

2025/26 COURSE OVERVIEW (FOR 6–10-YEAR-OLD KIDS)

Module	Lessons
Communication Skills	1. Storytelling & Role-Playing 2. Active Listening Games 3. Creative Writing Exercises 4. Letter Writing & Email Etiquette 5. Public Speaking & Presentations 6. Debating & Argumentation Exercises
Critical Thinking	7. Problem-Solving Puzzles & Challenges 8. Cause-&-Effect Games 9. Deductive Reasoning Activities 10. Science Experiments & Investigations 11. Case Studies & Simulations 12. Logical Reasoning Puzzles
Out-of-the-Box Concepting	13. Brainstorming & Idea Generation Games 14. Lateral Thinking Puzzles 15. Creative Writing & Storytelling Challenges 16. Design Thinking Workshops 17. Design Challenges & Competitions 18. Invention Workshops
Emotional Intelligence	19. Feeling Identification & Expression 20. Empathy Building Games 21. Conflict Resolution & Negotiation Activities 22. Mindfulness & Relaxation Techniques 23. Conflict Resolution Simulations 24. Peer Mediation Training
Decision-Making	25. Pros & Cons Lists 26. Role-Playing Scenarios 27. Values Clarification Exercises 28. Ethical Dilemma Discussions 29. Decision-Making Models & Frameworks 30. Ethical Dilemmas & Moral Reasoning
Practical Life Skills	31. Time Management 32. Problem Solving 33. Money Management 34. Cooking 35. Gardening 36. Digital Literacy
Personal Growth	37. Coping with Failure 38. Good Health & Hygiene 39. Cultivating Independence 40. Facing Challenges 41. Manners 42. Being a Good Friend
Advanced Skills	43. Emotional Regulation & Self-Management 44. Entrepreneurship Projects

	45.	Research & Problem-Solving Projects
	46.	Coding & Robotics Activities
	47.	Growth Mindset Activities
	48.	Goal setting & Perseverance Exercises
Enrichment Activities	49.	Exploring Different Food Cultures
	50.	Learning about Different Plant Life Cycles



MODULE 1: COMMUNICATION SKILLS

Lesson 1: Storytelling and Role-Playing

Learning Objectives:

- Develop creativity and imagination
- Improve oral communication skills
- Enhance empathy and understanding of different perspectives

Activities:

- Story Circle: Students sit in a circle, each taking turns adding a sentence to a collaborative story.
- Role-Playing: Assign characters to students and have them act out a scene from a story or create their own characters and dialogue.

Lesson 2: Active Listening Games

Learning Objectives:

- Improve listening skills
- Enhance attention and concentration
- Develop empathy and understanding

Activities:

- Simon Says: Play a game of Simon Says to practice following directions and listening carefully.
- Memory Game: Show students a picture or object for a short time and have them recall details afterwards.

Lesson 3: Creative Writing Exercises

Learning Objectives:

- Develop writing skills
- Enhance creativity and self-expression
- Improve organization and structure in writing

Activities:

- Story Starters: Provide students with a sentence or prompt to start a story and encourage them to continue writing.
- Picture Prompts: Show students a picture and ask them to write a story based on what they see.

Lesson 4: Letter Writing and Email Etiquette

Learning Objectives:

- Develop communication skills
- Understand the format and structure of letters and emails
- Enhance written language skills

Activities:

- Pen Pal Project: Pair students up to exchange letters and practice writing in a formal format.
- Email Etiquette Quiz: Test students' knowledge of proper email etiquette and communication.

Lesson 5: Public Speaking and Presentations

Learning Objectives:

- Improve public speaking skills
- Build confidence in speaking in front of others
- Enhance organization and delivery of presentations

Activities:

- Show and Tell: Have students bring an item to share with the class and practice speaking about it.
- Presentation Practice: Assign topics for students to research and present to the class.

Lesson 6: Debating and Argumentation Exercises

Learning Objectives:

- Develop critical thinking skills
- Enhance communication and persuasion abilities
- Encourage respectful dialogue and exchange of ideas

Activities:

- Debate Club: Divide students into teams and assign topics for them to debate.
- Persuasive Speeches: Have students prepare and deliver speeches on a topic they feel strongly about.

MODULE 2: CRITICAL THINKING

Lesson 7: Problem-Solving Puzzles and Challenges

Learning Objectives:

- Develop critical thinking and logic

- Enhance problem-solving skills
- Promote teamwork and collaboration

Activities:

- Puzzle Stations: Set up different puzzle stations around the classroom for students to work on in pairs or small groups.
- Escape Room Challenge: Create an escape room style challenge where students solve puzzles to "escape" a scenario.

