SEPTEMBER 2022

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.

4 WAYS TO FLOURISH

We worked together 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. We conducted a one-hour session covering topics such as strengths, positive communication, positive relationships and meaning and purpose.





The concept of the Virtual Music Summer Camp 3 was initiated with the objective of enriching children not only in Sri Lanka but also from around the world who are constantly exposed to such chaos and uncertainty in their everyday lives and whose formal education lacks socio-emotional skills.

4 WAYS TO FLOURISH

In the presentation, the four ways to flourish we discussed were as follows. In this month's issue, we are going to talk about two of them and we hope to talk about the rest in the next month's issue of the newsletter.

Character Strengths
Positive Relationships
Positive Communication
Meaning and Purpose

STRENGTHS

Under this topic we talked about following 24 character strengths first identified by Martin Seligman, PhD and Neal Mayerson, PhD. Seligman and Mayerson founded the Values In Action (VIA) Institute on Character, which investigates the positive character strengths that each and every individual has in them in varying degrees. To find your top character strengths and tips to enhance them for free take the VIA survey.



POSITIVE RELATIONSHIPS

Under this topic we covered the ways to strengthen our existing relationships and how we can form a personal board comprising of a set of people who can help us grow as individuals in different aspects of our life.

What we can do to strengthen up our relationships



Spend time together



Be honest



Take an interest in things that are important to others



Don't pressure others



Avoid overemphasizing yourself

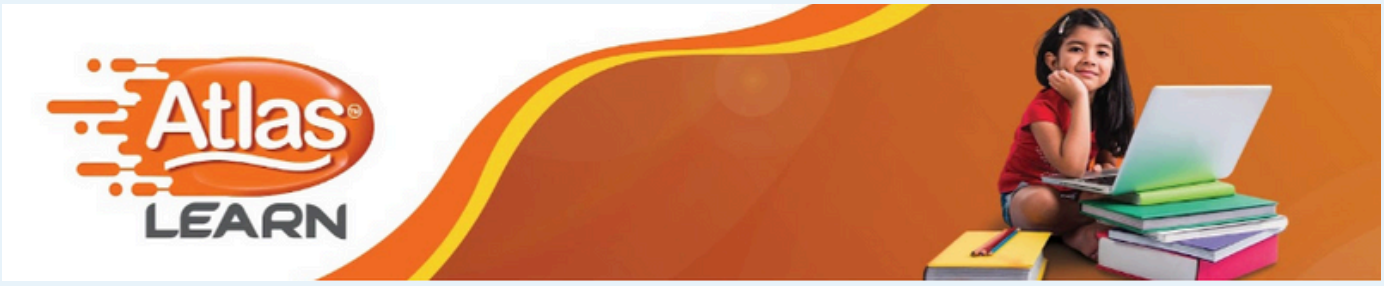


Offer help

CONCERTED PROGRAMMES

Collaborative Session with Atlas Learn

We are currently conducting a series of brief online sessions on Socio Emotional Learning Skills in collaboration with Atlas Learn in their webinar series hosted targeting school children sitting for the Grade 5 Scholarship Examination. On the 25th of last month, in our initial session, we talked about positive communication, its importance and other salient facets to a staggering number of more than 500 school children.



Collaborative Session with SOS Children's Villages

Simultaneously, we started a series of on-site sessions on Socio Emotional Learning Skills in collaboration with SOS Children's Villages, Piliyandala at the Village premises as of the 30th of September targeting a set of 20 children from the village. We ran two sessions, one on gratitude and the other on positive communication and will continue to run these biweekly sessions with the same set of students handpicked by SOS with the intention of getting them to spread the word about the importance of SEL among their peers.





L4LL Video



We released our introduction video on YouTube to provide an in-depth understanding of Learn for Life Lanka's motivation and mission, featuring Dr. Tayyab Rashid, a world-renowned Clinical Psychologist, and Author who generously supports our work by providing us with expertise rooted in rigorous scientific thought and evidence-based practical interventions. In this video, our Co-Founder Murtaza Esufally describes why emotional intelligence/socio-emotional skills are important in education. We'd like to express our gratitude to Ruba Nawaz for filming and editing this video.