THURSDAY 8 OCTOBER 2026

LifSkool: last in-person session and the SPARK Challenge

Took part	11	Facilitators	2
Where	SDPY Boys High School, Palluruthy	Club	Curiosity Club
Run by	Olimalar Foundation, Aarthi Veerupillai and George P J	Facilitated by	Aarthi Veerupillai and George P J

Input

What went in
LifSkool workbooks, PowerPoint slides, SPARK Challenge introduction handout, laptop and speaker.

Time
1 hour

Activity

Students were ready to go with our familiar movement and mindful breathing routine and settled into the session quickly.

Today was our last in-person LifSkool session before a break and it brought together the skills we had explored throughout the programme. Students revisited what they had learned, why the skills mattered and how they could use them in everyday life. It was encouraging to hear their reflections in their own words.

We introduced the SPARK Challenge. Students notice a small, real problem at school, at home or in the neighbourhood. They use their life skills together to try making a difference with a buddy.

Students will receive weekly SPARK challenge envelopes in person to complete with their buddies. They will share updates through our WhatsApp group, where we will stay connected and support them. At their graduation day in January 2027, they will present their work and learning.

To finish, students worked together to spell SPARK using their bodies. It was a playful, emotional close to this part of our programme, with more learning ahead.

Output

- 11 Completed student reflections

Outcome

Communication Sharing experiences Teamwork

Students shared what they remembered from LifSkool and explained how the skills could help in everyday situations. Students coordinated with one another to spell SPARK using their bodies.

(Participants told us)

Learnings

The familiar opening routine helped students settle quickly. Asking them to explain the skills in their own words helped us understand what they remembered. It also showed how they connected their learning to everyday life. We will build on this through small buddy challenges, using WhatsApp updates to follow progress and offer support.

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