Lesson 8: Cause-and-Effect Games**Learning Objectives:**

- Understand cause-and-effect relationships
- Develop critical thinking and reasoning skills
- Enhance problem-solving abilities

Activities:

- Chain Reaction: Have students create a chain reaction using different objects to demonstrate cause and effect.
- Cause and Effect Matching Game: Create cards with different scenarios and have students match the cause with the effect.

Lesson 9: Deductive Reasoning Activities**Learning Objectives:**

- Develop deductive reasoning skills
- Improve logical thinking abilities
- Enhance problem-solving skills

Activities:

- Mystery Bag: Place items in a bag and have students use deductive reasoning to guess what's inside.
- Who Am I?: Write clues about a person or object on a card and have students guess who or what it is using deductive reasoning.

Lesson 10: Science Experiments and Investigations**Learning Objectives:**

- Develop an interest in science
- Improve observation and data collection skills
- Enhance critical thinking and problem-solving abilities

Activities:

- Volcano Experiment: Create a volcano using baking soda and vinegar to demonstrate a chemical reaction.
- Plant Growth Observation: Have students plant seeds and track them over time, noting the factors influencing plant growth.

Lesson 11: Case Studies and Simulations**Learning Objectives:**

- Develop analytical thinking skills
- Enhance problem-solving abilities
- Improve decision-making skills

Activities:

- Mock Trial: Divide students into teams to act out a court case and present evidence and arguments.
- Business Simulation: Have students play a simulation game where they run a virtual business and make decisions to see the outcomes.

Lesson 12: Logical Reasoning Puzzles**Learning Objectives:**

- Improve logical reasoning abilities
- Develop critical thinking skills
- Enhance problem-solving abilities

Activities:

- Sudoku: Provide students with sudoku puzzles to solve individually or in pairs.
- Logic Grid Puzzles: Challenge students to solve logic puzzles where they must deduce information to fill in a grid.

MODULE 3: OUT-OF-THE-BOX CONCEPTING**Lesson 13: Brainstorming and Idea-Generation Games****Learning Objectives:**

- Develop creativity and innovative thinking
- Enhance collaboration and teamwork
- Improve communication and listening skills

Activities:

- Idea Box: Have students write down ideas for a specific topic or problem and place them in a box to share and discuss.

- Brainstorming Session: Divide students into groups and give them a problem to brainstorm solutions for within a time limit.

Lesson 14: Lateral Thinking Puzzles

Learning Objectives:

- Enhance creative thinking skills
- Develop problem-solving abilities
- Improve critical thinking and reasoning skills

Activities:

- Riddle Challenges: Present students with riddles that require thinking outside the box to solve.
- Lateral Thinking Games: Play games that solve puzzles by considering alternative perspectives and approaches.

Lesson 15: Creative Writing and Storytelling Challenges

Learning Objectives:

- Enhance writing skills
- Develop creativity and imagination
- Improve storytelling abilities

Activities:

- Flash Fiction Challenge: Give students a prompt and a time limit to write a short piece of fiction.
- Story Swap: Have students write the beginning of a story and then swap with a partner to complete it.

Lesson 16: Design Thinking Workshops

Learning Objectives:

- Develop problem-solving and innovation skills
- Enhance creativity and critical thinking
- Foster collaboration and teamwork

Activities:

- Design Challenge: Present students with a design problem to solve using the design thinking process.
- Prototyping: Have students create prototypes of their designs using simple materials to test and iterate.

Lesson 17: Design Challenges and Competitions

Learning Objectives:

- Develop design and creative thinking skills
- Enhance problem-solving abilities
- Build confidence and teamwork

Activities:

- Design Challenge: Provide students with a design brief and materials to create a solution to a problem.
- Design Competition: Have students present their designs and compete for prizes based on creativity, innovation, and functionality criteria.

Lesson 18: Invention Workshops

Learning Objectives:

- Foster innovation and creativity
- Develop problem-solving and critical thinking skills
- Enhance collaboration and teamwork

Activities:

- Invention Lab: Set up an invention workshop with materials for students to create their own inventions.
- Invention Showcase: Have students present their inventions to the class and explain the problem they solved and how it works.

MODULE 4: EMOTIONAL INTELLIGENCE

Lesson 19: Feeling Identification and Expression Exercises

Learning Objectives:

- Develop emotional intelligence
- Enhance self-awareness
- Promote healthy emotional expression

Activities:

- Feelings Wheel: Introduce students to a feelings wheel and have them identify and discuss different emotions.
- Emotion Charades: Play a game of charades where students act out different emotions for others to guess.

