

## 2025/26 COURSE OVERVIEW (FOR 11-16-YEAR-OLD ADOLESCENTS)

Module	Lessons
<b>Emotional Intelligence</b>	1. Understanding Emotions
	2. Managing Negative Emotions
	3. Boosting Positive Emotions
	4. Self-Regulation in Emotionally Challenging Situations
	5. Emotional Awareness
	6. Interpersonal Relationships & Emotional Intelligence
	7. Emotional Expression
	8. Active Listening & Communication
	9. Conflict Resolution Skills
	10. Building Strong Relationships
	11. Emotional Growth & Development
	12. Healthy Boundaries
	13. Self-care & Emotional Resilience
	14. Cognitive Restructuring
	15. Goal Setting
	16. Self-Compassion
	17. Social Support & Emotional Well-being
	18. Gratitude
<b>Communication Skills</b>	19. Effective Speaking & Listening
	20. Nonverbal Communication
	21. Effective Writing Techniques
	22. Debating & Argumentation
	23. Storytelling & Narrative Writing
	24. Digital Communication & Social Media
	25. Public Speaking & Presentation Skills
<b>Creativity &amp; Critical Thinking Skills</b>	26. Problem-Solving Skills
	27. Design Thinking
	28. Creative Problem Solving
	29. Analytical Thinking
	30. Critical Thinking
	31. Creative Writing
	32. Visual Arts Exploration
	33. Improvisational Theater
	34. Poetry Analysis
	35. Visual Thinking Strategies
	36. Philosophical Inquiry
	37. Entrepreneurship & Innovation
	38. Ethical Decision Making
	39. Science Fiction & Futurism
	40. Creative Coding
	41. Environmental Sustainability
	42. Cultural Appreciation
	43. Innovation in History
<b>Study Skills</b>	44. Effective Time Management & Prioritization

45. Note-Taking & Active Reading
46. Active Reading
47. Organizational Skills
48. Goal Setting & Motivation
49. Collaborative Learning
50. Research Skills
51. Stress Management Techniques
52. Test-Taking Strategies
53. Memory Techniques
54. Digital Study Tools



## MODULE 1: EMOTIONAL INTELLIGENCE

(Total Lessons: 18)

### Foundations of Emotional Intelligence

#### Lesson 1: Understanding Emotions

- Learning Objective: Students will be able to identify, name, and describe different emotions.
- Activities: Emotion Charades or Pictionary, Emotional Wheel Exercise

#### Lesson 2: Managing Negative Emotions

- Learning Objective: Students will learn strategies for coping with and managing negative emotions.
- Activities: Breathing Exercises, Mindful Coloring, Thought-Challenging Techniques

#### Lesson 3: Boosting Positive Emotions

- Learning Objective: Students will develop strategies for increasing positive emotions and building resilience.
- Activities: Gratitude Journaling, Positive Affirmations, Acts of Kindness

#### Lesson 4: Self-Regulation in Emotionally Challenging Situations

- Learning Objective: Students will learn how to control their emotions and behaviors in challenging situations.
- Activities: Role-Playing, Social Stories, Emotional Regulation Techniques (Emotions Thermometer, Emotional Check-Ins, Mindfulness)

#### Lesson 5: Emotional Awareness

- Learning Objective: Students will develop better awareness of their own and others' emotions.
- Activities: Emotion Journaling, Reflective Writing, Empathy Exercises, Guided Meditation, Body Scan, Mindfulness Journaling

### Applying Emotional Intelligence in Relationships and Communication

#### Lesson 6: Interpersonal Relationships and Emotional Intelligence

- Learning Objective: Students will understand the role of emotional intelligence in building and maintaining healthy relationships.
- Activities: Empathy Circle, Conflict Resolution Exercises, Communication Skills Practice

#### Lesson 7: Emotional Expression

- Learning Objective: Students will learn healthy ways to express emotions in different contexts.
- Activities: Drama or Improvisation Games, Art Therapy, Creative Writing

#### Lesson 8: Active Listening and Communication

- Learning Objective: Students will develop active listening skills and improve their ability to communicate effectively in different contexts.
- Activities: Role-Playing, Communication Games, Listening Exercises

#### Lesson 9: Conflict Resolution Skills

- Learning Objective: Students will learn how to resolve conflicts peacefully and effectively.
- Activities: Role-play scenarios on Conflict Resolution, Practice Assertiveness Skills, Discussions on Empathy and Understanding in Conflicts

