Lean Hyphen

21st CENTURY LEANOVATIVE SKILLS WORKBOOK

Problem Based Learning | Project Based Learning

Activity Based Learning | Experiential Learning

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INTRODUCTION TO LEAN HYPHEN'S 21ST CENTURY SKILLS LEANOVATIVE WORKBOOK

Lean Hyphen is a future-focused organisation committed to equipping learners with the essential 21st-century competencies required to excel in an ever-evolving world. Understanding that academic achievement alone is no longer sufficient, our 21st Century Skills Program is thoughtfully designed to nurture key skills from Class UKG to Class 10.

Through dynamic, activity-driven workbooks, students develop Critical Thinking, Problem-Solving, Creativity, Communication, Collaboration, Financial Literacy, Career Exploration, Adaptability, Emotional Intelligence, and Global Citizenship. Our innovative methodology seamlessly integrates Problem-Based Learning, Project-Based Learning, and Experiential Learning to foster deep understanding and practical application.

By engaging in real-world activities, students cultivate resilience, initiative, and leadership—empowering them not only to succeed academically but also to thrive professionally and personally.
Lean Hyphen's mission is to inspire confident, future-ready individuals, prepared to navigate challenges and seize opportunities in a rapidly transforming global landscape.

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Sixth Grade:
Cultivating 21st - Century Innovators

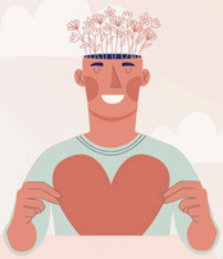
CORE COMPETENCIES COVERED

- Curiosity and Inquiry
- Communication and Expression
- Self-Awareness and Life Skills
- Financial Literacy and Responsible Decision-Making
- Critical Thinking and Financial Planning
- Empathy and Compassion
- Time Management and Organizational Skills
- Gratitude and Respect for Others
- Growth Mindset and Goal Setting

HOW TO USE THIS WORKBOOK

- Teachers introduce concepts and guide students through hands-on worksheets for real-world skill practice.
- Activities build independent thinking, collaboration, and critical analysis.
- Topics increase in complexity across grades to deepen reflection and resilience.
- Workbooks can be used in class or at home to encourage meaningful skill-building conversations.
- The goal is to help students internalize essential life skills and make informed, growth-driven choices.

Golden Insights- Introduction to Self-Awareness Techniques



What is Self Awareness ?

Self-awareness means understanding who you are—your feelings, thoughts, strengths, and interests. It's like being your own detective, discovering what makes you happy, excited, or even what you want to get better at.

Tips and Techniques to Discover and Understand your Interests and Passions

1. Try New Things

Explore activities such as drawing, sports, singing, coding, and many more.

2. Notice What You Love Doing

Pay attention to the things you lose track of time doing—these are often your passions.

3. Ask Yourself Questions

- What makes you happy?
- What's something you would do even if it was hard?

Remember, **self-awareness** is a journey, and discovering your interests and passions takes time. Keep exploring and have fun learning about yourself!

4. Write About Yourself

Keep a journal and write about your favorite things—books, hobbies, or moments that made you feel proud.

5. Talk to Trusted People

Ask friends, teachers, or family members what they think you're good at. They might see strengths in you that you haven't noticed yet.

6. Set Goals and Reflect

Try setting small goals like learning a new skill or finishing a project. Think about how it feels when you achieve them.

7. Pay Attention to Your Feelings

Notice how different activities make you feel. Do you feel excited, bored, or relaxed? This can give you clues about what you enjoy.

8. Take Personality or Interest Quizzes

Fun quizzes can help you learn more about yourself and your preferences.

Case Study

The Talent Show Surprise - Discovering Mia's Hidden Strengths

Mia, a lively 6th grader, was known for her sense of humor and outgoing nature in class. But whenever an activity required stepping out of her comfort zone, she shied away, convinced she wasn't good enough to succeed. So, when her teacher announced a talent show for the end of the term and encouraged every student to participate, Mia quickly dismissed the idea. "This isn't for me—I don't have any talents!" she thought.

A few days later, Mia noticed her friend Sam practicing a magic trick for the talent show. Intrigued by the way Sam skillfully shuffled cards and performed sleight-of-hand, Mia offered to help him rehearse. As she worked alongside him, she picked up a few tricks herself—learning to shuffle cards, perfect hand movements, and even adding a few jokes to make the act funnier. To her surprise, she enjoyed it and felt proud of her newfound skills. But when Sam suggested that Mia perform a magic trick herself, she hesitated. "It's not good enough for the stage," she said.

Mia's teacher, noticing her enthusiasm, encouraged her to give it a try. Nervous but inspired, Mia began practicing every day, working hard to improve her routine. Sam supported her along the way, cheering her on and boosting her confidence.

The day of the talent show arrived, and Mia's hands trembled as she stepped onto the stage. But as she began her act, her nervousness faded away. The audience laughed at her jokes, gasped at her tricks, and clapped loudly when she pulled off her finale. The applause filled the hall, and Mia's smile grew wider than ever.

As she stepped off the stage, Mia was greeted with cheers from her classmates and a proud high-five from Sam. "Told you you'd be great!" he said with a grin. In that moment, Mia realized that talent wasn't about being perfect—it was about passion and courage.

The talent show became one of Mia's happiest memories, but it was also the start of something bigger. From then on, Mia faced challenges with a new sense of confidence, knowing that trying something new could lead to incredible things.

Self-Reflection:

1. **Identify a time when you helped someone else.**
   - How did it make you feel?
   - Did you learn anything new about yourself in the process?

2. **Think about something you've always wanted to try but haven't.**
   - What's stopping you?
   - How could you overcome these obstacles?

3. **Set a small goal to step outside your comfort zone.**
   - What is your goal?
   - How will you achieve it?

REMEMBER

Everyone has unique talents and abilities. By stepping out of your comfort zone and trying new things, you can discover your own hidden strengths.

Lean Hyphen

Curiosity & Inquiry: Fuels lifelong learning and problem-solving.

Creative Thinking: Encourages innovation and adaptability.

Self-Awareness: Builds emotional intelligence for better decisions.

Financial Literacy: Supports responsible money management.

Future Competencies: Prepares for a changing world.

Problem Solving: Enhances critical thinking and resourcefulness.

Emotional Skills: Promotes well-being and social connections.

Communication: Boosts clarity, confidence, and collaboration.

Decision Making: Cultivates responsibility and judgment.

Leadership: Builds confidence and teamwork.

Critical Thinking: Sharpens reasoning and decision-making.

Teamwork: Fosters cooperation and social skills.

Empathy & Compassion: Strengthens kindness and bonds.

Social Responsibility: Instills civic duty.

Adaptability: Equips students to handle change.

Health & Wellness: Supports mental and physical balance.

Respect for Diversity: Promotes inclusivity.

Time Management: Enhances productivity.

Digital Literacy: Enables safe, effective tech use.

Integrity: Encourages trust and ethics.

Entrepreneurial Skills: Fosters creativity, initiative, and problem-solving for success in a dynamic world.