

# Student **Routine** & Self Study Program

Interactive | Worksheet-Based | Practical Life Skills

## Quick Info

**Grades:** 6th to 10th

**Duration:** 30–45 mins per session

**Mode:** Offline (in school)

**Batch Size:** 30–45 students

**Format:** Awareness questions + worksheets + small daily steps

## Program Outcomes

Students will learn to

- \* Build a daily routine & consistency
- \* Improve self-study habits
- \* Increase focus & reduce distractions
- \* Develop growth mindset & confidence
- \* Manage emotions and stay balanced

# Sessions Offered (8 Sessions)

## Session 1

### Daily Routine, Better Results

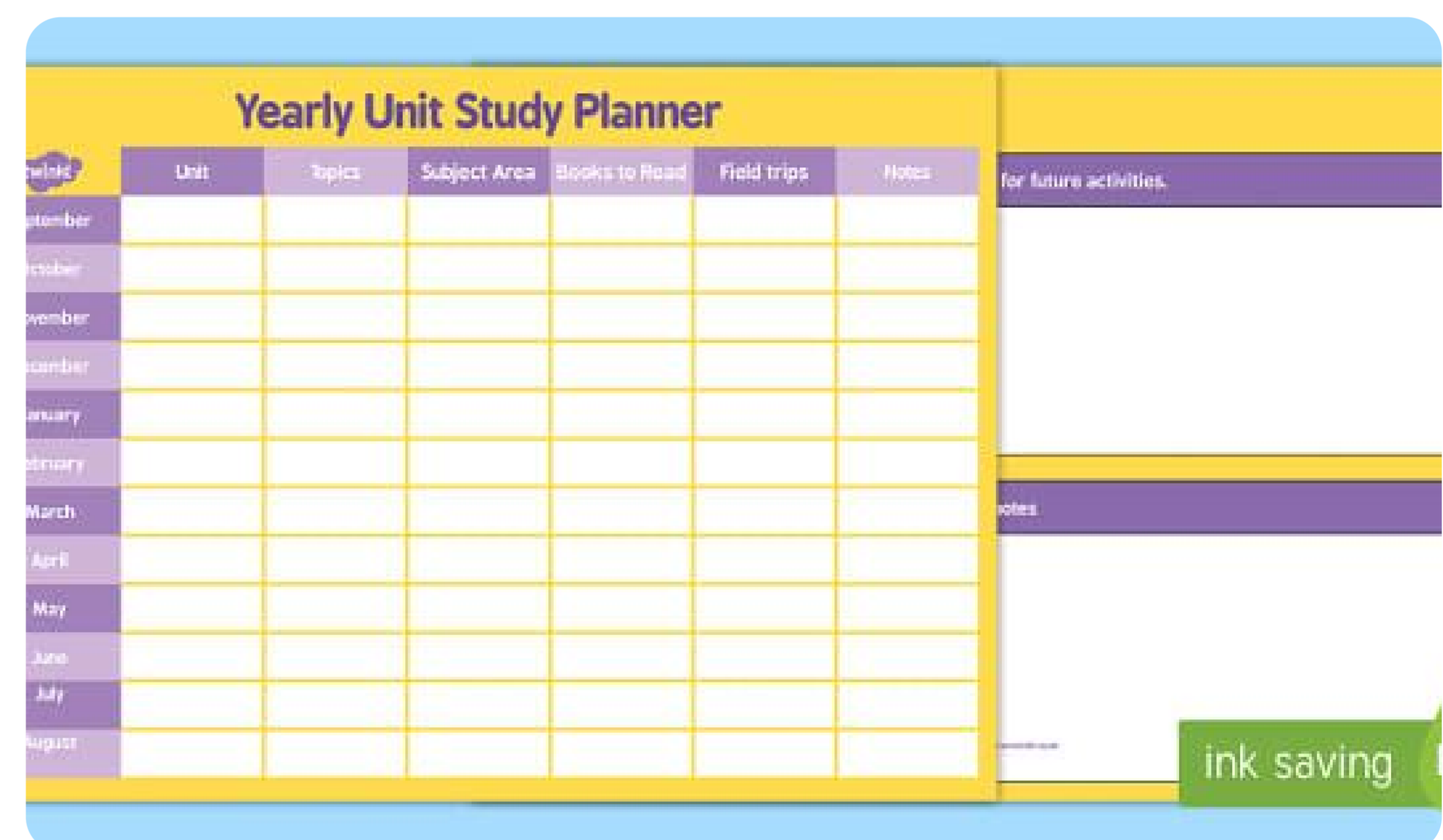
- ❖ Build a simple daily routine
- ❖ Understand time usage & daily habits
- ❖ Create 1 small step plan



