## **MASTERING EMOTIONS**

Attendees: All Pre-Primary teachers

Resource person: YusraKhan, Bhavya Gandhi Date: 29-11-24

Time: 4:00-5:00PM

An amazing workshop was conducted by YusraKhan and Bhavya Gandhi on the topic "Mastering Emotions". Emotions are psychological responses that how we react to situations, thoughts and experiences. There are 4 understating emotional

triggers

- Recognise Personal Triggers
- Acknowledge Reactions
- Assess Impact
- Quick Self-Check

**MEET OUR TEAM** Bhavya Gandhi ding Member of Safety Troop | Count Psychologist | Content Developer

- She has completed her Master's in Clinical Psychology from the University of Delhi. She has successfully worked with over 500

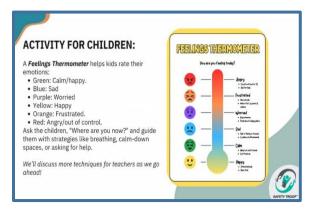


- volunteer programmer. Children.
  She is the co-author of the Safety Troop
  She is the co-author of the Safety Troop
  most modules on the LMS platform. She
  leads all the teacher trainings.

The workshop is about the effort to promote building resilience in challenging situations.

- Re frame Setback- Shift perspective on challenges as learning opportunities rather than failures.
- Focus on small Wins- Establish personal daily accomplishment, no matter how small.
- > Set Boundaries- Estimate personal boundaries to prevent burnout, such as saying "no" when necessary.
- > Take 'Micro-Breaker- Schedule short breaks during the day to recharge and manage stress effectively.





The work shop encourages to follow Emotional management tools

- Visualisations Imagine a calming place or scenario before entering a challenging classroom
- > Journaling for Reflection- Write down challenging interaction to process emotions and find insights
- ➤ Conflict Management Tips- Practice active listening and solution-focused responses when handling disputes.

