



PODAR INTERNATIONAL SCHOOL, DAVANAGERE

INFORMATION CIRCULAR

"Mindful Me" Life Skills Program (Academic Year 2026-27)

Dear Parents,

We firmly believe that future-ready education must focus on nurturing the whole child—shaping character, mindset, and behavior alongside academic excellence. In today's fast-changing world, emotional well-being, resilience, and positive interpersonal skills are essential for true success.

To support this holistic vision, we are delighted to introduce "**Mindful Me**"—a reimagined **Life Skills Program for the Academic Year 2026–27**, grounded in Social Emotional Learning (SEL) and mindfulness principles.

What is "Mindful Me"?

Mindful Me systematically builds essential social, emotional, and life skills by embedding reflection and mindful practices into everyday learning experiences.

- **Aligned with Global Frameworks:** Draws from internationally recognized SEL standards and research-backed strategies to integrate personal, social, and health education into one cohesive approach.
- **Core Focus Areas:** Self-awareness, positive relationships, emotional resilience, and responsible decision-making.

The "Mindful Me" Framework & Curriculum Journey at Podar

The program is structured across seven core units, carefully adapted to match our children's developmental stage from Grades 1 through 8:

Unit	Focus Area	Grades 1–2	Grades 3–5	Grades 6–8
Unit 1	Mindfulness & Me	Basic emotion awareness	Calming techniques & focus	Managing stress & self-awareness
Unit 2	Discovering Me	Identifying likes & strengths	Building confidence & uniqueness	Values, identity & self-efficacy

Unit 3	Positivity & Me	Gratitude & positive thinking	Applying optimism to challenges	Reframing negative thoughts
Unit 4	Managing Me	Simple goal-setting	Growth mindset & resilience	Self-management & long-term planning
Unit 5	Understanding Others & Me	Recognizing feelings in others	Respect, inclusion & perspective	Empathy in complex social situations
Unit 6	Relationships & Me	Basic communication & kindness	Collaboration & teamwork	Managing conflict & peer pressure
Unit 7	Citizenship & Me	Classroom roles & responsibility	Contributing to community	Leadership & global citizenship

How Learning Happens in the Classroom

Classes are conducted during a designated **Weekly Life Skills Period** led by trained facilitators and wellness educators through a 4-step experiential journey:

1. **Engage & Explore:** Interactive discussions and relatable activities.
2. **Experience & Practice:** Guided mindfulness practices for focus and emotional regulation.
3. **Reflect & Connect:** Ongoing reflection to build personal connections to real life.
4. **Apply & Transfer:** Applying learned skills beyond the classroom.

Teachers foster a safe, non-judgmental environment where students can voice their thoughts without the pressure of a "right answer."

Expected Outcomes for the Child

Through **Mindful Me**, students will develop:

- Stronger emotional regulation and resilience during challenges.
- Enhanced self-awareness, optimism, and self-confidence.
- Better communication, empathy, and collaboration with peers.
- Thoughtful and responsible decision-making skills in real-life situations.

We invite you to encourage your child to share their weekly "Mindful Me" reflections at home as well!

Warm Regards,

Health & Wellness Department

Podar International School, Davanagere