Lesson 20: Empathy Building Games

Learning Objectives:

- Develop empathy and understanding of others
- Enhance communication and listening skills
- Foster kindness and compassion

Activities:

- Perspective-Taking Activities: Have students imagine themselves in someone else's shoes and discuss how they would feel.
- Kindness Challenge: Encourage students to perform acts of kindness for others and reflect on how it made them feel.

Lesson 21: Conflict Resolution and Negotiation Activities

Learning Objectives:

- Develop conflict-resolution skills
- Enhance communication and listening skills
- Foster problem-solving and compromise

Activities:

- Role-Playing Scenarios: Create scenarios where students must practice resolving conflicts through negotiation and compromise.
- Mediation Practice: Pair students up and have them practice mediating conflicts between their peers.

Lesson 22: Mindfulness and Relaxation Techniques

Learning Objectives:

- Develop mindfulness and self-awareness
- Enhance emotional regulation and stress management
- Foster relaxation and well-being

Activities:

- Deep Breathing Exercises: Teach students different breathing techniques for relaxation and stress relief.
- Body Scan Meditation: Guide students through a body scan meditation to help them relax and focus on the present moment.

Lesson 23: Conflict Resolution Simulations

Learning Objectives:

- Develop conflict resolution and negotiation skills
- Enhance communication and listening abilities

- Foster empathy and understanding

Activities:

- Conflict Scenario Practice: Role-play different conflict scenarios and have students practice resolving them through communication and negotiation.
- Group Problem-Solving: Present students with a group challenge and have them work together to find a solution through collaboration and compromise.

Lesson 24: Peer Mediation Training**Learning Objectives:**

- Develop peer mediation skills
- Enhance conflict resolution and negotiation abilities
- Foster empathy and understanding of different perspectives

Activities:

- Mediation Role-Playing: Pair students up and have them practice mediating conflicts between their peers using active listening and problem-solving.
- Peer Mediation Workshop: Teach students the steps and techniques for effective peer mediation and practice role-playing different scenarios.

MODULE 5: DECISION-MAKING**Lesson 25: Pros and Cons Lists****Learning Objectives:**

- Develop decision-making skills
- Enhance critical thinking and analysis abilities
- Improve logical reasoning and argumentation

Activities:

- Pros and Cons Debate: Have students debate a topic by listing the pros and cons of each side before making their arguments.
- Decision-Making Exercise: Present students with a decision to make and have them create a pros and cons list to help them weigh their options.

Lesson 26: Role-Playing Scenarios**Learning Objectives:**

- Develop communication and interpersonal skills
- Enhance empathy and understanding of different perspectives
- Foster problem-solving and conflict-resolution abilities

Activities:

- Job Interview Role-Play: Have students practice interviewing each other for different job roles to develop communication skills.
- Social Skills Role-Play: Create scenarios where students navigate social situations and practice effective communication and problem-solving.

Lesson 27: Values Clarification Exercises**Learning Objectives:**

- Develop self-awareness and understanding of personal values
- Enhance decision-making and goal-setting abilities
- Foster empathy and understanding of others' values

Activities:

- Values Reflection: Have students reflect on their personal values and discuss how they influence their decisions and actions.
- Values Collage: Ask students to create a collage of images and words representing their values and share them with their peers.

Lesson 28: Ethical Dilemma Discussions**Learning Objectives:**

- Develop ethical reasoning skills
- Enhance critical thinking and analysis abilities
- Foster empathy and understanding of different perspectives

Activities:

- Ethical Dilemma Debate: Present students with a moral dilemma and have them debate different perspectives and possible solutions.
- Case Study Analysis: Provide students with real-life ethical dilemmas to discuss and analyze from different angles.

Lesson 29: Decision-Making Models and Frameworks**Learning Objectives:**

- Develop decision-making skills
- Enhance critical thinking and analysis abilities
- Foster problem-solving and self-awareness

Activities:

- Decision Matrix: Have students create a decision matrix to weigh different factors and options when making a decision.

- SWOT Analysis: Introduce students to the SWOT analysis framework to evaluate the strengths, weaknesses, opportunities, and threats of a decision or situation.

