

Describe a skill that you are good at and wanted to impart to others

Class Objective: I will be able to understand various concepts - Describe a skill that you are good at and wanted to impart to others

Concept A: Introduction:

Each one of us is blessed with a set of skills that we really love and enjoy doing. We love it so much and are so passionate about it that we can't wait to do it whenever we get free time. It can be anything creative, any particular sport we are good at etc.

Finding time for our skills helps to unwind and relax. Learning an art, listening to music, learning to dance, exercising etc and being creative during the free time lowers stress and depression and keeps us lively and engaged. It helps us to appreciate the positive side of life and also helps you to achieve happiness and well-being. Any creative art or craft also improves creativity at work, in our interactions with the outside world.

Skill Eg- An artist who is painting, a baker trying to bake a cake for a birthday, a sculptor- carving a sculpture,

Concept B: List of skills that can be learnt and taught to others.

- Teaching- It increases our vocabulary and knowledge while we train others.
- Cooking- It helps you eat and enjoy nourished and healthy food while experimenting with flavors and colors.
- Gardening- It is therapeutic and fascinating to grow plants. You can enjoy organic vegetables. It teaches you patience.
- Crocheting- It helps create beautiful decor items, scarfs, and more while building skills like concentration and eye to detail.
- Stitching- All kinds of needle and sewing work are absorbing activity and affordable hobbies to inculcate. Once you learn the skill, no one can stop you from creating your masterpieces.
- Writing- It improves creativity and imagination. It requires a lot of determination and dedication to write creatively.
- Music- Singing or listening to music both stimulate your brain and make you happy and relaxed.
- Drawing- Drawing and painting are relaxing hobbies that are easy and fun to learn.
- Dance- Dance is a beautiful form of exercise with energy and fun that keeps you fit too.
- Language- Learning a new language helps improve your cognitive skills.

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- 1. **Study Design**
- 2. **Participants**
- 3. **Intervention**

4. **Results**

- 1. **Primary Outcome**
- 2. **Secondary Outcome**
- 3. **Subgroup Analysis**

5. **Conclusion**

- 1. **Summary**

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