

STEP - 3 [MONTHLY PLANNING – 2020-2021]

SUBJECT: LIFE SKILLS CLASS: VII A

NAME OF THE TEACHER: ASHA DUBEY

APRIL (Days: 23/ 30)

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| L.No | CHAPTER NAME |
| 1 | **GOD BE WITH YOU** |

MAY (Days: 7/ 31 )

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| L.No | CHAPTER NAME |
| 2 | **BE BRAVE,BE COURAGEOUS** |

June (Days: / 30)

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| L.No | CHAPTER NAME |
| 3 | **CALL FOR COMPASSION** |

July (Days: 25/31)

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| L.No | CHAPTER NAME |
| 4 | **FOR THE COUNTRY** |

Aug (Days: 20/ 31)

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| L.No | CHAPTER NAME |
| 5 | **NEEDS VERSUS WANTS** |
| 6 | **EMBRACING POSITIVITY** |

Sep (Days: 24/ 30)

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| L.No | CHAPTER NAME |
| 7 | **READING – THE MOST WONDERFUL ACTIVITY** |
| 8 | **NO MORE BULLYING** |

October (Days: 18/ 31)

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| L.No | CHAPTER NAME |
| 9 | **DEALING WITH EMOTIONS** |
| 10 | **GET THE TRAITS** |

November(Days: 08/ 30)

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| L.No | CHAPTER NAME |
| 11 | MAKING A DIFFERENCE |
| 12 | A BETTER ME |

December (Days: 24/ 31)

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| L.No | CHAPTER NAME |
| 13 | BEATING EXAM STRESS |
| 14 | TRAIN YOUR BRAIN |

January (Days: 22/ 31)

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| L.No | CHAPTER NAME |
| 15 | EARTH CALLING |
| 16 | SLEEP WELL |

February (Days: 23/ 28)

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| L.No | CHAPTER NAME |
| 17 | SELF-DEFENCE |

March (Days: 08/ 31)