

On Track

On Track workbook series is on Life Skills and Personal Safety for grades 3 -9, co-authored by Dr Sangeeta Saksena, Dr Shaibya Saldanha, and Prof Dr Shekhar Seshadri, NIMHANS, and published by Macmillan India.

On Track workbooks come with a manual for Teachers and Parents. They are based on the WHO prescribed Life Skills program. Each workbooks is divided into 3 parts:-

1. Formation of a child's identity and building self esteem
2. Emotional world of the child
3. Personal Safety

On Track workbooks for Std 3 to 9 were written with the following aims:

- To promote physical, emotional and mental well being among children.
- To empower students to be responsible for their wellbeing
- To create a compassionate society alert to the dangers of HIV, Child Sexual Abuse (53% of over 12,000 children (cutting across all socioeconomic strata) interviewed in a Govt of India study reported CSA)

'On Track' workbooks are aimed at improving student's understanding of themselves and others around them. They build students' self esteem and self confidence, inculcate self discipline and strengthen interpersonal relationships. The workbooks aim to develop skills like dealing with emotions and stress, communication, decision making, goal setting, creative thinking and critical thinking.

The workbooks also provide lot of information on health, packaged and fast foods, brain development, effect of TV and computer games, and personal safety in a student friendly manner, in an attempt to help them make healthy and safe choices.

Each workbook doubles up as a journal where students are encouraged to pen their thoughts on various questions that are posed. No prescriptive answers are provided in the books. This motivates children to express themselves more freely. The workbooks also include interesting activities, puzzles and games. Schools use these workbooks as part of their value education/moral science classes.

Circle Games are an integral part of the workbooks.

- Circle games enhance cognitive development, social interactions, motor skills, creativity, feeling of community and belonging, language skills and encourage a variety of developmentally appropriate behaviours.
- The games emphasise participation, challenge and fun rather than competition and alienation.

The books come with a Teacher's manual and free **Parents manual**.

Parents Manual contains:

- Parenting styles and their effect on child development
- Need for boundaries, self- discipline and self - motivation

- Skills and multiple intelligences
- Expressing feelings, role of appreciation
- Anger management
- Personal safety: How to handle child sexual abuse without instilling fear of adults in the child's mind
- Health and nutritional information
- Impact of television and video/computer games on the developing brain

In addition, Teachers manual contains:

- Motivational strategies
- How to conduct the lessons: Aim, Concept, Facilitation Hints,

The Value: On Track appears to be effective in bringing about a change in student's behaviour and attitude.

Feedback from 200 students in Indore and Bhopal who had used On Track in 2008. Teachers had not undergone any special training in Life skills. They used the Teachers manual to conduct the sessions:

96% of the students reported improved self awareness, 92% reported improved communication, 81% reported improvement in handling emotions and 78% reported increased personal safety awareness.

Feedback from students about On Track Std 4

On Track
Feedback from students

School: The Emerald Heights School City/Town: Indore
Class: IV A Female / Male

What did you learn about yourself after working through this workbook?

I am unique, I became ^{more} capable, now I can manage things, I am able to express my feelings, I am able to understand people ~~at~~ about my body and my personal safety ~~are~~ the things which I ~~had~~ learnt about myself.

I learnt that panicing is not good whether people ~~they~~ tell me anything. I Am good in myself.

I can't learn Maths. so this book make me learn that if we speak it again & again we can learn them.

I learnt to be confident about everything ^{excellent and} make decisions. _{cut standing.}

I didnot get disturbed when people tease me. I talk softly even if I am angry, etc.

Please give a few examples:
I was ~~beating~~ my elder brother and sister but ~~on track~~ affect me to dont beat elder brother & sister.

How to eat by proper timings, help others not to tease anybody, how to wound the injuried in emergency, knowledge etc.

In one competition, my siblings not come first so I talked to them and told that next time you will come first.

I have stopped trying impressing others and stopped doing stunts that can hurt

I understand the meaning of this or it is about to improve your thinking skills in my colony when there were no friend now I have 2 friends and show my feelings to them. especially we should not give feed.

Please contact **Macmillan India** for the On Track workbook series for your school. An orientation and training program for teachers by the authors is often arranged by Macmillan.

Individuals can send their request for one or more workbooks to info@enfoldindia.org.