

Tomoclub



Essential Life Skills Curriculum

www.tomoclub.org

OVERVIEW

The curriculum is a dynamic, interactive program designed to equip students with vital skills for personal and academic success through engaging video game-based learning. The program is structured into 25 sessions, each focusing on a specific life skill, with a clear progression in complexity and depth. Students go through a track of personal development, interpersonal skills and practical skills.

This comprehensive curriculum covers key areas including Self Management, Health and Wellness, Communication, Social Skills, Critical Thinking, and Personal Development. Through interactive quests, challenges, and real-life scenarios, students develop practical skills applicable immediately, ensuring learning is effective and enjoyable while preparing them for the complexities of the modern world.

SCOPE AND SEQUENCE

Week	Essential Life skills
1	Embracing Uniqueness: Respect for all
2	Mindsets: growth & fixed
3	Emotions vocabulary
4	Emotions Perception
5	Personal and Collective Agency
6	Resilience and perseverance
7	Empathy
8	Introduction to Boundaries
9	Understanding and setting boundaries
10	Negotiation
11	Delegation
12	Safe Online Behavior

Week	Essential Life skills
13	Ethical Decision Making
14	Seeking Help
15	Unity in Diversity
16	Initiative Taking
17	Design Thinking
18	Creative Problem Solving
19	Entrepreneurship and Innovation
20	Team Building
21	Organization
22	Taking Risks
23	Ownership and Responsibility
24	Reflection and Feedback
25	Review



CONTACT US

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