

HOW TO
Find The Right Mix of
academics
And Life Skills



A *Earth School* workbook

GET READY

- Have a notebook or a print out of the workbook
- Have 15 minutes
- Find yourself a quiet spot

THIS WORKBOOK IS FOR YOU IF YOU WANT...

- to assess the balance in your education
- to evaluate where you stand on life skills
- to find ways to teach both



ACADEMIC VS LIFE SKILLS

This is not a competition and one shouldn't be forgotten for the other. They both have an important role to play in your child's education. But often, life skills are overlooked because they are less concrete, tangible than academic knowledge. There aren't any clear path for soft skills.



Action Step

ASSESS YOUR HOMESCHOOLING

In a day, how much time do you spend working on academics and how much time do you spend on other subjects? Is there a balance?

EVALUATE LIFE SKILLS

Following the UNESCO LIST, Understand what life skills are and evaluate where you stand.

FIND WAYS TO NURTURE LIFE SKILLS

Put on your creative cap and let's see what you come up with!

LIFE SKILLS ARE A GIFT FOR LIFE, TAKE THIS
CHANCE TO CONSCIOUSLY BRING THEM INTO
YOUR EDUCATION





ASSESS YOUR HOMESCHOOLING

How do you spend your days? Have you ever put some thoughts on that? Is there a good balance in your school planning?



	Monday	Tuesday	Wednesday	Thursday	Friday	Weekends
Academic Teaching						
Practical Skills						
Reading, together or alone						
Free Playing/ Free Time						
Helping with Chores						
Group Discussion/ Debate/Study						
Artistic Activities						

For a week, take the time, during the day or in the evening, to write down how much time was spent on each category.

Academic teaching will be everything from a school book (STEM, English, History, Geography,...). It can be you teaching or your child doing exercises.

Practical skills mean everything your child learns to do by himself like sewing, knitting, using tools, laundry, money management, wood-working,...





EVALUATE LIFE SKILLS

- **Problem-solving**

Information gathering skills | Evaluating future consequences of present actions for self and others

- **Critical thinking**

Analyzing peer and media influences as well as values, social norms and beliefs affecting these | Identifying relevant information and information sources

- **Effective communication skills**

Verbal and non-verbal communication | Active listening | Ability to express feelings and give feedback | Negotiation/refusal skills

- **Decision-making**

Identifying and choosing alternatives based on the values, preferences, and beliefs of the decision-maker

- **Creative thinking**

Ability to consider something in a new way | Ability to perceive patterns that are not obvious | Finding new approaches to a problem

- **Interpersonal relationship skills**

Adjusting actions in relation to others' actions | Negotiation | Persuasion | Actively looking for ways to evolve compassionately

- **Self-awareness building skills**

Know and understand one's own character, feelings, motives, and desires.

- **Empathy**

Caring for other people | Experiencing emotions that match another person's emotions | discerning what another person is feeling

- **Coping with stress and emotions**

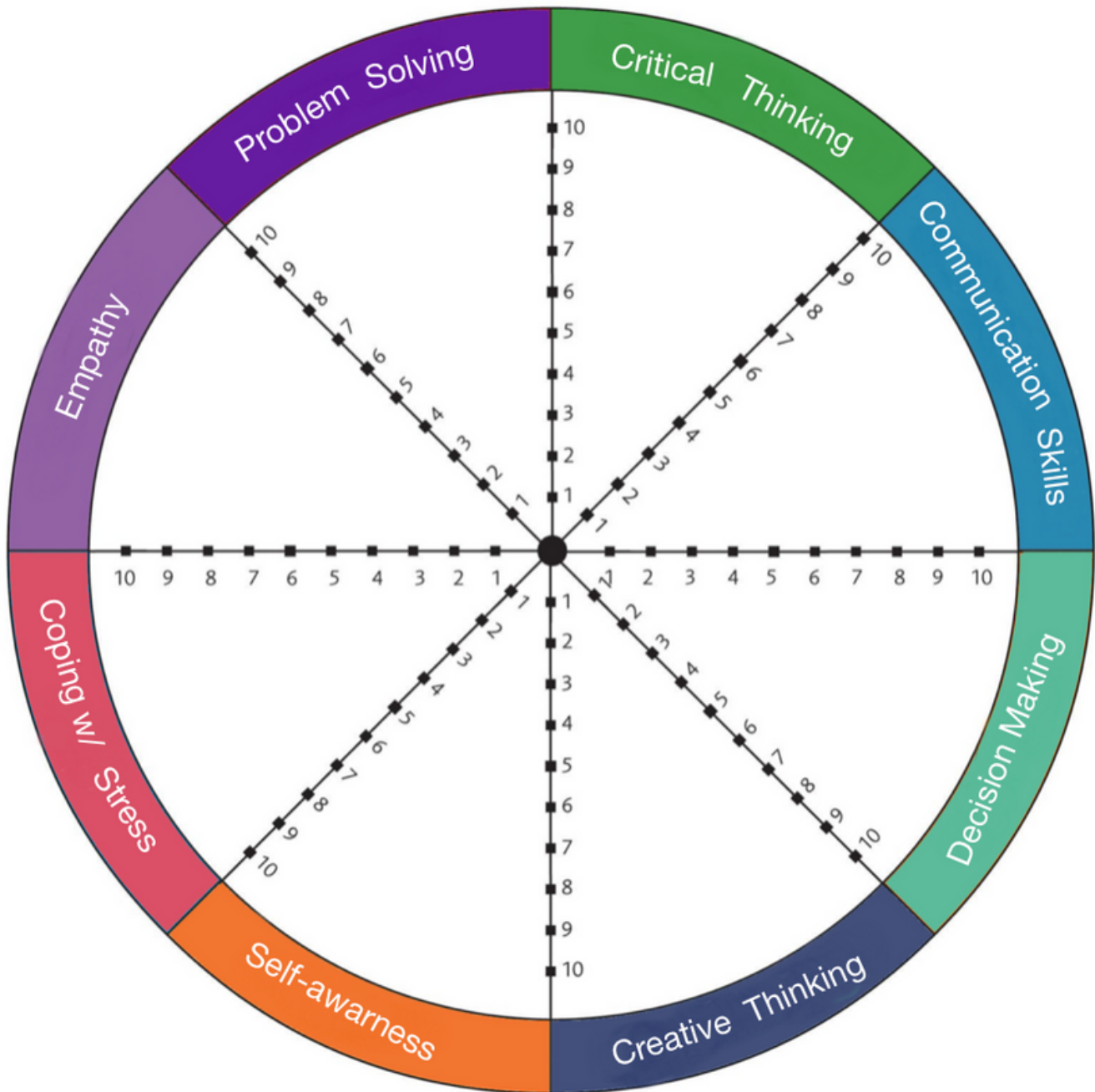
Identifying stress triggers | Knowing the difference between good and negative ways to handle stress





