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THE LEARN FOR LIFE LANKA NEWSLETTER



INSIDE THIS ISSUE

- Presenting at the Zonal Education Office Colombo Principals Meeting
- Character Strengths Part 02 at St. Anthony's Balika
- Drama Workshop at St. Anthony;s Balika
- Learning How to Learn at St. Anthony's Balika
- Critical Thinking at Avinya Foundation
- Problem Tree at St. Anthony's Balika
- Critical Thinking at the Foundation of Goodness

HIGHLIGHTS



Presenting at the Zonal Education Office Colombo Principals Meeting

Thrilled to have presented our program at the Colombo Principals Meeting, engaging with school principals in the Colombo educational zone. Grateful to Mr. P.R. Devabandu for providing us with this platform,



Drama Workshop at St. Anthony's Balika Vidyalaya

At St. Anthony's Balika Vidyalaya, a dynamic drama workshop led by Ms. Ganga, the school's drama teacher, combined artistry with real-life scenarios, enhancing student engagement and assessing social-emotional learning skills.



Problem Tree at St. Anthony's Balika Vidyalaya

At St. Anthony's Balika Vidyala, a recent problem tree exercise identified key challenges for teachers and students, shaping future interventions. We aim to tailor our approach based on the insights gathered.



Presenting at the Zonal Education Office Colombo Principals Meeting

We are thrilled to share the exciting news of our recent presentation at the Principals Meeting hosted by the Zonal Education Office in Colombo. It was a fantastic opportunity to engage with the principals of schools within the Colombo Educational Zone and introduce them to our program. We extend our heartfelt gratitude to Mr. P.R. Devabandu, Zonal Director of Education - Colombo, for generously providing us with this invaluable platform to showcase our initiative. This experience not only allowed us to share our vision but also fostered meaningful connections within the educational community in the country.











Character Strengths Part 2 at St. Anthony's Balika Vidyalaya

At St. Anthony's Balika Vidyalaya, during part two of the VIA Character Strengths, our second cohort of girls delved deeper into the VIA Character Strengths. Following our introductory session, the girls engaged in a series of activities that allowed them to explore the intricacies of each strength, discovering their own and recognizing the strengths of their peers. The exchange of feedback served as a catalyst for further enhancing these strengths. Facilitated group discussions served to underscore the individuality of each student, emphasizing the incredible power that lies in harnessing our diverse strengths, particularly in collaborative settings.

Drama Workshop at St. Anthony's Balika Vidyalaya

At St. Anthony's Balika Vidyalaya, we recently hosted an engaging drama workshop under the expert guidance of Ms. Ganga, the school's drama teacher. The workshop served a dual purpose: to introduce an artistic dimension into our educational approach and to utilize drama as a catalyst for deeper student engagement with real-life scenarios, thereby reinforcing the skills we teach.

Throughout the workshop, participants were immersed in a series of dynamic activities carefully curated to foster learning through theatrical expression. Commencing with relaxation exercises to create a conducive environment for creativity, the workshop seamlessly transitioned into immersive role-plays and scenario enactments. These activities were meticulously aligned with our curriculum's focus on social-emotional learning skills, allowing students to explore and apply these concepts in a hands-on manner.

A notable aspect of the workshop was its function as a practical assessment tool for evaluating students' comprehension and application of the taught skills. By providing prompts and cues within the context of dramatic scenarios, we could observe firsthand how effectively students internalized and applied these skills in real-world situations. This experiential learning approach not only deepened their understanding but also empowered them to actively engage with the material on a more profound level.









If you hear a voice within you say, 'You cannot paint,' then by all means paint, and that voice will be silenced.

VINCENT VAN GOGH



Ever heard of the Empathy Misses?

"Empathy misses," a term popularized by **Dr. Brené Brown,** refers to instances where attempts at empathy fail to provide meaningful support or understanding to individuals in vulnerable situations. These misses highlight the importance of genuine empathy in fostering meaningful connections.

#1: Sympathy versus Empathy

A friend who offers sympathy ("I feel sorry for you") instead of empathy ("I understand, I'm with you, I've been there").

