

# Lifeskills and SEL Curriculum

This curriculum has been thoughtfully developed by Dream a Dream, a pioneering organization that empowers children from vulnerable backgrounds to overcome adversity and thrive in a fast-changing world. iLAB will be implementing this curriculum in classrooms as part of its initiative to promote Social and Emotional Learning (SEL) among students. These SEL sessions will take place before regular academic lessons, equipping students with essential life skills to understand and manage emotions, build healthy relationships, and make responsible decisions. Full credit for the creation and development of this curriculum goes to Dream a Dream.

- [Curriculum](#)

# Curriculum

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