

CLASSES VI–VIII · 40 HOURS · CBSE ALIGNED

Middle School Life Skills Syllabus

Objective: Build foundations of self-awareness, digital safety, healthy habits, financial sense, communication skills, and responsible citizenship.

1 hr/week	4 hrs/month	40 hrs/year	Classes VI–VIII	100% Internal	Activity-Based
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SUBJECT 1

Digital & Technology Life Skills

CBSE: 913 · 906 · 901

Delivered by: CS / Technology Engineer

Digital Literacy Basics

- What is the internet & data
- Devices & safe usage
- Digital footprint

Social Media Handling

- What to share vs not share
- Cyberbullying & reporting
- Screen-time balance

Cyber Safety

- Password safety
- Online scams (basic)
- Stranger danger online

AI Awareness

- What is AI — simple examples
- AI in daily life
- Good vs harmful use of AI

ACTIVITIES Online safety role-play · Screen-time diary · AI spotting game

SUBJECT 2

Mental, Emotional & Addiction Awareness

CBSE: 902 · 917

Delivered by: Psychologist

Understanding Emotions

- Feelings & moods
- Handling stress & fear
- Emotional self-regulation

Overcoming Addictions

- Screen & social media addiction
- Tobacco & alcohol awareness
- Healthy coping strategies

Healthy Habits

- Sleep routines
- Exercise & mindfulness
- Building resilience

ACTIVITIES Emotion wheel activity · Habit tracker journal · Discussion circles

SUBJECT 3

Health, Hygiene & Safety Education

CBSE: 916 · 914

Delivered by: Medical Doctor

Personal Hygiene

- Bathing & oral care
- Menstrual hygiene (basic)
- Cleanliness & confidence

Age-Appropriate Body Awareness

- Body changes — puberty
- Good touch / bad touch
- Respect & consent basics

First Aid Basics

- Minor cuts & burns
- Emergency response
- When to seek adult help

Nutrition Basics

- Healthy food choices
- Reading food labels
- Junk food awareness

ACTIVITIES Hygiene checklist · First-aid demo · Safe-boundary role play

SUBJECT 4**Financial & Consumer Awareness**

CBSE: 904

Delivered by: Chartered Accountant

Money Basics

- Needs vs wants
- Saving habits
- Pocket money planning

Smart Spending

- Reading food labels
- Advertisements & influence
- Value for money

Consumer Awareness

- Consumer rights basics
- Saying no to peer pressure
- Recognising scams

ACTIVITIES Budget planning game · Label-reading exercise · Food choice challenge

SUBJECT 5**Communication & Confidence**

CBSE: 908

Delivered by: MBA Graduate

Communication Basics

- Listening skills
- Expressing opinions
- Asking good questions

Public Speaking

- Speaking without fear
- Storytelling basics
- Short presentations

Body Language

- Posture & eye contact
- Respectful communication
- Non-verbal cues

ACTIVITIES Show & tell sessions · Short speeches · Mirror body-language practice

SUBJECT 6

Thinking, Values & Civic Awareness

CBSE: 903

Delivered by: Advocate / Lawyer + Engineer

How to Think

- Problem solving steps
- Asking the right questions
- Structured thinking

Indian Constitution

- Rights & duties
- Civic sense in daily life
- Respecting rules & law

Safety & Awareness

- Natural disasters
- Emergency contacts
- Basic self-defence awareness

ACTIVITIES

Problem-solving puzzles · Mock emergency drill · Civic responsibility role-play

Annual Learning Outcomes

- Digitally safe and aware of online risks

- Emotionally stronger with healthy coping habits

- Health-conscious with basic first-aid knowledge

- Financially aware with smart spending habits

- Confident communicator and active listener

- Responsible citizen with civic and safety awareness