CORRELATION SHEET – ICSE / ISC

Future Frame – Discover · Plan · Achieve

1. Alignment With ICSE Life Skills Framework

ICSE Life Skill Area	How Future Frame Supports It
Self-Awareness	Personal identity pages, strengths & values exploration, behavioural reflection.
Thinking Skills	Analytical reflections, critical thinking after tasks, mindset-building activities.
Interpersonal Skills	Empathy reflection, relationship understanding, gratitude activities.
Coping Skills	Emotional check-ins, stress-awareness prompts, resilience-building tasks.
Decision-Making	Goal-setting with action steps, evaluating options, improvement plans.
Problem-Solving	Reflective worksheets that analyse cause, effect, choices, and outcomes.

2. Alignment With ICSE Value Education

Value Theme	Future Frame Coverage
Discipline	Habit trackers, routines, consistency logs, behaviour check-ins.
Responsibility	Accountability pages, goal ownership, personal planning.
Empathy & Respect	Social reflection, gratitude, understanding perspectives.
Integrity & Character	Values-based exercises, self-checks, honesty reflection.
Self-Improvement	Weekly reviews, monthly progress checks, year-end reflection.

3. Alignment With ICSE Study Skills & Academic Competencies

Academic Skill	Future Frame Alignment
Study Habits	Study planners, timetable creation, focus habits.
Time Management	Daily, weekly, monthly planning blocks.
Consistency	Habit tracking, behaviour shaping pages.
Goal Orientation	Academic goal sheets, exam planning (for 9–12), reflection.
Self-Monitoring	Progress log, achievement pages, behaviour charts.

4. Alignment With ICSE Personality Development Goals

Personality Element	Workbook Coverage
Confidence	Self-discovery and achievement tracking.
Emotional Maturity	EI exercises and reflection pages.
Leadership	Responsibility pages and decision-making tasks.
Communication	Journaling and structured self-expression tasks.