INTRODUCTION

PERSONALITY DEVELOPMENT
FOR KIDS & YOUNGSTERS
BEGINNER LEVEL

Ages 8–16

8 Weeks

By Don Sugath Wasantha Jayathunge & JayalathgeWasana Randeepani

PYTHON PLAYGROUND
PDP
CERTIFIED
SAVVY PERSONALITY
BRONZE

Course Introduction

Course Title:
Personality Development for Kids & Youngsters - Beginner Level
–– Python Playground • 8–16 years • 8 Weeks • Online or Classroom

Course Goal: Help kids and school-going students build self-awareness, confidence, communication, discipline, and a growth mindset while staying kind, emotionally intelligent, and ready for lifelong success

Who This Course Is For

Learners aged 8–16 who want to discover their strengths, build confidence, communicate clearly, and form healthy habits for school and life. Ideal for beginners with no prior personal development experience.

Our Learning Philosophy

● Action first: every topic includes simple, real-life activities and weekly micro-habits.

● Age-appropriate language: complex ideas simplified for kids and early teens.

● Positive psychology & growth mindset: practice gratitude, self-belief, and resilience.

● Tech-generation friendly: includes safe, respectful digital behavior and communication.

● Guided reflection: learners keep a short Personal Growth Journal each week.

What You'll Learn (Outcomes)

• Self-awareness: identify personal strengths, values, and learning styles.
• Confidence vs. arrogance: practice calm courage and respectful self-expression.
• Positive mindset & gratitude: build optimism and kindness as daily habits.

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- Simple goal-setting (SMART): dream big and act small with weekly targets.
- Communication basics: speaking, listening, asking clear questions; intro to email & messages.
- Time management: build a fun routine, reduce procrastination, and finish school tasks on time.
- Emotional intelligence: name feelings, regulate tough emotions, and show empathy.
- Personal discipline & responsibility: keep promises, organize spaces, and stick to habits

How It Works

Duration: 8 Weeks (1 topic per week)

Mode: Online or Classroom

Study time: ~60–90 minutes/week

Materials: Worksheets, activities, video explanations, quizzes, and a Personal Growth Journal

Certification: "Beginner Certificate in Personality Development – Python Playground."

Weekly Roadmap (Beginner Track)

Week 1: Introduction to "You"

- ❖ Discover your uniqueness and potential; everyone is born with special power.
- ❖ Activity: "My Superpowers" worksheet; story of young inventors who changed the world.

Week 2: Building Self-Confidence

- ❖ Confidence vs. arrogance; daily habits for inner strength.
- ❖ Practice: Mirror talk + affirmations; Challenge: "I Can Do It."

Week 3: Positive Mindset & Gratitude

- ❖ Power of positive thinking; gratitude as a habit.

❖ Activity: Gratitude Jar; create a Positivity Poster; say one good thing daily.

Week 4: Goal Setting for Young Minds

❖ What goals are and why they matter; dream big, start small.
❖ SMART goals explained simply; Exercise: "My Dream Life" drawing + short-term goals.

Week 5: Communication Skills

❖ Speak, listen, and express clearly; polite words and active listening.
❖ Role play: ordering food, asking questions in class; bonus: email/messages basics.

Week 6: Time Management for School Life

❖ What time management is and how it helps.
❖ Create a Daily Routine Map; tips to reduce procrastination; game: Beat the Clock.

Week 7: Emotional Intelligence (EQ) Basics

❖ Identify feelings; manage anger, sadness, and nerves.
❖ Practice empathy and helping others; Activity: Emotion Cards + Journal Entry.

Week 8: Personal Discipline & Responsibility

❖ Be dependable at school and home; organize your study table.
❖ Habit stacking for self-discipline; Final Project: "My Personal Code of Success" poster.

Bonus Module: Tech + Character

❖ Online Manners: Digital etiquette and respectful communication.
❖ Safe and responsible tech use; privacy basics for kids and teens.
❖ Cyber kindness: how to be helpful and avoid harm online.

Assessment & Certification

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Learners complete short quizzes and practical tasks, maintain a weekly Personal Growth Journal, and submit a final "My Personal Code of Success" poster. Successful learners receive a printable certificate and recognition inside the Python Playground platform.

Role of Parents/Teachers (Optional but Encouraged)

- Check in weekly for 10–15 minutes; encourage practice of micro-habits.
- Celebrate small wins; help keep the journal consistent.
- Model respectful communication and balanced tech use at home/school.

Requirements & Accessibility

- Age 8–16; basic reading ability; willingness to try small weekly actions.
- Device access (phone/tablet/computer) for videos and downloadable worksheets (PDF).
- A quiet 15–20 minutes on 3–4 days per week for practice and journaling.

Learner Code of Conduct

- Be kind to yourself and others; use polite words online and offline.
- Try first; ask for help when needed; respect different opinions.
- Protect privacy; share only what is safe and permitted by a parent/teacher.