#### Lesson 10: Building Strong Relationships

- Learning Objective: Students will understand the importance of building and maintaining strong relationships.
- Activities: Team-Building Exercises, Community Service Projects, Social Skills Training

## Emotional Intelligence for Personal Growth and Well-being

### Lesson 11: Emotional Growth and Development

- Learning Objective: Students will learn that emotions are normal and necessary and that they can adapt and grow their emotional skills.
- Activities: Emotional Biography Projects, Growth Mindset Activities, Emotional Maturity Assessment

### Lesson 12: Healthy Boundaries

- Learning Objective: Students will understand the importance of setting and maintaining healthy emotional boundaries.
- Activities: Circle of Control, Role-Playing Scenarios, Boundary-Setting Exercises

### Lesson 13: Self-care and Emotional Resilience

- Learning Objective: Students will develop self-care strategies to promote emotional resilience and well-being.
- Activities: Yoga, Exercise, Healthy Sleep Habits, Stress Management Techniques

## Advanced Emotional Intelligence Skills

### Lesson 14: Cognitive Restructuring

- Learning Objective: Students will learn how to identify and challenge negative thoughts contributing to negative emotions.
- Activities: Thought Bubbles, Cognitive Reframing Exercises, Positive Self-Talk

### Lesson 15: Goal Setting

- Learning Objective: Students will set achievable emotional goals and develop strategies for reaching them.
- Activities: SMART Goal Planning, Vision Boarding, Progress Tracking

### Lesson 16: Self-Compassion

- Learning Objective: Students will develop a more compassionate and understanding attitude towards themselves.
- Activities: Self-Care Activities, Mindful Self-Reflection, Positive Self-Affirmations

### Lesson 17: Social Support and Emotional Well-being

- Learning Objective: Students will recognize the importance of social support in maintaining emotional well-being.
- Activities: Peer Support Groups, Community Building Activities, Social Skills Training

### Lesson 18: Gratitude

- Learning Objective: Help students cultivate a sense of gratitude for the people and things in their lives.
- Activities: Create gratitude journals, participate in gratitude circle discussions, and write thank-you letters to people who have positively impacted their lives.

## MODULE 2: COMMUNICATION SKILLS

(Total Lessons: 7)

### Foundational Communication Skills

#### Lesson 19: Effective Speaking and Listening

- Learning Objectives: Improve confidence and organization in delivering speeches and presentations. Develop active listening skills and empathetic communication.

- Activities: Practice giving short impromptu speeches, participate in speech-writing workshops, engage in active listening exercises, participate in group discussions

#### **Lesson 20: Nonverbal Communication**

- Learning Objective: Understand and utilize nonverbal cues in effective communication.
- Activities: Role-play scenarios to practice nonverbal communication, analyze videos of speeches focusing on body language, and participate in activities that highlight the power of nonverbal cues.

### **Written Communication and Argumentation**

#### **Lesson 21: Effective Writing Techniques**

- Learning Objective: Enhance ability to communicate clearly and persuasively through written communication
- Activities: Engage in writing exercises to develop descriptive language, practice editing and revising essays, and participate in peer editing workshops

#### **Lesson 22: Debating and Argumentation**

- Learning Objective: Cultivate critical thinking and persuasive communication skills
- Activities: Participate in mock debates on various topics, analyze and counter opposing arguments, and role-play scenarios to defend stances on issues.

### **Storytelling and Digital Communication**

#### **Lesson 23: Storytelling and Narrative Writing**

- Learning Objective: Develop the ability to craft engaging and meaningful stories
- Activities: Personal narrative writing, storyboarding, creative writing workshops

#### **Lesson 24: Digital Communication and Social Media**

- Learning Objective: Understand and use digital communication tools and social media responsibly
- Activities: Social media literacy workshops, digital storytelling projects, online discussion forums.

#### **Lesson 25: Public Speaking and Presentation Skills**

- Learning Objective: Gain confidence and skills in delivering effective oral presentations.
- Activities: Impromptu speeches, PechaKucha presentations, debate club

## **MODULE 3: CREATIVITY AND CRITICAL THINKING SKILLS**

(Total Lessons: 18)

### **Foundations of Creativity and Critical Thinking**

#### **Lesson 26: Problem-Solving Skills**

- Learning Objective: Enhance students' ability to creatively identify, analyze, and solve complex problems.
- Activities: Engage students in real-world problem-solving scenarios, use brain teasers and puzzles to promote critical thinking, and encourage students to brainstorm innovative solutions.

