



## CELEBRATING WELLNESS: EMPOWERING EACH OTHER, HAND IN HAND

Grade: 5 - 8

Thursday,  
24 April 2025

### INTENT:

Through this initiative, Credence High School continues to reaffirm its belief that fostering wellbeing must be an active, joyful and collective journey – hand in hand.

### EXPERIENCE:

Participants were given 90 minutes to collaborate, create and connect with one another through diverse creative fields which included art, dance, music and physical fitness. Unlike traditional competitive formats, this event was purely celebratory – emphasizing mutual encouragement, creativity and emotional safety. The final showcase was a lively, heartfelt display where every piece of art, every movement and every note of music resonated with the spirit of community.



### INSIGHT:

The experience offered profound insights - when competition is replaced with collaboration, young individuals feel more empowered, connected and confident. Students cheered each other on with genuine enthusiasm, embracing the idea that wellness is magnified when shared.



**CREDENCE HIGH SCHOOL, DUBAI**