Lesson 30: Ethical Dilemmas and Moral Reasoning Exercises

Learning Objectives:

- Develop ethical reasoning and moral judgment skills
- Enhance critical thinking and analysis abilities
- Foster empathy and understanding of different perspectives

Activities:

- Moral Dilemma Scenarios: Present students with moral dilemmas and have them reflect on the ethical implications and possible solutions.
- Case Study Analysis: Provide students with real-life ethical dilemmas to discuss and analyze from different angles.

MODULE 6: PRACTICAL LIFE SKILLS

Lesson 31: Time Management

Learning Objectives:

- Develop time management and organization skills
- Enhance task prioritization and planning abilities
- Foster self-discipline and productivity

Activities:

- Time Management Planner: Have students create a weekly schedule and prioritize tasks to manage their time effectively.
- Time Tracking Challenge: Ask students to track their time for a day and identify time-wasting activities to improve their time management skills.

Lesson 32: Problem Solving

Learning Objectives:

- Develop problem-solving and critical thinking skills
- Enhance creativity and innovation
- Foster collaboration and teamwork

Activities:

- Brain Teasers: Present students with different brain teasers and puzzles to solve individually or in groups.
- Problem-Solving Scenarios: Create real-life problem-solving scenarios for students to work on together and develop solutions.

Lesson 33: Money Management

Learning Objectives:

- Develop financial literacy and money management skills
- Understand budgeting, saving, and spending
- Foster responsible financial decision-making

Activities:

- Budgeting Game: Give students a set income and expenses to manage in a budgeting simulation game.
- Savings Challenge: Have students set savings goals and track their progress over time to learn the importance of saving money.

Lesson 34: Cooking

Learning Objectives:

- Develop cooking skills and food knowledge
- Foster creativity and experimentation in the kitchen
- Understand nutrition and healthy eating habits

Activities:

- Recipe Swap: Have students exchange favourite recipes and try cooking each other's dishes at home.
- Cooking Challenge: Assign students a cooking challenge to create a dish using specific ingredients and techniques.

Lesson 35: Gardening

Learning Objectives:

- Develop gardening skills and knowledge of plants
- Understand the importance of nature and the environment
- Foster responsibility and patience

Activities:

- Planting Project: Have students plant seeds or seedlings and care for them over time, observing the growth process.
- Garden Design: Assign students to design a garden layout and choose plants for different areas based on sunlight and soil conditions.

Lesson 36: Digital Literacy

Learning Objectives:

- Develop digital literacy skills
- Understand internet safety and responsibility

- Foster critical thinking and problem-solving in a digital world

Activities:

- Cyber Safety Quiz: Test students' internet safety knowledge and online etiquette with a quiz.
- Fact-Checking Exercise: Have students research a topic online and practice verifying the credibility of sources.

MODULE 7: PERSONAL GROWTH**Lesson 37: Coping with Failure****Learning Objectives:**

- Develop resilience and perseverance
- Understand the importance of learning from mistakes
- Foster self-compassion and a positive mindset

Activities:

- Failure Reflection: Encourage students to reflect on a time when they experienced failure and what they learned from it.
- Growth Mindset Discussion: Discuss the concept of a growth mindset and how it relates to coping with failure and improving over time.

Lesson 38: Good Health and Hygiene**Learning Objectives:**

- Develop healthy habits and self-care skills
- Understand the importance of nutrition and physical activity
- Foster hygiene practices for overall well-being

Activities:

- Healthy Eating Challenge: Have students track their meals for a week and identify nutritious choices to improve their diet.
- Personal Hygiene Checklist: Create a daily hygiene checklist for students to follow and discuss the importance of cleanliness for health.

Lesson 39: Cultivating Independence**Learning Objectives:**

- Develop independence and self-reliance
- Foster decision-making and responsibility
- Enhance problem-solving and critical thinking skills

Activities:

- Independent Project: Assign students a project to work on independently and present their progress and findings to the class.
- Decision-Making Scenarios: Provide students with scenarios where they must make decisions and take responsibility for the outcomes.

Lesson 40: Facing Challenges**Learning Objectives:**

- Develop resilience and perseverance
- Foster problem-solving and coping skills
- Enhance self-confidence and self-efficacy

Activities:

- Obstacle Course: Set up an obstacle course for students to navigate and challenge themselves physically and mentally.
- Brain Teasers: Present students with challenging puzzles and problems to solve individually or in groups.

Lesson 41: Manners**Learning Objectives:**

- Develop social etiquette and manners
- Understand the importance of respect and kindness
- Foster positive interactions with others

Activities:

- Manners Role-Playing: Have students practice scenarios where they must use good manners and social skills in different situations.
- Etiquette Quiz: Test students' knowledge of manners and etiquette with a quiz on polite behaviour in different settings.

