
TUESDAY 8 SEPTEMBER 2026

LifSkool: This Is Me



Took part **13**
Watched **1**
Club **Curiosity Club**

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

LifSkool is Olimalar Foundation's school-based life skills programme, helping young people build practical skills for everyday life.

This week, we began a 5-week programme with our Std 5–7 boys from a local government school. We chose to return because this is one of the schools we already have an established partnership with, and continuing here allows us to build on the trust and relationships formed last year.

It was lovely to walk back into the classroom and see a few familiar faces — boys we had met in Std 5 last year, now in Std 6, a little taller but still remembering us.

For our first session, our goal was simple: break the ice, reconnect, and begin exploring our first life skill — self-awareness.

We started with "This or That." As the classroom benches left little room to move, we took the boys into the corridor, stood them in a line, and called out two choices at a time. They moved left or right depending on their preference. It was a simple way to share something about themselves and notice where they were similar to or different from others.

Back inside, we introduced the LifSkills workbooks and the LifSkool Promise. We read the promise together, each student signed it, and a member of the LifSkool team signed alongside them. Co-signing helped make the expectations feel shared rather than simply a list of rules.

Each student also received their own folder and materials. Their first activity, “This Is Me,” was to begin decorating the folder with drawings, words and symbols showing what they like, what they are good at and what matters to them.

A late start meant the boys only had around 15 minutes to sketch their ideas, so they took the folders home to complete.

Day 1 also handed us a very practical field lesson: the classroom had a whiteboard, but no markers. We had planned to map out the activity visually on the board, so “bring whiteboard markers” went straight to the top of our prep list for Thursday.

Our biggest takeaway was simple: creative, low-pressure activities made it easier to start conversations and begin getting to know the boys without putting anyone on the spot. It was a simple first session, but a lovely way to begin — and a grounding reminder to always work with the actual time, space, and resources we have on the ground.

- Group: Local Government School | Std 5–7 | 13 boys
- Materials: Kraft envelope folders, LifSkills workbooks, crayons, sketch pens, stationery kits
- Space: Regular classroom with students seated on benches; movement activity moved to the corridor
- Timing: 45 minutes available (60 minutes planned)

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