

# What is SELC?

Self Awareness

Self Management

Social Awareness



**SEL**  
**CURRICULUM**  
Social & Emotional Learning

Responsible Decision Making

Relationship Skills

## Life-Skills Education

(Kindergarten to class 10)

- Emotional management
- Understanding relationships
- Managing conflict and stress
- Safety in the physical and cyber world
- Respect for diversity
- Personal Safety Education (PSE)

## Personal Awareness & Career Explorations [PACE]

(classes 6-10)

- Streams of study and colleges
- Assessments for self awareness
- Activities for exploring aptitude
- Mykensho and Univariety
- CAP - Career Awareness Program

## Global Responsiveness & Sensitivity Program [GRASP]

(classes 1-10)

- Care for living beings
- Protecting the environment
- Using the 5Rs - Reduce, Reuse, Recycle, Repair, Refuse
- Conserving resources
- Nature Camps
- Excursions & Trails

## Annual Fests & Events

(Kindergarten to class 10)

- Kindergarten-*
- Kaleidoscope
  - Head-Over-Heels
  - Fun Fair
- Primary/Secondary*
- Crescendo - Cultural Day
  - Momentum - Sports Meet
  - Effervescence - Exhibition

## Enrichment Activities

(classes 5-10)

- Global Schools Program (SDG and community projects)
- Inter-School Competitions & Tournaments
- External Examinations
- Student Council & House activities
- Clubs