

REPORT

Date: 31/01/2024, Wednesday

Topic: Self-Awareness

Classes Covered: 6C & 6D

Modality used: Activity & Discussion

Summary of the Session:

The aim of the session was to help the students understand themselves better. Self-awareness is the ability to be aware of how one thinks, feels and acts. This activity based session focused on helping the children reflect and understand their positive attributes and the limitations to their personalities.

Students' involvement:

The session conducted was interactive. The activity used became a tool for students to connect with themselves.

Who am I

My positive qualities and negative qualities

Ans. My positive qualities are:-

1. I am a good listener
2. I am a good writer
3. I am kind

My negative qualities

1. I don't speak ~~that~~ much an ~~amount~~
2. I get angry easily
3. I cry easily

Vedantika Jain
VI-3

Who Am I?

- My positive qualities
- My limitation (Negative) traits/qualities

- Ans. I am good listener and speaker
- Positive
- I am kind
 - I am helpful
 - I am funny
 - I am good lawn tennis player
 - I am a good class monitor
 - I stay happy

- Negative
- I am emotional
 - I am sensitive
 - I can't keep my desk clean
 - I get angry in small things

Who Am I? (Positive)
- My +ve Traits/Qualities
- My limitations
- Negative Traits/Qualities

Q Who Am I?

Ans Positive - I am friendfull

- I am good in SST and Science
- I am very positive I ~~am~~ not think ~~about~~
- I ~~am~~ single ~~to~~ I I speak very politely

Negative

- I always angry
- Some times I feel stressed
- I am not good in music
- I am little bit weak in Hindi
- I ~~am~~ ~~very~~ share all things to my friend

Aradhya - 6th D

Who am I?

- My +ve Traits/Qualities
- My Limitations (Negative)

positive qualities

- I am a good talent
- I am helpful
- I share my secrets
- I am very respect ful to older than me

Negative qualities

- ~~usually~~ I am very busy to do my work
- I am not good in music
- I am not good in drawing

