



# Life & Living Kit

“A kit for the development  
of the whole child”



Safe

I am  
brave.

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My family  
helps me  
with

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# INCEPTION OF THE KIT

The 'Life and Living' Kit from Creative School and Prajna Vidya was born as a culmination of the research and practices done at Creative School for more than a decade. For the greater good of reaching it to all children worldwide, we have now rolled out our practices into a kit with activities that can be followed to acknowledge the 'Whole Child'- thereby cultivating physical, emotional, mental, spiritual and social wisdom.

At Prajna Vidya & Creative School, our mission is to empower children among underprivileged sections of society with our proprietary framework of holistic development. By empowering educators with our peer recognized processes & methodologies refined over a decade, we believe we can steer the larger community towards a vision of conscious learning and living.

This kit has a variety of activities and explorations that will help with **language development, self expression and self esteem**. The kit is centered around Opening and Closing ceremonies ( Classroom management), different awareness and breathing exercises, meditations, emotional intelligence games, self-esteem boosting games, friendship games, and inspirational story-based activities that help children grow up healthy and whole.

Kit Contents : a manual for the teachers, the activities and materials needed for the same.

## Benefits for children

Self awareness	Self expression	Self responsibility
Emotional intelligence	Improves listening	Positive thinking
Social skills	Self esteem	Self approval and acknowledgement
Language development	Comprehension	Overall Wellbeing



## SAMPLE LIST OF ACTIVITIES

### Awareness Meditations & Activities

Daily Breathing Exercises  
Mother Earth and Father Sun Meditation  
Mandala Magic  
Affirmations  
Gratitude  
Importance of Expression  
Peace corner  
Opening and Closing Ceremonies  
Daily Reflection Exercises

### Group Activities for Collective Energy

Giving & Receiving  
Trust Walk  
Silence the Mind  
Awesome Me

### Emotional Learning Activities

Emotion Expression  
Mirror Mirror  
Emotico Charades  
Emotiono Pictionary  
Sensimoes  
Bhava game  
Bhava BINGO  
Emo Light

### Learning through Stories

The Magic Mantra  
My Energy Bowl



*Real photographs of the kit*



- ✓ Early this year we were invited by the Samagra Shiksha Kendra of Karnataka for training 270 early childhood teachers on emotional wellbeing and classroom management.
- ✓ In January 2020, The School and Mass Education Department of the Odisha Government along with UNICEF's support for the training had invited us to deliver our signature Sacred Classroom and Life and Living program.
- ✓ We have successfully delivered the program to 180 government run public schools, training 270 primary, middle and high school teachers in Teacher Inspiration and Wellbeing. For this effort we delivered 150 Life and Living kits consisting of therapeutic activities, games, classroom management and meditation practices via child friendly approaches.
- ✓ The program will continue spreading to more schools in Odisha in April 2020.



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