

ACTIVE LISTENING: THE KEY TO STRONGER BONDS

EVENT: Activity Based Counselling Session

DATE: 1 September 2025

CONDUCTED FOR: Class 6B

An **activity-based Counselling Workshop** was conducted in Class 6B on the theme “*Building Stronger Connections through Active Listening and Empathy.*” The session aimed to make students aware that listening goes beyond just hearing words—it involves giving full attention and engaging all the senses to truly understand what others are expressing.

Through fun and interactive activities, students explored how **active listening** helps them not only to connect better with their peers but also to respond with kindness and empathy. The workshop further emphasized that **good speaking begins with good listening**, as paying attention lays the foundation for meaningful communication. The session left students with a deeper understanding of how empathy and attentive listening can strengthen friendships, reduce misunderstandings, and create a positive classroom environment.

