



G.D. GOENKA PUBLIC SCHOOL, SARITA VIHAR

MANAGING EMOTIONS AND FEELINGS

THEME: Students Workshop

REPORT: Managing Emotions and Feelings

DATE: Thursday, January 18, 2018

EVENT REPORT

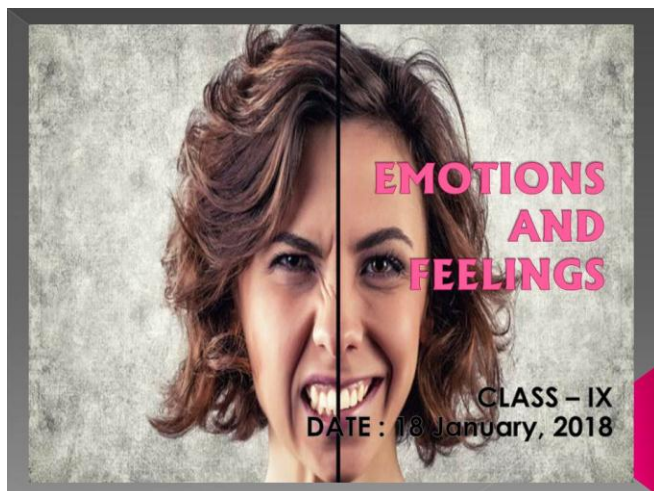
Feelings are like waves,

You can't stop them from coming,

But you can decide which ones to surf.

Emotional skills are one of the core components of learning about life skills. It is also proven by research that IQ alone is not crucial to be successful, large part of the credit goes to Emotional Quotient too. Therefore, we believe at G.D. Goenka Public School, Sarita vihar, it is our moral responsibility to make our students well informed about the choices available to them to make appropriate life decisions.

Understanding emotions and feelings and becoming aware of one's associated behavior with a particular feeling is a big leap towards self-awareness. An attempt at making a beginning in this direction was made by the special educator – Ms. Ritika Ghosh and co-facilitated by Ms. Urvashi Sareen, by conducting a workshop on Managing Emotions and Feelings for the students of class IX.



The workshop entailed an understanding of the basic emotions and how is it different from feelings. Students were apprised of various positive and negative emotions and were made to feel empowered that they have a choice to surf through the emotions they like. Strategies to cope with both positive and negative emotions were also discussed with the group.

The workshop was designed to be interactive with role play and reflection cards where students could introspect and write about their dominant emotion and coping styles. Students' participation made it an enjoyable and fun learning experience for all.

WORKSHOP IN PROGRESS

