

No Bag Day – Kaushal Vikas Activities

SBIOA Sr. Sec. School, Trichy | First Saturday

Concept: No books, no bags. Only hands - on skill activities, 3 sessions of 45 min each.

Level 1: Class 1 & 2 – “Fun & Do”

Goal: Motor skills + creativity

1. **Art Time:** Thumb painting, paper tearing & pasting
2. **Life Skill:** Buttoning, zipper practice, folding napkins
3. **Play & Learn:** Building blocks, simple puzzles, action songs

Level 2: Class 3 to 5 – “Make It Yourself”

Goal: Basic practical skills

1. **Craft:** Paper pen stand, origami bookmark, best out of waste
2. **Science Fun:** Seed sprouting in cotton, sink & float with household items
3. **Daily Life:** Tying shoelaces, folding clothes, making a paper envelope

Level 3: Class 6 to 8 – “Skill Builder”

Goal: Intro to tech & life skills

1. **Craft & Tech:** Card making, lemon juice making, simple paper circuit
2. **Computer Skill:** Typing race, create a poster in MS Paint/Word
3. **Life Skill:** Budgeting pocket money, first aid demo for cuts/burns

Level 4: Class 9 – “Ready for Life”

Goal: Real-world & career skills

1. **Project:** Cardboard mobile stand, basic photography & editing on phone
2. **Communication:** 1-min self-intro practice, group discussion on simple topics
3. **Career Prep:** Write a basic resume, mock interview role play

Rules for the Day:

No textbooks or notebooks. Bring only craft material if needed.

Each activity ends with students showing/displaying their work.

Focus on participation, not perfection.