#### **Lesson 27: Design Thinking**

- Learning Objective: Introduce students to the design thinking process and its application in solving problems and generating new ideas.



- Activities: Guide students through the steps of design thinking (empathize, define, ideate, prototype, and test), facilitate design challenges, and encourage collaboration in design projects.

**Lesson 28: Creative Problem Solving**

- Learning Objective: Equip students with strategies for approaching challenges from innovative perspectives and generating unique solutions.
- Activities: Present real-world problems for students to tackle creatively, guide them through brainstorming and idea-generation techniques, and facilitate group collaboration in solving complex problems.

**Lesson 29: Analytical Thinking**

- Learning Objective: Enhance students' analytical skills in dissecting complex problems, synthesizing information, and drawing logical conclusions.
- Activities: Provide analytical reasoning puzzles and exercises, guide students in breaking down arguments and data analysis, and challenge them to construct well-reasoned arguments.

**Lesson 30: Critical Thinking**

- Learning Objective: Students will develop skills in analyzing, evaluating, and synthesizing information to form sound judgments.
- Activity: Socratic Seminars, Debate, and Argumentative Writing

**Creative Expression and Exploration****Lesson 31: Creative Writing**

- Learning Objective: Develop students' creative thinking skills through writing stories, poems, and other literary works.
- Activities: Provide writing prompts to spark imagination, conduct peer critiques to encourage feedback and revision, and showcase students' work through readings or publications.

**Lesson 32: Visual Arts Exploration**

- Learning Objective: Encourage students to express themselves creatively through visual arts and explore different mediums and techniques.
- Activities: Offer art workshops in various mediums (painting, drawing, sculpture, etc.), visit art galleries or museums for inspiration, and facilitate art projects that challenge students' artistic boundaries.

**Lesson 33: Improvisational Theater**

- Learning Objective: Develop students' improvisation skills to think quickly, adapt to new situations, and collaborate effectively in a group setting.
- Activities: Participate in improv games and exercises to enhance spontaneity and creativity, perform improvised scenes with peers, and reflect on the decision-making process in improv scenes.

**Lesson 34: Poetry Analysis**

- Learning Objective: Help students analyze and interpret poems critically, exploring themes, imagery, and poetic techniques.
- Activities: Study a variety of poems from different periods and cultures, practice close reading and annotation techniques, and lead discussions on the deeper meanings behind the poetry.

## Advanced Creativity and Critical Thinking Skills

### Lesson 35: Visual Thinking Strategies

- Learning Objective: Enhance students' ability to analyze visual art critically, make observations, and interpret meanings.
- Activities: Introduce the Visual Thinking Strategies (VTS) approach, lead discussions on artworks using open-ended questions, and guide students in developing their visual literacy skills through close observation.

### Lesson 36: Philosophical Inquiry

- Learning Objective: Encourage students to think critically about ethical dilemmas, philosophical questions, and abstract concepts.
- Activities: Facilitate Socratic seminars on philosophical texts or ethical issues, engage in thought experiments and debates, and encourage students to formulate and defend their philosophical views.

### Lesson 37: Entrepreneurship and Innovation

- Learning Objective: Encourage students to explore entrepreneurship, design thinking, and innovation as pathways for creative problem-solving.
- Activities: Invite guest speakers from entrepreneurial backgrounds, conduct design thinking workshops for business ideas, and challenge students to develop and pitch innovative solutions to societal problems.

### Lesson 38: Ethical Decision Making

- Learning Objective: Develop students' ability to analyze ethical dilemmas, consider multiple perspectives, and make well-informed decisions.
- Activities: Present case studies or scenarios with ethical implications, facilitate discussions on moral reasoning and values and guide students in evaluating the consequences of their choices.

## Future-Oriented Creativity and Critical Thinking

### Lesson 39: Science Fiction and Futurism

- Learning Objective: Encourage students to speculate about future technologies, societies, and ethical implications through the lens of science fiction.
- Activities: Discuss sci-fi literature and films, analyze futuristic scenarios, and prompt students to envision and narrate their future visions.

### Lesson 40: Creative Coding

- Learning Objective: Introduce students to coding as a creative tool for problem-solving, storytelling, and digital art.
- Activities: Teach basic coding principles through interactive platforms, guide students in creating digital projects (e.g., animations, games), and facilitate discussions on coding as a creative medium.

