

Topic of the session: Feel, Think, Act: Emotions in Check

Grade: VIIIth (All sections).

Date: 19th November 2024, Tuesday.

Venue: High School Computer Lab.

Resource team of the session: Dept. Psychology.

Objectives of the session: The workshop focused on helping students understand the concept of emotions and develop strategies for emotional regulation and self-control. Using the Emotion Wheel, students explored different emotions and their connections, fostering awareness of their own emotional states. An engaging role-play activity demonstrated how emotions are identified through verbal and non-verbal cues, encouraging students to recognize and respond to others' feelings effectively. Handouts with key concepts and techniques were given to help students review and practice later.

