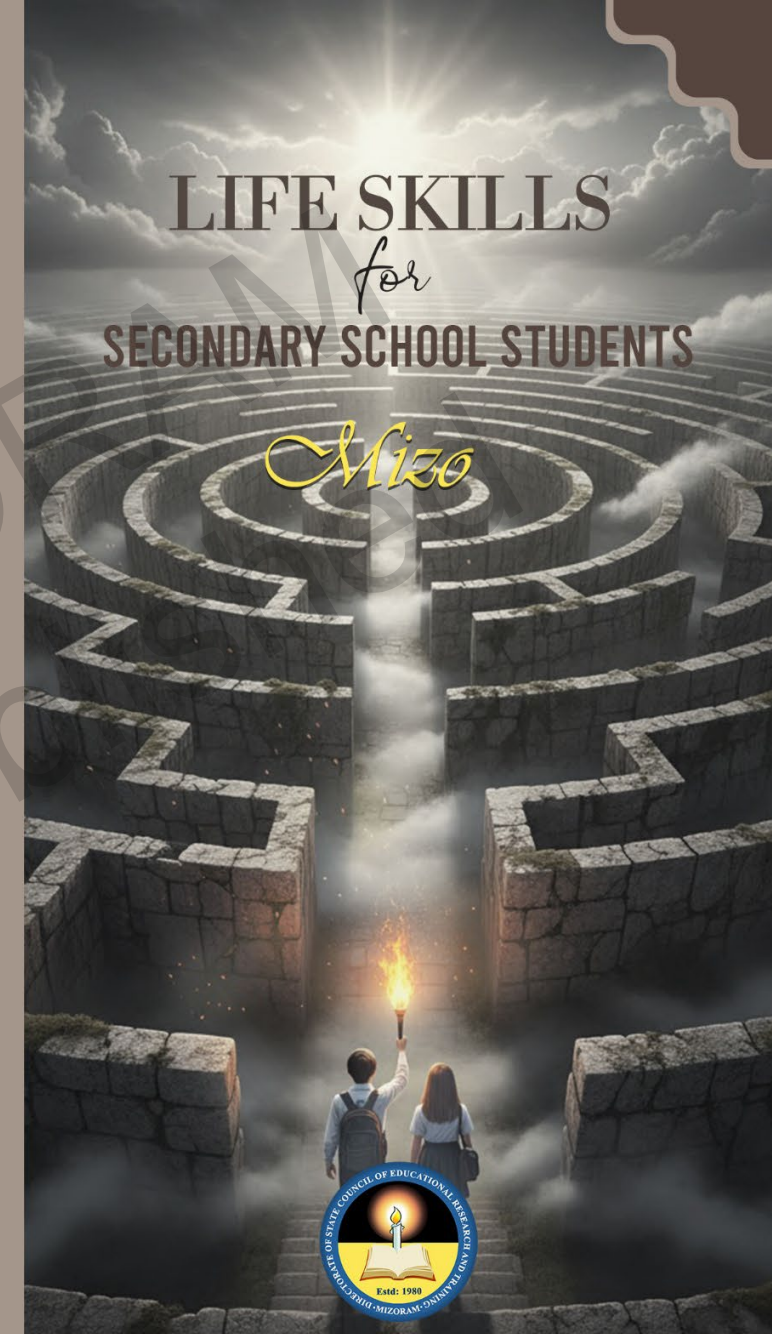
- Engin nge rilru hahna leh thawpikna min siam tih hriat.
- Eng ang takin nge keimahah nghawng a neih hriat chian.
- Mahni tana paw lo zâwnga hmachhawn thiam.

Coping with Emotions (Thinlung leh ngaihtuakna thunun theihna)

Kan nunah – Thinrimna, Lungngaihna, Engelhna, Chiaina, Hlahna, Ngeina, Zahna alo thlen changin insum theihna leh inthunun theihna a pawimawh.

I nunah rilru hahna leh thawpikna a lo thlen changin engtin nge i tih ang?

- Inbun ruah Entir nan: sawi chhuah, ziah chhuah, etc.
- Tlanhhiatsan/hai der.
- Rilru lak penna zawn.
- Mi famkim lo kan ni tih pawm a, mi dang pawh an famkim bik lo tih pawm thiam.
- S = Smile
- T = Thanks Giving
- A = Anticipate
- R = Remove
- T = Think



LIFE SKILLS
for
SECONDARY SCHOOL STUDENTS

POPULATION EDUCATION CELL
DIRECTORATE OF
STATE COUNCIL OF EDUCATIONAL RESEARCH AND TRAINING
SCHOOL EDUCATION DEPARTMENT
GOVERNMENT OF MIZORAM