JULY-AUGUST 2023

LEARN FOR LIFE LANKA

WHO ARE WE?

Learn for Life Lanka is a small yet committed organization comprising Sri Lankan professionals of various backgrounds who are passionate about contributing to the development of Sri Lanka through uplifting the education system and specifically contributing to the teaching and learning process. The founders set up the organization because they strongly believe that to tackle the economic and social needs of Sri Lanka, students need to be taught social and emotional skills and provide them with exposure to the world of work to create a generation that has the mindset and skills for the 21st century.

OUTREACH AT ST. ANTHONY'S BALIKA VIDYALAYA



We ran a session at St. Anthony's Balika Vidyalaya on character strengths on July 14th, focusing on the unique qualities that make each individual special. The day featured segments where students identified their strengths, engaging group activities to apply them, and opportunities to share and appreciate each other's qualities. The event encouraged students to reflect on how they can use their character strengths to make a positive impact in their school, families, and communities. The session inspired the students to embrace and harness their unique abilities for a better, kinder world. In addition, they shared with us the changes they've experienced since our sessions started being rolled out.

Gratitude

"A sense of thankfulness and happiness in response to receiving a gift, either a tangible benefit (e.g., a present, favor) given by someone or a fortunate happenstance (e.g., a beautiful day)."

-APA Dictionary of Psychology-

5 Ways to Practice Gratitude Daily



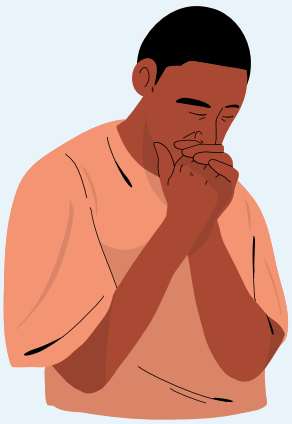
Keep a journal



Practice saying "Thank You"



Observe and savour the moment



Learn to appreciate all the good things in life



Share gratitude

Source: https://www.mindful.org/an-introduction-to-mindful-gratitude/

DRAMA WORKSHOP AT ST. ANTHONY'S BALIKA VIDYALAYA

On July 16th, we at Learn for Life Lanka (L4LL) wrapped up our Social and Emotional Learning (SEL) session series at St. Anthony's Balika Maha Vidyalaya with a captivating drama workshop. Led by the renowned Jerome De Silva, an icon of Sri Lankan theatre and the Artistic Director of The Workshop Players, the girls explored the world of creativity and self-expression. Jerome's extensive repertoire, featuring delightful musicals and thought-provoking character-driven plays, added brilliance to the event. L4LL remains committed to nurturing artistic growth and creating unforgettable experiences.







WRAP-UP SESSION AT ST. ANTHONY'S BALIKA VIDYALAYA

We wrapped up our L4LL Social and Emotional Learning (SEL) journey at St. Anthony's Balika Vidyalaya, Dematagoda, Colombo with a flourish. In our final session, we explored Character Strengths and took a journey revisiting all the skills learned with our very first cohort of children at the school. It's been a remarkable journey of growth and development, and we're excited about the positive impact these young minds will make in the world.



CLOSING SESSION AT THE FOUNDATION OF GOODNESS

In another heartwarming day at the Foundation of Goodness in Seenigama, we had the pleasure of conducting the closing session for the L4LL SEL session series, focusing on "Character Strengths" and revisiting the other essential SEL skills we've been teaching. These include gratitude, positive communication, positive relationships, and fostering a growth mindset. Witnessing these bright young minds wholeheartedly embrace these skills fills us with optimism for a brighter future and reinforces our commitment to contributing more to society through the promotion of SEL education.











TEACHER TRAINING

In yet another collaborative effort, Learn for Life Lanka and the Serendib Schools Development Foundation joined forces for a two-day teacher training program on life skills. This valuable initiative was designed to benefit the third cohort of teachers representing Al Hijra Vidyala, Darrusalam School, and Sir Razik Fareed Muslim Ladies School in Colombo.

Leading this transformative experience was the exceptional Sumaiya Iqbal, a Technical Specialist specializing in Mental Health and Psychosocial Support (MHPSS) for Learn for Life Lanka, along with her team of trainers.











WRAP-UP SESSION AT SOS CHILDREN'S VILLAGE

On July 29th, we concluded our L4LL Social and Emotional Learning (SEL) program at SOS Children's Villages Piliyandala with great enthusiasm. Our last session was dedicated to delving into Character Strengths and revisiting all the essential skills our very first cohort of students acquired during this incredible journey. It's been a truly remarkable voyage of growth and development, and we're filled with anticipation for the positive contributions these young minds will bring to the world.



GRADUATION CEREMONY AT ST. ANTHONY'S BALIKA VIDYALAYA

We are delighted to announce the successful graduation ceremony for the Life Skills and Well-being Development Programme for Adolescents 2023, which took place on August 16 at St. Anthony's Balika Vidyalaya, Dematagoda, Colombo. Each student who joined us on this transformative journey was honored with a graduation certificate, signifying their dedication to personal growth. To add some excitement to the event, we organized thrilling competitions, and our winners received certificates and special gifts. The academic staff and parents of students were present at the event. In addition to that, Mr. Sachinda Dulanjana, a Lecturer in Leadership & Personal Growth graced the event with his inspirational keynote address. Congratulations to our graduates, now equipped with valuable life skills and well-being tools for a brighter future.











GRADUATION CEREMONY AT THE FOUNDATION OF GOODNESS

We are pleased to announce the successful culmination of the Life Skills and Well-being Development Programme for Adolescents 2023, held at the Foundation of Goodness on August 19. Each student who participated in this SEL journey received a graduation certificate, symbolizing their commitment to personal growth. The event was filled with excitement, featuring exciting competitions, and the winners were all awarded certificates and special gifts. In attendance were the FOG staff, the advisory board members of Learn for Life Lanka and students. Congratulations to our graduates, now equipped with valuable life skills and well-being tools for a brighter future.









