



# 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

Emotional intelligence

Social skills

Language development

### Self expression

Improves listening

Self esteem

Comprehension

### Self responsibility

Positive thinking

Self approval and  
acknowledgement

Overall Wellbeing



# Games Activities & Exercises

50+ Board Games, Engaging Activities and Reflective Exercises. Each with multiple variations evolved over 15 years of research and use at our school

Awareness Activities

Meditation

Emotional and Social Learning Activities

Learning through Stories

Group Activities for Collective Energy

*and many more...*



*Real photographs of the kit*



## Journey thus far

- In November 2019 we were invited by the Samagra Shikshana 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.
- During the pandemic, we offered 'Sampark', a post training online webinar series for continued learning to the 300 teachers of Odisha. This inspired many teachers to apply the well-being practices not only for their own wellness but also for their families, their community as well as migrant labourers.
- The Sacred Classroom™ training was launched in two batches for about 50 school leaders, coordinators and teachers (Bengaluru and Mangaluru) in August 2020 and January 2021 through in-person training and residential retreats.
- Joy of Teaching based on the Sacred Classroom(C) Pedagogy was conducted in Kuvempu-Karnataka, Campus Challenge and Andhra Pradesh, Spandana-Telangana in May 2023
- In October 2024, we conducted the Life and Living™ residential program for 25 adolescents from Swadhaa Waldorf School Pune
- In January 2025, over 250 teachers from Kolar attended The Sacred Environment Introductory Workshop. This was requested after we had conducted a similar workshop in Kolar for over 100 teachers in 2021 and for 150 teachers in Bangarpet in November 2022.
- Over the years, our teacher training programs has been offered to over 1000 participants in Bangalore as well as in other cities.



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