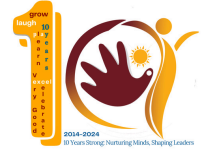


# WELLBEING SESSION:

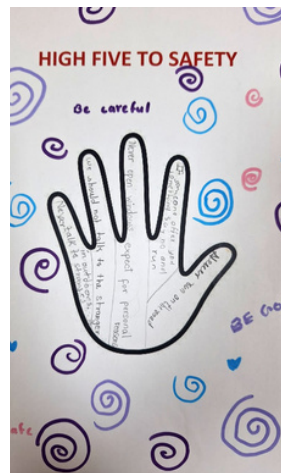
## SAFE ENVIRONMENT- UNDERSTANDING PERSONAL SAFETY



Grades: 2 to 5

Day & Date: Monday, 4th November 2024 to Monday, 18th November 2024

**INTENT:** The objective of the session was to promote awareness by educating children on the importance of personal safety in various environments, including home, school and community settings; encourage proactive behavior by identifying potential risks and develop skills to equip children with practical strategies to enhance personal safety.



### EXPERIENCE:

The session started with a clear orientation of the meaning of personal safety. Emphasis was placed on the importance of being assertive and saying “no” to anyone if it helps to protect themselves. The three key safety rules – trusting oneself, being responsible and using common sense – were highlighted. Students were also reminded of essential safety tips for various situations, such as at home, in their surroundings, outdoors and during physical activities. To reinforce the learning, group activities like quizzes, crossword puzzles and worksheets were conducted, focusing on the five-finger safety rule and general safety across different scenarios.

### INSIGHT:

It was an engaging session where students learnt to make safe choices. The students are aware of the practical choices they can make to ensure their safety in different situations.