

WHAT IS LIFE SKILLS?

- Life skills are abilities that help individuals handle everyday challenges and demands effectively.
- Life skills help us build physical, mental and emotional health. They also enable us to adapt to different situations, whether challenging or joyful, and help us think logically and make right decisions.

TEN CORE LIFE SKILLS

Self Awareness

- To have an understanding of oneself.
- To be aware of one's strengths and weaknesses.
- To understand personal preferences, likes and dislikes.
- To recognise one's positive and negative traits.
- To identify what one is good at and what one struggles with.
- To identify one's areas of interest and disinterest.
- To appreciate one's own self-worth.
- To recognise one's own value.
- To have self confidence.

Empathy

- To understand others' point of view or situation
- To understand how others feel.
- Rejoice with those who rejoice, weep with those who weep.
- Do to others as you would have them do to you (Luke 6:31)

Critical Thinking

- To think clearly and logically.
- Use critical thinking skills to distinguish between right and wrong, good and bad.
- To differentiate between needs and wants.

Creative Thinking

- To be able to generate new ideas.
- To try out new approaches and ideas.
- To explore and discover better solution.
- To be able to choose a suitable language to use in various situations.
- To be able to apply one's skills at the right moment.
- To utilize appropriate materials as required.
- To manage time wisely and efficiently.

Problem Solving

- Ignoring a small fire can burn down a large house, so use this method to solve problems quickly.
- P.O.W.E.R
 - P – Problem:** Identify and fully understand the problem.
 - O – Option:** Identify a variety of possible solutions.
 - W – Weight:** Consider different view points.
 - E – Elect:** Choose the best solution.
 - R – Reflect:** Is the solution effective?
- We have the right to make our own choice.
- I am responsible for my life.

Decision Making

- We have to make decisions every day.
- Some of our decisions have a negative impact on our lives, while others do not. Eg: having sex, using drugs, etc.

Effective Communication

- To adapt your communication style to suit the situation and the audience.

- Be gentle and considerate while dealing with others.
- To be a good listener.
- To appreciate and consider advice when needed.
- Listen with empathy and attention.
- To express one's ideas clearly and have the ability to say no.
- Be ready to support and help others when needed.
- Be able to maintain confidentiality.

Interpersonal Relationship

- To develop healthy relationship with others-parents, friends, neighbours, teachers, etc.
- Appreciate the importance of family.
- Understand other's feelings and situations.
- Choose forgiveness over vengeance.
- Offer guidance and support when needed.
- Listen more, speak less.
- Encourage open conversation.
- Know when to stand firm and when to give in.

Coping with Stress

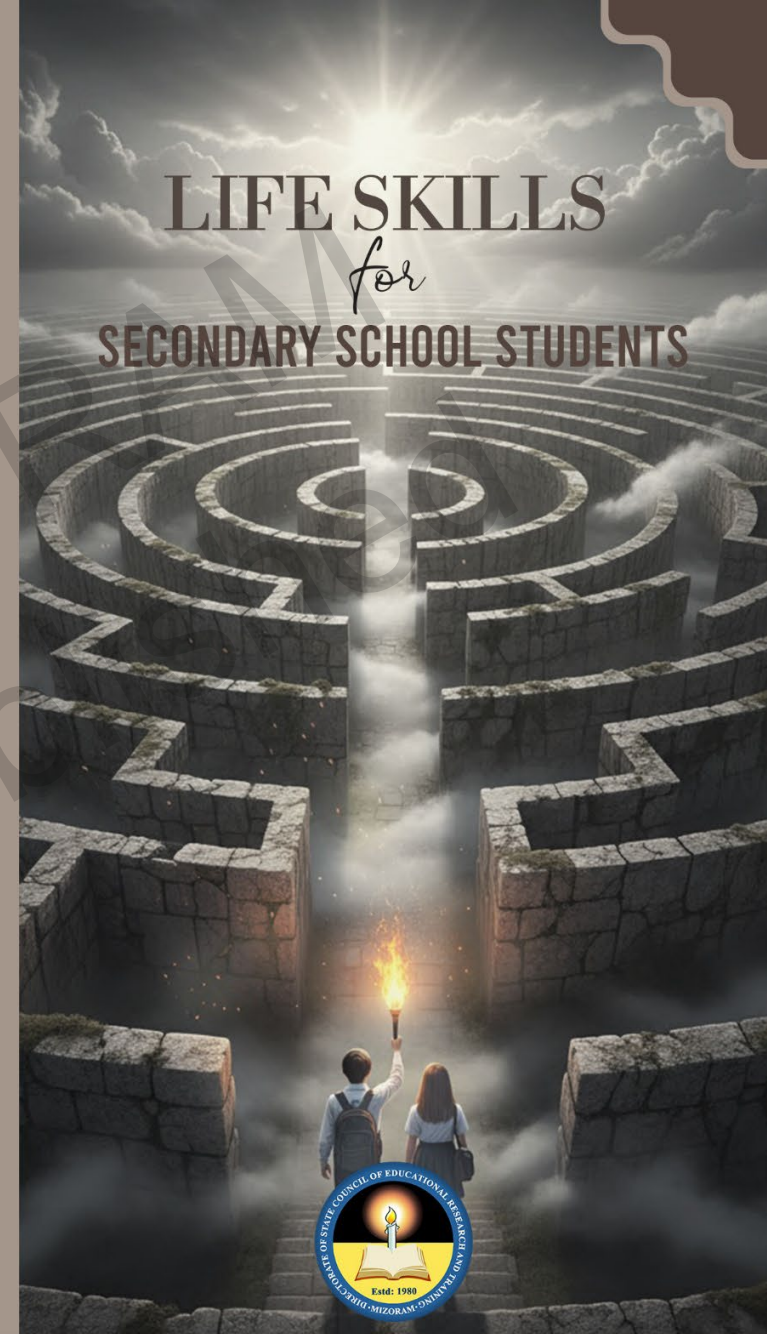
- Know what makes us feel stressed and anxious.
- Recognise how much it affects me.
- How can I deal with it in a way that is not harmful to myself?

Coping with Emotions

In the face of strong emotions like anger, worrying, anxiety, panicking, hate and embarrassment etc. We need patience and self-control to stay calm.

How will you manage these emotions?

- To speak out, verbally or written form
- To avoid/ignore
- To distract the mind with other activities
- To accept that nobody including you is perfect
- S – Smile
- T – Thanks Giving
- A – Anticipate
- R – Remove
- T – Think



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