

MINDFUL MOMENTS

EVENT: Counselling Workshop as part of the Mental Health Week

DATE: 5 October 2025

CONDUCTED FOR: Class 8

As part of the **Mental Health Week** celebrations, students of Classes 8 A, B, and C participated in an activity-based counselling workshop on “**Calm in the Storm: Strategies for Anger Management.**” The session provided a safe and interactive platform for students to reflect on how they respond to challenging situations.

Students began by assessing their own levels of anger using an **Anger Meter**, identifying scenarios where they tend to get upset. This was followed by a thoughtful discussion on practical strategies to manage and regulate anger, helping students develop self-awareness, emotional control, and resilience. The workshop emphasized the importance of remaining calm during stressful moments and equipped students with tools to handle emotions constructively.

Through this engaging session, students not only learned techniques for anger management but also gained a deeper understanding of mental wellness and the value of self-regulation in everyday life.