Lesson 42: Being a Good Friend**Learning Objectives:**

- Develop empathy and kindness
- Understand the qualities of a good friend
- Foster positive relationships and communication skills

Activities:

- Friendship Bracelet Exchange: Have students make friendship bracelets to exchange with a friend and discuss what friendship means to them.

- Thank You Notes: Encourage students to write thank you notes to their friends for acts of kindness and support.

MODULE 8: ADVANCED SKILLS

Lesson 43: Emotional Regulation and Self-Management Exercises

Learning Objectives:

- Develop emotional intelligence and self-awareness
- Foster emotional regulation and coping skills
- Enhance self-control and self-management abilities

Activities:

- Emotion Journal: Have students journal their emotions and reflect on how they can regulate their feelings in different situations.
- Mindfulness Practice: Guide students through mindfulness exercises to help them focus on the present moment and manage stress.

Lesson 44: Entrepreneurship Projects

Learning Objectives:

- Develop entrepreneurial skills and mindset
- Foster creativity and innovation in business ideas
- Enhance problem-solving and critical thinking in a business context

Activities:

- Business Plan Challenge: Have students create a business plan for a product or service and present their ideas to a panel of "investors".
- Entrepreneurship Workshop: Invite guest speakers or entrepreneurs to share their experiences and insights with students on starting a business.

Lesson 45: Research and Problem-Solving Projects

Learning Objectives:

- Develop research skills and critical analysis
- Enhance problem-solving and decision-making abilities
- Foster creativity and innovation in solving real-world problems

Activities:

- Research Project: Assign students a research topic to investigate and present their findings to the class.
- Problem-Solving Task: Provide students with a real-life problem and challenge them to develop creative solutions.

Lesson 46: Coding and Robotics Activities

Learning Objectives:

- Develop coding and programming skills
- Enhance problem-solving and logical reasoning abilities
- Foster creativity and innovation in technology

Activities:

- Coding Challenges: Introduce students to basic coding concepts and have them solve coding challenges using block-based programming.
- Robotics Workshop: Provide students with robotics kits to build and program robots to complete specific tasks or challenges.

Lesson 47: Growth Mindset Activities

Learning Objectives:

- Develop a growth mindset and positive attitude towards learning
- Foster resilience and perseverance in the face of challenges
- Enhance self-confidence and belief in personal growth

Activities:

- Growth Mindset Journal: Have students keep a journal of their progress and growth mindset reflections to track their development.
- Affirmation Cards: Provide students with positive affirmations to remind them of their abilities and potential for growth.

Lesson 48: Goal-Setting and Perseverance Exercises

Learning Objectives:

- Develop goal-setting and planning skills
- Foster perseverance and commitment to achieving goals
- Enhance self-discipline and motivation

Activities:

- Goal Pyramid: Have students draw a pyramid on a piece of paper and write one long-term goal at the top, two medium-term goals in the middle, and three short-term goals at the base. Encourage students to create specific, achievable, and measurable goals and discuss strategies for reaching them.
- Perseverance Chart: Have each student track their progress towards a specific goal over a set period using a perseverance chart. Encourage students to colour in a section of the chart each time they make progress or take a step towards their goal.

MODULE 9: ENRICHMENT ACTIVITIES

Lesson 49: Exploring Different Food Cultures

Learning Objectives:

- Develop an appreciation for cultural diversity through food
- Understand the importance of healthy eating habits
- Foster curiosity and open-mindedness towards new foods

Activities:

- **Food Culture Presentation:** Assign each student to a different country or culture to research their traditional foods and eating habits. Have students create a presentation or poster to share with the class, including information about popular dishes, dining etiquette, and food customs. Facilitate a group discussion on the similarities and differences between food cultures around the world.
- **Cultural Food Tasting:** Introduce students to cultural foods by bringing samples from various cuisines or showing pictures of traditional dishes. Provide a tasting session where students can try small portions of different foods and discuss the flavours, ingredients, and cultural significance.

Lesson 50: Learning about Different Plant Life Cycles

Learning Objectives:

- Understand the stages of plant growth and development
- Develop an appreciation for nature and the environment
- Foster curiosity and exploration in learning about plants

Activities:

- **Plant Observation Journal:** Have each student choose a plant or flower to observe and document its growth over some time. Provide students with a journal to record daily observations, including changes in the plant's appearance, growth, and other noteworthy developments. Encourage students to reflect on the plant's life cycle and how plants contribute to our environment.