#2: The Gasp and Awe

A friend who reacts with shock and shame on your behalf, focusing on your actions rather than empathizing with your emotions.

#3: The Mighty Fall

A friend who idealizes you and is disappointed by your imperfections, expressing surprise and disillusionment.

#4: The Block and Tackle

A friend who criticizes your vulnerability, making you feel judged and uncomfortable.



#5: The Boots and Shovel

A friend who tries to cheer you up without acknowledging your pain, avoiding uncomfortable emotions.



#6: If You Think That's Bad...

A friend who tries to one-up your experiences rather than connecting with your emotions.

#7: I Can Fix That!

A friend who immediately jumps to problem-solving instead of offering emotional support, missing the opportunity to simply be present with you in your struggles.



Brené Brown, a renowned researcher, storyteller,has dedicated over two decades to exploring courage, vulnerability, shame, and empathy. Holding the prestigious Huffington Foundation Endowed Chair at the University of Houston, she also serves as a visiting professor at the University of Texas at Austin McCombs School of Business.

Sources: Atlas of the Heart & Dare to Lead by Brené Brown

Learning How to Learn St. Anthony's Balika Vidyalaya



In our recent session at St. Anthony's Balika Vidyalaya, we delved into the fascinating world of cultivating a growth mindset through our module on "Learning How to Learn." Our aim was to equip students with invaluable strategies to enhance their learning journey. We introduced them to the fundamental concepts of focused learning and diffuse learning, emphasizing the importance of both in acquiring new skills and knowledge.

Moreover, we shed light on the remarkable phenomenon of neuroplasticity, illustrating how the brain's ability to adapt and change is at the core of learning and personal development. We underscored the significance of practice in cementing learning, highlighting the adage that "practice makes permanent."

Furthermore, we provided practical guidance on exam preparation, emphasizing effective time management techniques and study strategies to optimize their academic performance. By imparting these essential tools and insights, we aim to empower students to approach their studies with confidence, resilience, and a growth-oriented mindset.

''Develop a passion for learning. If you do, you will never cease to grow."

ANTHONY J. D'ANGELO





"Live as if you were to die tomorrow. Learn as if you were to live forever."

MAHATMA GANDHI

"The expert in anything was once a beginner."

HELEN HAYES





"I am always doing that which I cannot do, in order that I may learn how to do it."

PABLO PICASSO



Critical Thinking at Avinya Foundation

We held an engaging session on Critical Thinking at Avinya Foundation, skillfully facilitated by L4LL trainer Sachinda Dulanjana.

The event was brimming with interactive activities, where participants were grouped and tasked with critically analyzing news clippings. We shed light on the prevalence of emotive and misleading language in news headlines, often diverting from the actual content.

Our primary goal was to nurture critical thinking skills among attendees, encouraging them to pose pertinent questions and seek additional information before forming opinions.

Through practical demonstrations, we illustrated the real-life applicability of these skills.

Moreover, stimulating debates on intriguing topics provided valuable insights into combating issues such as misinformation, disinformation, hate speech, revenge porn, and scams, underscoring the importance of responsible action in tackling these challenges head-on.







“My father used to say, ‘Don’t raise your voice, improve your argument.”

DESMOND TUTU



Problem Tree at St. Anthony's Balika

At St. Anthony's Balika Vidyala, recently, we conducted a problem tree exercise to pinpoint the key challenges faced by both teachers and students. This exercise provided invaluable insights that will shape our future interventions. By assessing how our content, materials, and interventions could alleviate these challenges, we aim to tailor our approach to better suit the needs of the school community.
It's important to note that all data collected were done so anonymously, ensuring confidentiality and privacy for all participants.





Critical Thinking at the Foundation of Goodness

We had a dynamic session at the Foundation of Goodness focusing on Critical Thinking, led by Sachinda Dulanjana. Participants were tasked with crafting news stories based on given storylines, fostering analytical skills. The main objective was to cultivate a habit of questioning and verifying information before drawing conclusions. Through practical exercises, the session demonstrated the relevance of critical thinking in real-life scenarios. Additionally, stimulating debates on intriguing topics filled the room with zest.









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Building Resilience and Connection.

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