

EMOTIONAL DEVELOPMENT DURING ADOLESCENCE

EVENT: Counselling Session on “Emotional Development During Adolescence”

DATE: 12 November 2025

CONDUCTED FOR: Class 7

An activity-based counselling interaction was conducted in Class 7A on the theme **“Emotional Development During Adolescence.”** The session aimed to help students understand their emotional responses and build healthy emotional regulation skills.

Students began by attempting an interactive quiz on their Chromebooks to assess how well they manage and regulate their emotions in different situations. The quiz helped them reflect on their emotional patterns and recognize areas of strength and improvement.

Following the quiz, a detailed discussion was held on various aspects of emotional development during adolescence. Students learned about the importance of self-awareness, expressing emotions in healthy ways, and coping strategies for managing overwhelming feelings. The interactive nature of the session encouraged thoughtful participation and helped students gain a clearer understanding of their emotional growth.

The session was engaging, insightful, and beneficial in guiding students toward developing strong emotional skills during this crucial stage of life.

