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ChetnaUday Mission

EMOTIONAL INTELLIGENCE CURRICULUM FOR STUDENTS

THE CHALLENGE Students today struggle with:

- Emotional reactivity & low frustration tolerance
- Comparison, self-doubt & identity confusion
- Poor stress-handling during exams & peer conflict
- Lack of emotional vocabulary
- Suppressed feelings leading to behavioral outbursts

Traditional education teaches **WHAT** to study. Emotional education teaches **HOW** to understand oneself.

THE SOLUTION

ChetnaUday Mission offers a structured **year-long Emotional Intelligence Curriculum**, delivered in progressive monthly modules. Below is an example of **Month 1 – Foundation Module**:

WEEK 1: Knowing Myself

Self-awareness, identity clarity, strengths & values
Helping students understand who they are beyond marks.

WEEK 2: Understanding Emotions

Emotional vocabulary, triggers, body awareness
Teaching students to recognize and name their feelings.

WEEK 3: Thoughts & Choice

Thought–emotion connection, pause practice, conscious decisions
Developing response over reaction.

WEEK 4: Self-Care, Confidence & Expression

Healthy expression, resilience tools, confidence practices
Building emotional strength and inner stability.

WHAT'S INCLUDED

- ✓ 5 days per week interactive student sessions (60 min each)
- ✓ Student reflection worksheets & take-home practices
- ✓ Teacher orientation session (45 min alignment)
- ✓ Parent awareness session (45 min family integration)
- ✓ Pre & post emotional awareness assessment
- ✓ Structured impact summary report

MEASURABLE OUTCOMES

Pilot implementation observed:

- Improved emotional vocabulary among students
- Increased pause-before-react response
- Better classroom participation
- Reduced reactive conflict incidents
- Parents reporting improved communication at home

(Impact measured through teacher observation & student self-assessment.)


WHY CHETNAUDAY?


- ✓ Structured curriculum
- ✓ Indian-context aligned (family systems, cultural sensitivity)
- ✓ Age-appropriate modules
- ✓ Educational framing (preventive, not clinical)
- ✓ Practical life tools students apply immediately

NEXT STEPS

1. Schedule a 15-minute introductory call
2. Customize module based on grade & needs
3. Finalize calendar & implementation plan
4. Begin structured emotional learning

FOR PARTNERSHIPS CONTACT US

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