



Adolescent Wellbeing Workbooks

Lifeskills programme in Tamilnadu

Numbers:

14 districts

44 educationally backward blocks of TN

2,50,000 students in Std 9-12

1000 teachers impacted

Together with UNICEF India and the Tamil Nadu State Council of Educational Research and Training (TNSCERT), we designed a student wellbeing and lifeskills workbook for adolescents studying in Standard 9-12 across the most educationally backward blocks in Tamil Nadu.

The workbook is based on UNICEF's Life Skills Framework and TNSCERT guidelines. The book largely covers the domains of 'Learning to Know' and 'Learning to Do' with each activity also helping students assimilate other skills. The major themes in the book are student wellbeing and science of learning. The workbook contains 31 'do-it yourself' art-based activities, on topics such as self affirmation, boundary setting, self care techniques, mind mapping, and mnemonics.



Upon realising the troubles faced by teachers, we also created a handbook, videos and training programs focused on teachers' personal wellbeing as well as resources for them to encourage adolescent wellbeing among their students.