

REPORT – 9/08/2023

Date: 9/08/2023, Wednesday

Topic: Understanding Kindness and Respect

Classes Covered: 6E, 6B, 6C, 6A

Modality used: Discussion & Short film

Summary of the Session:

The topic for the session was chosen keeping in mind values that children should focus on while growing up. The values chosen for the session were kindness and respect. Both of these values were discussed using an age appropriate framework. Reflective activities were a part of the classroom discussion. Children were asked when they felt they used both these values through their lives.

The students were shown a short film to understand the concept's of respecting others and kindness. After the film there was a guided classroom discussion was held, the focus of the discussion was on understanding through reflection.

Learning's :

- The value of respect
- The value of kindness
- The understanding that kindness is not limited to self rather it extends to all those living beings whom we may interact with or cross paths with.
- Students were encouraged to think and practice one act of kindness on a daily basis.
- Understanding that respect is not just for people who are elder but also for our own self and for our classmates whom we often may name call and bully.



Date: 9/08/2023, Wednesday

Topic: Let's talk about Mental Health & Counseling

Classes Covered: 6D

Modality used: Discussion & Audio- Visual

Summary of the Session:

The session was conducted with an aim to discuss the concepts of mental health and counseling. Mental health is something that we all have and yet we are at a loss when it comes to understanding how it impacts our daily life. Mental health was discussed from the perspective of wellbeing of the mind, taking care of ourselves and every aspect of our health. A video was shown in order to understand the concept better. Along with that a discussion about counseling in regards to school counseling was also discussed with the students so that in case they face any stressors they are aware that they can ask for help.

Learning:

- Concepts of mental health
- We all have mental health
- How we can take care of our mental health
- Understanding the meaning of counselling
- Understanding when one can go to a counsellor.