### Lesson 41: Environmental Sustainability

- Learning Objective: Foster critical thinking about environmental issues, sustainable practices, and solutions for an eco-friendly future.
- Activities: Explore environmental challenges through case studies and documentaries, facilitate debates on sustainability strategies, and engage students in hands-on projects promoting ecological stewardship.

### Lesson 42: Cultural Appreciation

- Learning Objective: Promote cultural awareness and critical thinking skills through exploring diverse traditions, art forms, and perspectives.
- Activities: Expose students to different cultures through music, literature, cuisine, and traditions, facilitate discussions on cultural differences and similarities, and encourage students to reflect on their cultural identity.

#### **Lesson 43: Innovation in History**

- Learning Objective: Showcase examples of historical innovation, inventive thinking, and problem-solving that have shaped societies and civilizations.
- Activities: Study historical figures and events known for innovation, analyze the impact of inventions and discoveries on history, and challenge students to propose innovative solutions to historical challenges.

## **MODULE 4: STUDY SKILLS**

(Total Lessons: 12)

### **Foundational Study Skills**

#### **Lesson 44: Effective Time Management and Prioritization**

Learning Objective: Improve students' ability to manage their time effectively to balance academics, extracurricular activities, and personal responsibilities.

Activities: Create personalized study schedules, use time-tracking tools to monitor daily routines, use the Pomodoro technique for productivity, and participate in time management workshops using the Eisenhower Matrix to prioritize tasks and set goals.

#### **Lesson 45: Note-Taking**

Learning Objective: Enhance students' skills in taking clear, organized, and comprehensive notes to enhance retention and understanding of course material.

Activities: Demonstrate various note-taking methods (e.g., Cornell notes, mind mapping), provide guided note-taking exercises during lectures, and conduct note-taking practice sessions in group discussions.

#### **Lesson 46: Active Reading**

Learning Objective: Develop students' skills in active reading, including critical comprehension, annotation, and analysis of academic texts.

Activities: Introduce reading strategies such as SQ3R (Survey, Question, Read, Recite, Review), conduct close reading exercises with annotated texts, and lead group discussions on key concepts and themes.

#### **Lesson 47: Organizational Skills**

Learning Objective: Help students develop organizational habits and systems to keep track of assignments, deadlines, and study materials.

Activities: Provide tools for organizing tasks and materials (e.g., planners, apps), practice organizing study spaces and materials efficiently, and conduct workshops on decluttering and organization.

#### **Lesson 48: Goal Setting and Motivation**

Learning Objective: Assist students in setting realistic academic goals, staying motivated, and tracking progress toward achievement.

Activities: Guide students in setting SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound), conduct goal-setting exercises and reflections, and celebrate milestones and successes.



## Collaborative Learning and Research Skills

### Lesson 49: Collaborative Learning

Learning Objective: Foster collaboration, communication, and teamwork skills through group study sessions, peer feedback, and group projects.

Activity: Organize study groups for peer-to-peer learning and support, facilitate group discussions and problem-solving activities, and assign collaborative projects that require teamwork and division of responsibilities.

### Lesson 50: Research Skills

Learning Objective: Enhance students' research skills, including information literacy, source evaluation, citation practices, and using academic databases.

Activity: Provide research assignments with specific prompts and criteria, teach effective search strategies and database navigation, and conduct workshops on properly evaluating sources and citing sources.

## Stress Management and Study Techniques

### Lesson 51: Stress Management Techniques

Learning Objective: Teach students strategies for managing academic stress, maintaining well-being, and seeking support when needed.

Activity: Practice stress-relief techniques like mindfulness, deep breathing, and physical exercise, promote self-care practices, and provide resources for mental health support and counseling.

### Lesson 52: Test-Taking Strategies

Learning Objective: Equip students with practical techniques for preparing for exams, managing test anxiety, and improving test-taking performance.

Activity: Teach study strategies like spaced repetition and retrieval practice, administer practice quizzes and tests to assess understanding, and conduct test-taking workshops on strategies for different types of exams.

### Lesson 53: Memory Techniques

Learning Objective: Introduce students to strategies for enhancing memory and recall.

Activities: Demonstrate and practice techniques like spaced repetition, mnemonics, and visualization.

### Lesson 54: Digital Study Tools

Learning Objective: Familiarize students with digital tools and resources that can support their study habits.

Activities: Introduce and explore note-taking apps, flashcard software, online learning platforms, and other digital study aids.