## Session 2

### Study with Meaning

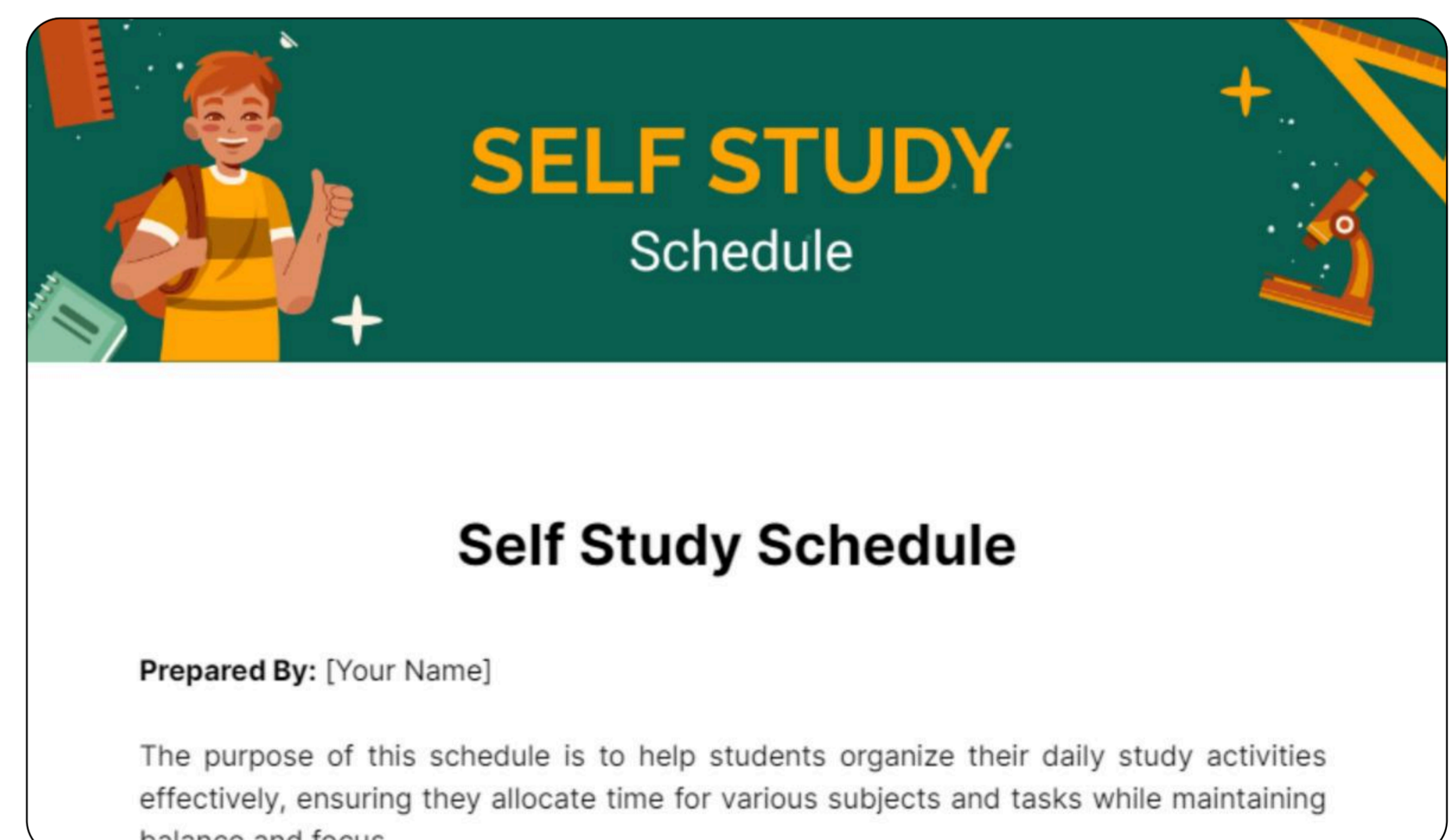
- ❖ Understand purpose beyond marks
- ❖ Build a positive learning mindset
- ❖ Connect subjects to real life