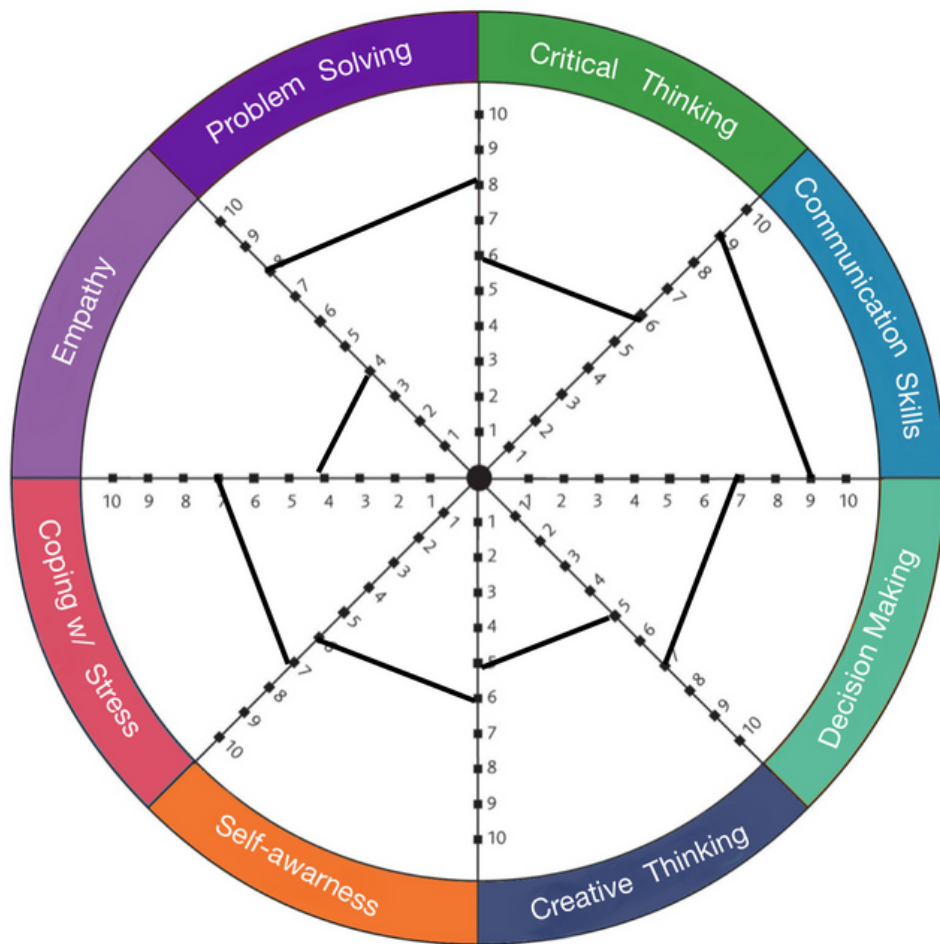
EVALUATE LIFE SKILLS

For each of your children, grade the life skills on the wheel. Check out the example wheel for clarity. You can observe your children for a couple of days if you are not sure about a specific skill.



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FIND WAYS TO NURTURE LIFE SKILLS

Here are a couple of leads to help you find your personal way to nurture life skills.

Life skills cannot be taught as a theory, it takes practice, exercises, and examples to nurture them. You can create the right environment for a specific skill to develop.

- **Discussions**

Daily discussions about a thematic allow for empathy, listening skills, argumentation,...

- **Roleplay**

Great for empathy, communication skills, interpersonal skills, self-awareness,...

- **Educational games**

Games are a fun way to develop problem-solving and creative thinking

- **Case study**

Nothing better than real life to develop one's critical thinking (be careful not to influence your children with your opinions)

- **Create a routine**

Make your child part of the process. Great for communication skills, stress management, and problem-solving



You did it!

You can now test and find ways that suit your family and your values to nurture life skills!

WRITE DOWN 3 EXERCISES YOU WILL DO THIS WEEK TO IMPROVE LIFE SKILLS

Congratulations

TODAY YOU ASSESSED THE BALANCE BETWEEN
ACADEMICS AND LIFE SKILLS
YOU EVALUATED YOUR CHILD'S ABILITIES.
YOU DECIDED ON WAYS TO IMPROVE LIFE SKILLS
WELL DONE!

