



THE JOY OF LEARNING

Life Skills

We at Ekya believe in a world beyond boundaries where education should continuously evolve and adapt as the world changes.

Ekya is a community of children, educators and parents where everyone learns together. At Ekya, our students find their purpose, passion and community to make a difference in the world.

FIND New Ways to Learn

Our innovative learning model goes beyond conventional norms. We apply interdisciplinary skills to think differently and solve real-world problems. We equip students with skills such as problem-solving, collaboration, critical thinking, reflection and global awareness. Students engage in authentic tasks and challenges to investigate each learning area deeply and transfer their learning to new situations.

Life Skills:

The Ekya School Life Skills curriculum is based on the Socio-Emotional and Ethical Learning Framework designed to promote social, emotional, and ethical learning in schools and other educational settings. The framework is based on the principles of compassion, ethics, and social responsibility, and it intends to help students develop self-awareness, self-regulation, empathy, and responsible decision-making skills.

The Life Skills program aims to help students become **aware, compassionate and engaged**.

- Gain self-awareness and attentiveness
- Cultivate emotional hygiene and self-care
- Build Self-regulation skills and the ability to discern behaviour that benefits oneself and others.
- Recognise common humanity that values all people everywhere.



**EKYA
SCHOOLS**

At Ekya, we believe that education should empower students to become thoughtful, compassionate, and engaged members of society. That is why we have implemented the Social, Emotional, and Ethical (SEE) Learning curriculum from Emory University.

Awareness is the first step towards personal growth and development. The curriculum helps students become more aware of their thoughts, feelings, and actions and those of others. By developing a greater sense of self-awareness, students are better able to manage their emotions and make thoughtful decisions.

Compassion is at the heart of the curriculum. Our students learn to be more empathetic and understanding towards others and to act with kindness and generosity. Through the curriculum, students develop a greater sense of connection and community, which helps them to build stronger relationships with others.

Engagement is the final component of the SEE curriculum. Students learn to become more engaged with the world around them and to take an active role in making positive change. Through the SEE curriculum, students are encouraged to become leaders in their communities and to use their skills and knowledge to make a difference in the world.

The Life Skills curriculum facilitates social and emotional learning, empowering students to enhance their ability to manage their emotions and behaviour and foster positive relationships. This also aids in cultivating a sense of purpose and social accountability, not only in the classroom but also in the wider community, family, and workplace settings. The framework fosters a constructive and supportive school environment by promoting a culture of compassion, ethics, and social responsibility.

In addition to the Life Skills curriculum, we also teach our students simple practices and strategies to help them become more resilient in the classroom. These practices are designed to help students manage stress and overcome challenges, and they can be used anytime, anywhere.

By using one-minute practices and help-now strategies, our students are better able to manage stress, stay focused, and overcome obstacles in the classroom. These skills help students succeed academically but also help them become more resilient and adaptable individuals who are better equipped to face challenges in all aspects of their lives.

