

BUILDING RESILIENCE - LIFE SKILLS SESSION



Grades: 9 & 10

Day & Date: Tuesday, 21 May 2024

INTENT: On Wednesday, 21st May 2024, an Interactive Life Skills session focusing on 'Building Resilience' was conducted for students of Grades 9 and 10. This session aimed to equip students with practical strategies to develop resilience, utilizing real-life examples and engaging activities. Building resilience is crucial for young individuals to navigate the challenges and pressures of academic life and personal development effectively.



EXPERIENCE: The Interactive Life Skills session on Building Resilience was a highly beneficial experience for students of Grades 9 and 10. It provided them with practical strategies to enhance their resilience. The real-life examples and the discussions ensured that the concepts were well understood and could be readily applied. This session has equipped our students with essential life skills that will help them navigate the complexities of their academic and personal lives with greater confidence and resilience.



INSIGHT: Students gained a deeper understanding of what resilience is and why it is crucial for overcoming challenges. The use of real-life examples made the concept relatable and tangible.