OCTOBER-NOVEMBER 2022

LEARN FOR LIFE LANKA

WHO ARE WE?

Learn for Life Lanka is a small yet committed organisation 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 organsation 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.

4 WAYS TO FLOURISH

As mentioned in the last month's issue of the newsletter, we worked closely with Souls Sound Academy to conduct a session on '4 ways to Flourish' at the Music Summer Camp organized by them which was held on the 05th of August 2022 where we conducted a one-hour session covering topics such as strengths, positive communication, positive relationships and meaning and purpose.

The goal of the session conducted by L4LL at the third Virtual Music Summer Camp was to help children who, like those in Sri Lanka, face constant instability and uncertainty in their everyday lives and whose formal education lacks socio-emotional skills.



In the presentation, the four ways to flourish we discussed were as follows. In last month's issue, we covered the first two topics and as promised, in this issue, we are going to talk about the rest; Positive Communication, Meaning and Purpose.

- Character Strengths
- Positive Relationships
- Positive Communication
- Meaning and Purpose

POSITIVE COMMUNICATION

Under this topic we talked about what communication is, the importance of positive communication, how to identify flows in our communication in an attempt to tweak it to be able to craft and shape our day-to-day conversation to form meaningful relationships in our lives. Furthermore, we also touched upon various communicational styles and the ASSERT Formula.

Why is positive communication important?



To build deeply satisfying relationships with one's family and friends



To be more intimate and meaningful in one's close relationships



To build a strong social network



To rise to tough situations in life



To improve self-esteem

MEANING AND PURPOSE

The delivery of this topic was designed in such a manner to suit the target audience of the programme- performers. Therefore, the content we covered under this topic might not be beneficial to anyone and everyone on a general level. However under this topic, we talked about the ways to add more meaning to their lives, performance pressure, self esteem, negative self-esteem thoughts and how they can replace them with realistic thinking patterns to bring about meaningful change in their life.

How to add more meaning to your life



Get Moving



Fight stress with wholesome food



Find your calm center



Stand up for your self



Take charge of your life



Get time on your side



Risk trying new things



Stand on solid ground



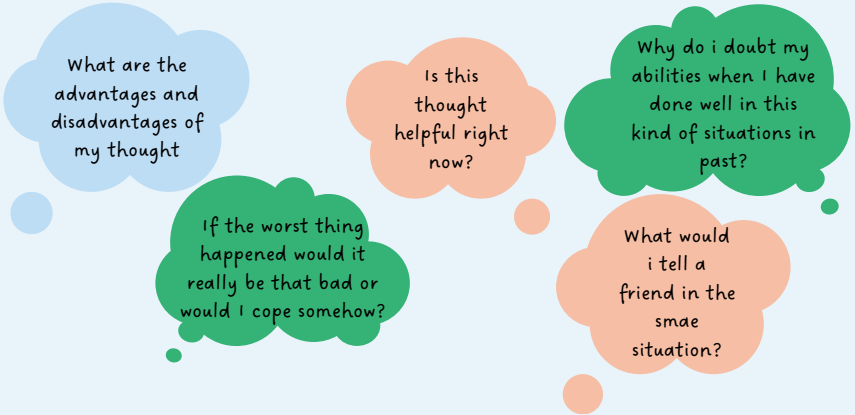
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Source: fighting invisible tigers - stress management for teens by Earl Hipp

Types of negative self-esteem everyday thoughts



Realistic thinking to help you make meaningful change



Source: Banish your self-esteem thief A cognitive Behavioural Therapy workbook on building positive self-esteem for young people by Kate Collins-Donnelly

LOCALISING COMMITEE MEETING

We held our monthly Strengths-Based Resilience Manual Localising Committee meeting in Colombo to discuss and design pedagogical strategies and methods to implement the modules of the manual authored by Afroze Anjum, Jane Gillham, and Tayyab Rashid in Sri Lankan schools and to incorporate them in the school curriculum. Educators from the Foundation of Goodness, SOS Children's Villages, teachers representing local schools and curriculum developers from the National Institute of Education are on the committee. On that day we discussed positive communication and positive relationships.







ONGOING PROJECTS

Collaborative session with Atlas Learn



Through our series of brief online sessions on Socio Emotional Learning Skills run in collaboration with Atlas Learn in their webinar series hosted targeting school children sitting for the Grade 5 Scholarship Examination, we taught how to become a positive communicator to an audience of more than 500 school children and this was our second session on positive communication in this series.



Collaborative session with SOS children's villages

Following our initial two sessions at the villages, we conducted the third session on Growth Mindset to the same set of students handpicked by SOS. We discussed the concept of growth mindset, the difference between a growth mindset and fixed mindset, the importance of shifting from the latter to the former and practical ways and means through which they can apply the concept in real life situations. We incorporated several activities to make the children actively participate in it too.







Session at the Foundation of Goodness

We got the opportunity to conduct a session on Growth Mindset for a group of teenagers at the Centre of the Foundation of Goodness in Seenigama. We discussed with them how important it is to try to change from a fixed mindset to a growth mindset and how doing so will help them achieve more in life. We also helped them understand that intelligence or smartness isn't something that is fixed but can change over time with hard work, the use of effective strategies, and help from others when necessary.



