



HEALTHY COMPETITION AND EMPATHY

Grades: 2 - 5

Monday, 16 June 2025
to
Wednesday, 25 June 2025

RESOURCE PERSON :
MS. ANUPAMA NAIR,
PRIMARY SCHOOL COUNSELOR

INTENT:

The intent of the session was to cultivate a mindset where students are motivated to strive for excellence while also valuing kindness, collaboration and fairness; help participants understand that true winning happens when we uplift ourselves and those around us; teach students to appreciate others' efforts and handle both victory and loss with grace and communicate that healthy rivalry can actually strengthen bonds and drive collective success.

EXPERIENCE:

This was an eye-opening session for the students. Activities like balancing game and video activity helped them step into others' shoes, fostering healthy competition and empathy. They learnt that striving to be better doesn't mean putting others down. This often leads to stronger bonds and mutual respect among competitors.



INSIGHT:

When students understand and value each other's perspectives, competition becomes a shared journey. Empathy helps individuals recognize when to support and celebrate others' wins.



CREDENCE HIGH SCHOOL, DUBAI