

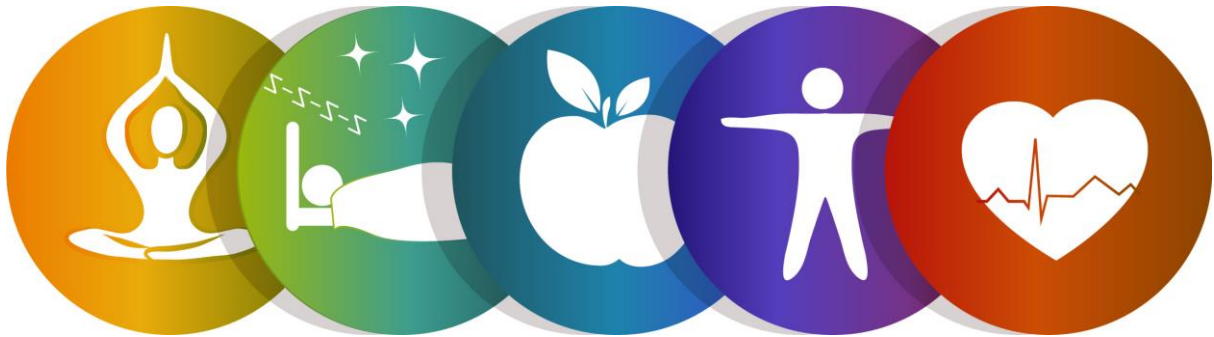
WELLNESS

DATE: May, 2020

VENUE: Attended by students online

ATTENDED BY: Students from all classes

Global Pandemic time has been used by ITL Public School in a positive manner by organizing various activities to engage the minds of their students meaningfully and help them deal with stress, loneliness and anxiety.



The teachers and students of the school came together to ensure wellness and mindfulness during the period of quarantine.

Activities began with the introduction of FAMILY CIRCLE TIME wherein students came together and spent quality time with their families, engaging in several fun games and activities. The circle time helped young minds to develop, improve their social skills thus encouraging them to spend time with their parents, grand parents etc. Students made beautiful 2-5 minutes videos on the same, sent them to their teachers and shared them among their friends.

The second phase of this wellness cycle included the making of a GRATITUDE CORNER, here students of all classes made a gratitude wall and played the gratitude game which led them to pay attention, appreciate and show their gratitude to people and things in life that bring them joy. This helped to enhance positive emotions and brought a feeling of togetherness in the students.

Later students made JARS OF EMOTIONS, these included worry jar: to jot down and track all the negative emotions which helped students to find their strength to fight back and beat negative thoughts and feelings while the happy jar relates to remembering all the things that makes one happy helping students to spread positivity, while glitter jar aimed at helping students focus on deep breathing and helping them to relax.

GRATITUDE GAME

- Name a Person You are Thankful for
- Name a Place You are Thankful for
- Name a Food You are Thankful for



ITL faculty conducted multiple WEBINARS regarding mental health and wellbeing with phenomenal panelists who enriched the minds of the students and helped them be healthy; physically and mentally.