

BEST PRACTICES AT ITL PUBLIC SCHOOL

Mental Health Matters- "Swaman" - ITL PUBLIC SCHOOL'S Intervention Program

Swaman, that stands for "Self Esteem" is an intervention programme which addresses signs of psychological distress among children needing specialized help amidst the pandemic & otherwise. This venture by ITL Public School engages with children positively and effectively ensures mental wellness . Peers as role model for attitude & behaviours for their peers, create a non-judgemental & trusting space for students to let out their emotions.



Wellness Wednesdays- Lets Connect with a Human Library(catering to the need of every human to share)

Each Wednesday allows time and space for classroom discussions to establish an environment supporting physical, emotional, social and mental well-being. Students and teachers share their insights on diverse topics selected every weekend.



Worry Jar Activity

This activity helped our students to identify & express their emotions. Just making a jar and putting all their worries in it allow students to vent out their emotions in a robust manner and introspect solutions accordingly.

Mental First Aid

These are quick remedial sessions to **Relate**, **Understand** and **Respond** wherein listening is non-judgmental, support is unconditional & professional help for those who are in need it is encouraged.

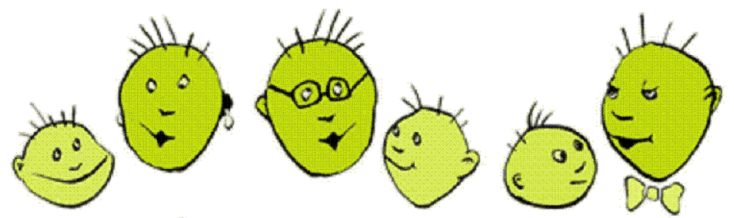




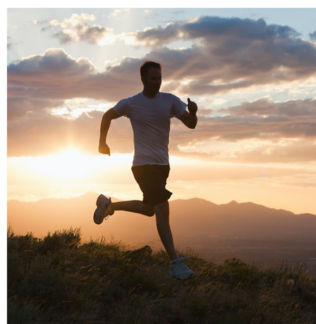
Let's Talk Sessions

Let's Talk session aims at creating a safe platform for all the students to share their experiences, challenges and concerns in a non-judgmental environment where confidentiality is maintained and it becomes a cathartic experience for everyone.

Let's Talk...



it makes a difference!



My Comfort Box

This activity is a self-soothing & self-care package which involves practices like

Cherishing memories,
Empathetic Ear, Smell of tranquillity (use of essential

oils, scented candle like lavender and rose or aromatherapy to alleviate stress and foster relaxation),

Hydrating self with detoxifying water, Positive affirmation quotes to remind inner strength, Get Active, Stress relieving fidget toys.





Gratitude Journal

Gratitude is the attitude of a noble soul but in the hassles of everyday life we often neglect this very essential life value. Through this activity, students created a source of a daily reminder resulting in instant upliftment and joy.

Vision Board


A Vision Board is a collage of images, pictures, and affirmations of one's dreams and desires, designed to serve as a source of inspiration and motivation for students to manifest their aspirations into reality.



Y.A.Y (You Are Yourself)


Class XII organised an online session of the Peer Education Programme, Y.A.Y. that stands for You Are Yourself for their juniors studying in class X to guide them and enhance their self-esteem by focusing on smart goals, positivity and resilience.

RESILIENCE - the process of handling stress and recovering from trauma or adversity.



RESILIENCE BINGO

AT HOME I CAN...	IN SOCIAL SITUATIONS I CAN...	IN LOCKDOWN I COULD...	AT SCHOOL I CAN...	ABOUT MYSELF I CAN...
Talk honestly to my parents	talk to new people	avoid negative feelings	set goals for myself	participate in healthy activities
Participate in healthy and fun filled activities	set a good example	make the best use of time	get good grades	have a healthy diet, regardless of others
Complete chores without being asked	make friends easily	do exercise and physical activity daily	talk to my teachers and counselors	be self confident
try harder when I get suggestions on how to improve	avoid negative situations and peers	be focus and do meditation	manage situations well	identify my strengths and weaknesses



Specific	Measurable	Achievable	Realistic	Timely
S	M	A	R	T
G	O	A	L	S
What do you want to do?	How will you know when you've reached it?	Is it in your power to accomplish it?	Can you realistically achieve it?	When exactly do you want to accomplish it?

Let's Be An Eager Beaver!

ps. Anyone who knows what's an eager Beaver?!



TEDCircles

STILL I RISE

...but WE are ALL CONNECTED via OUR NERVOUS SYSTEMS



SEE the UPSIDE
→ HALF FULL



FIND the GIFTS IN NEGATIVE EXPERIENCES



RELY on YOURSELF FIRST



DEVELOP HEALTHY ROUTINES



YOU CHOOSE to ACCEPT THEM



let go OF EXPECTATIONS



ME YOU THEM ... THERE IS NO END POINT



THIS ISN'T GOING TO PLAN!
SEE the BIGGER PICTURE



BALANCE VULNERABILITY / OPENES and SELF RELIANCE