

## Pepkidz Life Skills 2025-26 Topics

	<b>Grade 1</b>		<b>Grade 7</b>
<b>1</b>	Emotional Expression - My feelings	<b>1</b>	Inferiority complex
<b>2</b>	Never Give Up	<b>2</b>	Identity Crisis- A Tree of Individuality.
<b>3</b>	Etiquettes	<b>3</b>	Anger Anxiety- Emotional Firestorms
<b>4</b>	Happiness - The Happy Froggie	<b>4</b>	Jealousy-Sadness
<b>5</b>	Anger an Emotion	<b>5</b>	Peer Influence
<b>6</b>	Emotion - Fear	<b>6</b>	Concentration
	<b>Grade 2</b>		<b>Grade 8</b>
<b>1</b>	Sharing - Party in the Jungle	<b>1</b>	Relationship Management
<b>2</b>	Jealousy	<b>2</b>	Adolescence and its Challenges
<b>3</b>	Safe Touch Unsafe Touch	<b>3</b>	Anger - Frustration
<b>4</b>	Anger Control Techniques	<b>4</b>	Procrastination Vs Laziness
<b>5</b>	Sadness - Lily and The Little Bird	<b>5</b>	Handling Criticism
<b>6</b>	Dealing with No	<b>6</b>	Detox Gaming Addiction
	<b>Grade 3</b>		<b>Grade 9</b>
<b>1</b>	Empathy	<b>1</b>	Anger Anxiety- The Anguishers
<b>2</b>	Stubbornness	<b>2</b>	Peer Pressure
<b>3</b>	Dealing with Fear	<b>3</b>	Self Esteem
<b>4</b>	Gadget Addiction	<b>4</b>	Dealing with No-Accepting & Negotiating
<b>5</b>	Appreciating Differences	<b>5</b>	FOMO
<b>6</b>	Cyber Safety	<b>6</b>	Addiction - Smartphones & Social Media
	<b>Grade 4</b>		<b>Grade 10</b>
<b>1</b>	Shame	<b>1</b>	Anger & Humiliation
<b>2</b>	Adoloscent Anger	<b>2</b>	Envy
<b>3</b>	Screen Addiction	<b>3</b>	Emotional Triggers: Procrastination & Its Types
<b>4</b>	Procrastination	<b>4</b>	Detox - Smartphones & Social Media Addiction
<b>5</b>	Emotion - Jealousy	<b>5</b>	Crisis Management- Internal & External Crisis
<b>6</b>	Sadness	<b>6</b>	Redefining Goals
	<b>Grade 5</b>		<b>Grade 11</b>
<b>1</b>	Crisis Management	<b>1</b>	Dealing With Anger & Frustration
<b>2</b>	Celebrating Uniqueness	<b>2</b>	Handling Criticism & Critique
<b>3</b>	Identity Crisis	<b>3</b>	Overcoming FOMO
<b>4</b>	Managing Adolescent Anger	<b>4</b>	Relationship Management- Building Bridges
<b>5</b>	Choosing Friends Wisely	<b>5</b>	Overcoming Fear-Driven Procrastination
<b>6</b>	Focus	<b>6</b>	Identity Crisis- Personal Identity
	<b>Grade 6</b>		<b>Grade 12</b>
<b>1</b>	Decision Making	<b>1</b>	Accountability
<b>2</b>	Positive attitude	<b>2</b>	Dealing with Procrastination
<b>3</b>	Managing Adolescent Fear	<b>3</b>	Stress management
<b>4</b>	Stubbornness - Fixed vs Flexible	<b>4</b>	Growth Mindset
<b>5</b>	Cyber Bullying	<b>5</b>	Bullying
<b>6</b>	Gaming Addiction	<b>6</b>	Redefining Goals