## Session 3

### Self Study

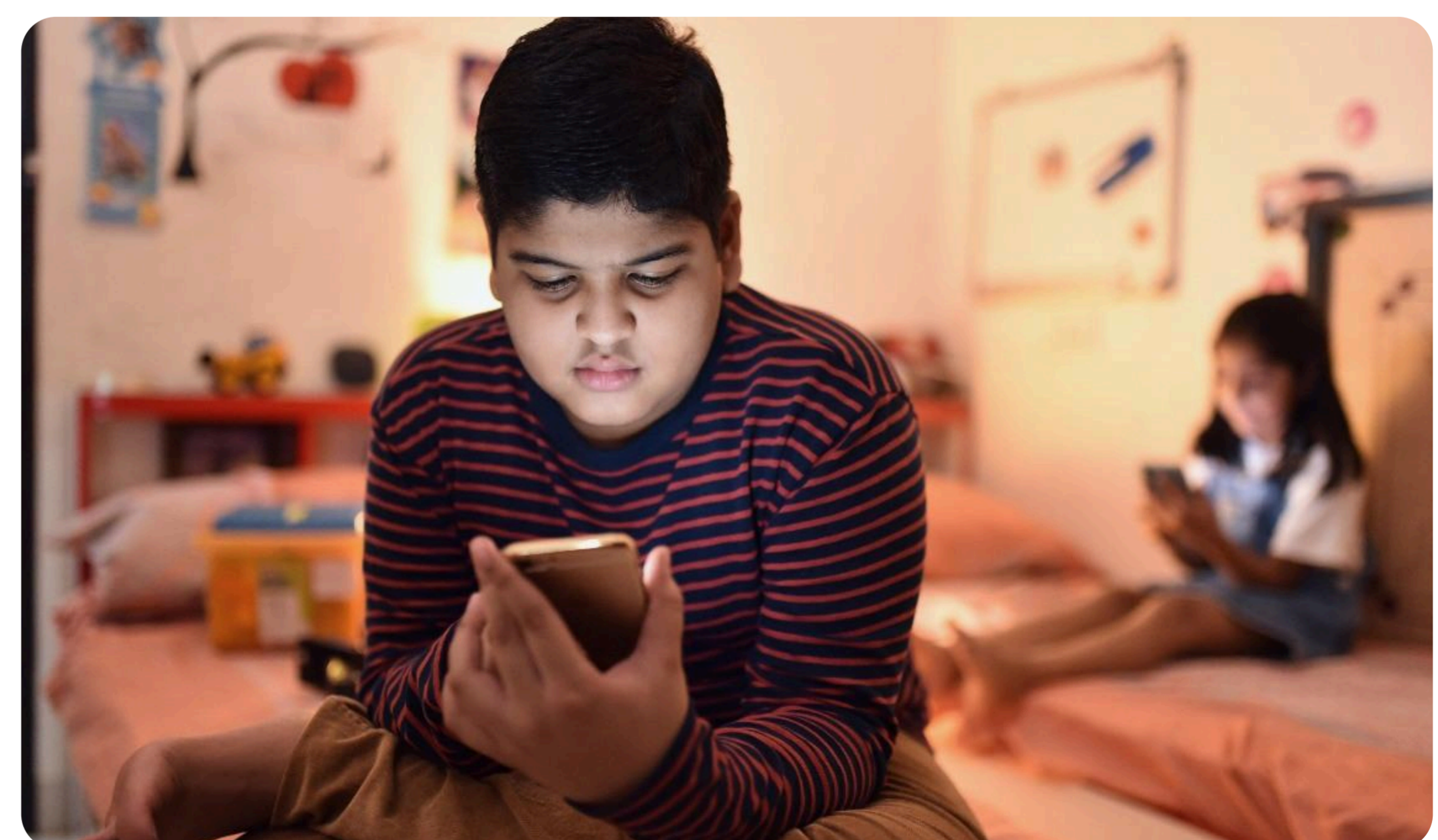
- ❖ Learn how to start self-study
- ❖ Simple revision method
- ❖ Make study time productive



## Session 4

### Beat Distraction

- ❖ Understand distractions & triggers
- ❖ Learn basic attention control
- ❖ Build small focus habits



