

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
Founding Member of Safety Troop | Counseling Psychologist | Content Developer

- She has completed her **Master's in Clinical Psychology from the University of Delhi.**
- She has successfully worked with over 500 clients.
- She is the **co-author of the Safety Troop book series.** She is also the training and workshop expert for online and offline events.



Yusra Khan
Founding Member of Safety Troop | Counseling Psychologist | Child Psychologist | Content Developer

- She holds a **Master's degree in Clinical Psychology and Organisational Psychology from Aligarh Muslim University.**
- She actively engaged in numerous volunteer programs aimed at supporting children.
- She is the **co-author of the Safety Troop book series** and has developed content for 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.

STORYTELLING FOR EMOTIONS FOR CHILDREN



Read stories with emotional themes (e.g., anger, sadness, joy) and discuss characters' feelings and how they managed them.

Make the children write stories themselves or watch any movie at home and come and discuss in class how the characters handled their emotions!


ACTIVITY FOR CHILDREN:

A **Feelings Thermometer** helps kids rate their emotions:

- Green: Calm/happy.
- Blue: Sad
- Purple: Worried
- Yellow: Happy
- Orange: Frustrated.
- Red: Angry/out of control.

Ask the children, "Where are you now?" and guide them with strategies like breathing, calm-down spaces, or asking for help.

We'll discuss more techniques for teachers as we go ahead!



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.

