

Theme: Being kind Anti-Bullying Workshop

Date: 24th September 2026

Conducted by: SEN Department

Attended by: Students of Grades 1 & 2

Objective: objective of the workshop was to create awareness among students about kindness, empathy, respect, inclusion, and positive peer interactions, helping them recognize unkind behaviours and encouraging a safe, happy, and supportive environment for everyone.



Report of the Session:

The workshop was conducted through a series of interactive and age-appropriate activities. It began with a "Kindness Ball" activity where students shared examples of kind actions. This was followed by a video and an interactive discussion using a zoo picture, through which students enthusiastically responded, shared observations and learned about accepting differences and helping others. They were then shown different situations depicting bullying behaviours, such as teasing, pushing, pulling hair, and snatching belongings, and were encouraged to identify acceptable and unacceptable behaviours. The "See-Care-Tell" strategy was introduced to help students recognise when someone needs help, consider their feelings, and take appropriate action. The workshop concluded with the activity "Blow Your Kindness, Spread It to the World," reinforcing the message that kindness can be shared through everyday words and actions.



Throughout the session, students participated eagerly and demonstrated an understanding of the importance of being kind, respectful, empathetic, and supportive towards their peers. Finally, a heart shape puzzle was shown with the pieces representing kind words or actions. Using the same a crossword puzzle is to be shared with the students as a follow up activity.



