Lean Hyphen

Experiential Learning

Problem Based Learning

21st CENTURY LEANOVATIVE SKILLS WORKBOOK

Activity Based Learning

Project Based Learning

RESILIENT ACHIEVERS

FUTURE READY

GLOBALLY COMPETENT

7

www.leanhyphen.com

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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Seventh Grade: Cultivating 21st-Century Innovators

CORE COMPETENCIES COVERED

- Adaptability and Problem-Solving
- Time Management and Organization
- Self-Awareness and Motivation
- Decision-Making and Strategic Thinking
- Health Literacy and Nutrition Awareness
- Relationship Management and Social Responsibility
- Digital Literacy and Cyber Safety
- Accountability and Responsibility
- Empathy and Respect for Others
- Financial Literacy and Personal Finance Management
- Risk Management and Insurance Awareness

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.

Motivation Rockets

Finding Motivation for Success

Fueling Your Motivation

As a 7th grader, you're at an exciting stage of life—exploring new interests, making friends, and shaping your future. But staying motivated can be tough, especially when things get challenging. Motivation is like rocket fuel — it pushes you forward and helps you reach your goals

There are two types of motivation:

Intrinsic Motivation – Comes from within, like playing sports because you enjoy it.

Extrinsic Motivation – Comes from outside rewards, like studying to earn good grades.

Balancing both helps you stay focused and keep moving forward. Challenges may come, but with the right mindset, you can achieve anything.

Now, let's learn about **Sheetal Devi**, a remarkable archer who overcame physical challenges to become a global champion. Her story proves that determination and resilience can break any barrier to success.

LIMITED RESOURCES

Her rural setting offered little access to training or equipment.

SOCIETAL PERCEPTIONS

Many around her believed her disability would hold her back.

THE MOTIVATION THAT DROVE HER

INTRINSIC MOTIVATION

With mental strength and creativity, Sheetal trained to shoot with her feet. Her coaches developed a special training plan, and her own willpower turned a limitation into a strength.

EXTRINSIC MOTIVATION

Her family and coaches believed in her when others didn't. Support from the Paralympic Academy gave her the confidence to aim higher.

THE OUTCOME

Sheetal Devi won two gold medals and one silver medal in archery at the **Asian Para Games 2022** in Hangzhou, China. She was also honoured with the **Arjuna Award** in 2024 for her outstanding achievements in para sports.

She has become a global inspiration, proving that success comes from persistence and self-belief. Her story shows how motivation—both from within and from those who support us—can help anyone achieve the impossible. Today, she stands as a role model, reminding us that strength isn't about what we lack but what we choose to overcome.

REFLECTION QUESTIONS

COMPLETE THE SENTENCES

1. Sheetal Devi's journey teaches us that overcoming challenges requires_____

_____

2. The support of family and coaches helped Sheetal to_____

_____

3. One lesson I can apply from Sheetal's story to my own life is_____

_____

4. If I faced a challenge like Sheetal's, I would stay motivated by_____

_____

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.