# Sessions Continued

## Session 5

### Growth Mindset

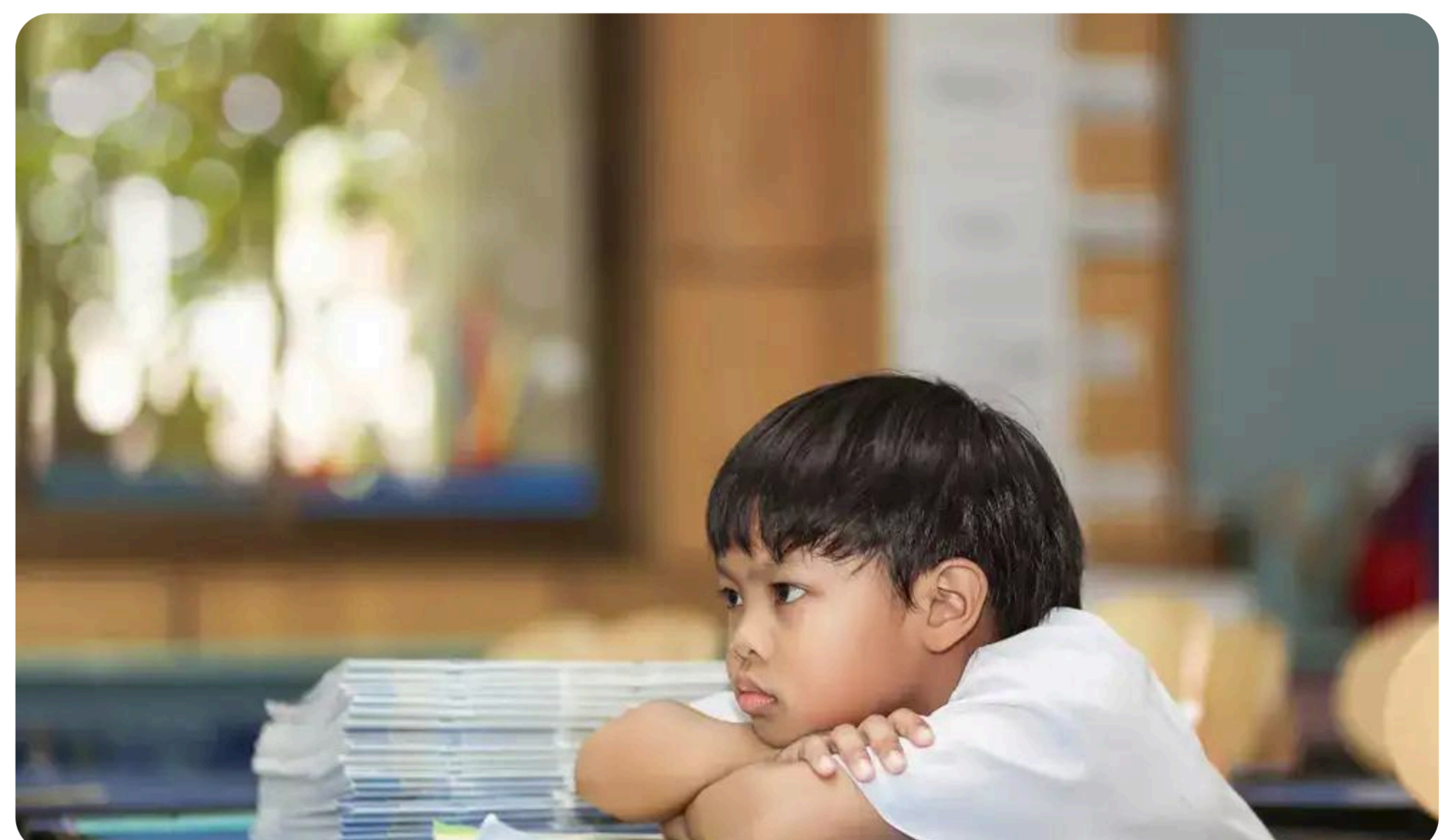
- ❖ Fixed vs growth mindset
- ❖ Confidence building through effort
- ❖ Positive self-talk habits



## Session 6

### Overcome Laziness

- ❖ Why we avoid study/routine
- ❖ Tiny-start technique (2-minute rule)
- ❖ Build momentum daily



## Session 7

### Consistency

- ❖ How habits are formed
- ❖ Simple consistency tools
- ❖ 21-day habit commitment



## Session 1

### Manage Emotional

- ❖ Emotional awareness basics
- ❖ Calm-down and reset tools
- ❖ Staying consistent without pressure



# What We Provide



Session-wise worksheets (Printed/PDF)



Activities + reflection questions



Habit trackers & routine planners

## Booking

**To Schedule Sessions For Your School Share:**

Grade | No. of Students | Preferred Date | Session Choice (1–8)

[Book a Session for Your School](#)