

THURSDAY 10 SEPTEMBER 2026

LifSkool: Coping with Emotions



Took part **19**
Watched **1**
Club **Curiosity Club**

Facilitators **2**
Where **aikyam space, Fort Kochi**
Run by **Olimalar Foundation**

Tuesday was about self-awareness; by Thursday, we were ready to explore coping with emotions. Meeting the boys twice a week during this 5-week programme helps us build naturally on the previous session.

We started by revisiting the previous session and asking the boys what they remembered about self-awareness.

A short movement game helped bring energy into the room before we moved into a discussion about emotions, how they can show up in the body, and the difference between reacting immediately and taking a moment to respond.

We introduced a simple pause-and-breathe strategy and used familiar situations to explore how taking a moment can help us choose what to do next. We ended with a short story about feelings and ways of responding to them.

One of our main reflections was that we spoke more than we wanted to. When time is tight, explaining can feel quicker, but it leaves students less space to connect the skill to their own lives, share ideas and practise for themselves.

We are also still finding the best classroom rhythm. Getting everyone together and settled can easily take five or ten minutes, so clearer routines and shorter activity blocks should help us protect more time for participation.

A lively second session, plenty of laughs, and a useful reminder to keep the learning active and student-led.

- Group: Local Government School | Std 5–7 | 19 boys

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- Materials: LifSkills workbooks, completed “This Is Me” folders, whiteboard & markers, Find Your Happy by Emily Coxhead
 - Space: Regular classroom with tables and benches
 - Timing: 45 minutes available
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