

COUNSELLING SESSION - MIND MATTERS

DATE: 17 July 2025

CONDUCTED FOR: Class 7B

Building mindset through reflection

A counselling interaction was conducted today in **Class 7A** on the theme “**Building a Positive Mindset**”, focusing on self-awareness, emotional growth, and personal responsibility.

During the session, students engaged in an impactful reflective activity where they **openly confessed to small mistakes** they had made in the recent past and thoughtfully shared the lessons they learned from them. This honest sharing created a safe and supportive space for reflection and growth.

As part of the session, students also contributed to an “**Affirmation Wall**”, filling it with **positive, self-empowering affirmations** that encouraged kindness, confidence, and resilience. These activities not only reinforced important life values but also helped nurture empathy, accountability, and a growth mindset.

The session was a meaningful blend of **fun and value-based learning**, leaving students feeling uplifted, inspired, and more connected to their own emotional journeys.

