



MBS INTERNATIONAL SCHOOL WORKSHOP FOR STUDENTS SESSION 2021-22

TOPIC: Emotional Wellness

DATE: October 4, 2021

ATTENDED BY: Students of III to V

VENUE: GOOGLE MEET

RESOURCE PERSON: Class Teachers

“Positive emotional energy is the key to health, happiness and wellbeing. The more positive you are, the better your life will be in every area.”

To keep up with our tradition of inculcating good moral values and a sound emotional well-being of students, a virtual workshop was conducted on **October 4, 2021** for the students of **Grade - III to V** on the topic ‘**Emotional Wellness**’.

Emotional wellness is the ability to successfully handle life’s stresses and adapt to change and difficult times. The workshop aimed at improving the mental and emotional wellness of our students. In the workshop eight basic emotions were explained to the students and the key focus was to express ourselves, talk to parents, friends, relatives and not to hide feelings.

As the way we feel, can affect our ability to carry out everyday activities, our relationships, and our overall mental health. Students were also guided with the different ways to foster positive thinking by recalling positive life events, perform acts of kindness, practice mindfulness and expressing gratitude towards others.

The workshop ended with some tips to remain happy in life.

- Think less, Feel More
- Frown Less, Smile More
- Talk Less, Listen More
- Judge Less, Accept More
- Watch Less, Do More
- Complain Less, Appreciate More
- Fear Less, Love More

Meet - bns-oppq-vzk

meet.google.com/bns-oppq-vzk

jyoti zalidar is presenting

Emotional Wellness workshop - PowerPoint

TALK TO OTHERS

10:09 AM | bns-oppq-vzk

Participants in the video call include: Lakshya Yadav, anashika 3b, Aarush Anand, prisha thakur, jyoti zalidar, Adhyansh Singh, Soham Khurana, Saiba Ahmed, trihaas choudhary, Khushi Arora, Riya Raj, aarav yadav, Lakshya Sharma, Puspitraj Puspitraj, Anukriti Yadav, Kritika Rathore, and 7 others.

Primary Log Book 2021 OCTOBER | MBS International School - Calendar | Meet - GRADE - II A, II D AN | III D Attendance 2021-22 - Google | (1) WhatsApp

meet.google.com/yrg-vjuc-wra?authuser=0

RK VANDANA is presenting

12:30

Let's talk & Share

LET'S TALK ABOUT IT

mental health, mindfulness, & emotional wellness

Participants in the video call include: Dhairya Sharma, Bhriti Sharma, Yashasvi Rawat, navika navika, Aadrit Bhatia, Ritika Kritika, Pragya Kumari, Sukriti Bisht, Manas Kumar Saini, and Pragya Kumari and Dhairya Sharma have raised hands.

12:30 PM | GRADE - II A, II D AND III D ENGLISH

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Monday 04-10-2021





