

After School Programme Proposal






LIFE SKILLS




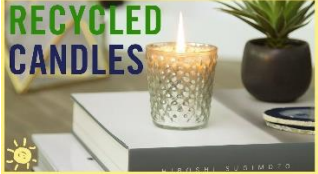

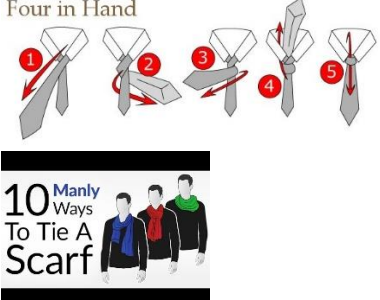
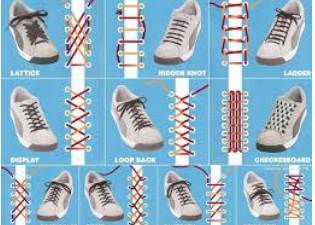
a skills that is necessary or desirable for full participation in everyday life.

Programme Details:

Life skills are abilities for adaptive and positive behavior that enable humans to deal effectively with the demands and challenges of life. This concept is also termed as psychosocial competency

The most things in life is for us to be independent and not have to rely on others

Subject	Subject	Sample Result
How to fix the zipper and buttons	DIY how to sew the button and zipper. Creation with button stitch	
How to iron the shirt or trousers. And different type of clothes materials	DIY how to do correctly iron and make iron patch	
Basic washing the plates and clothes. Knowledge how to wash in different materials.	DIY how to do basic wash and making tie dye	
How to wrap with different type of shapes	How to wrap the gift or gift box	
How to prepare table for dinner	Table manner and making table cloth. DIY Table arrangement	

<p>Basic cooking : Simple breakfast</p>	<p>DIY how to make a quick breakfast.</p>	
<p>First aid kit and emergency situation</p>	<p>Learn knowledge about first aid kit tool and Emergency situation with simple condition. DIY to make first aid box and prepare the simple materials</p>	
<p>Fix furniture</p>	<p>How to change the battery on the clock, how to make frame arrangement etc.</p>	
<p>How to recycle, reuse and reduce</p>	<p>DIY to recycle things: How to remake things with decoration, reuse the boxes to make Box file or recycles the old candles, etc.</p>	
<p>How to reuse unused stuff</p>	<p>Diy Decoration unused stuff and to be use</p>	
<p>How to be wearing tie or scarf</p>	<p>DIY steps by step how to tie and how to tie the scarf</p>	
<p>How to do the shoe laces</p>	<p>DIY how to do the shoes laces with different way and type</p>	

Regards,

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Essential Skills, Steps and Sports

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