

THE JOURNEY OF GRATITUDE AND GROWTH

EVENT: Counselling Session on ‘Counting Blessings’

DATE: 13 November 2025

CONDUCTED FOR: Class 4C

A counselling workshop was conducted in Class 4C on the theme “**Counting Blessings – The Journey of Gratitude and Growth.**”

The session focused on helping students understand the importance of appreciating the little things in life and recognising the people who support them every day.

Students watched inspirational videos that highlighted the **gift of giving** and the value of being **grateful**. These stories helped them reflect on kindness, empathy, and the joy of expressing gratitude.

As part of the activity, each child created a **Thank You Note** for someone special in their life—such as parents, teachers, friends, or helpers—expressing heartfelt appreciation.

The workshop aimed to inculcate **good virtues**, nurture **positive behaviour**, and build essential **life skills** that contribute to healthy personality development. The students participated with enthusiasm and left with a deeper understanding of gratitude and its impact on personal growth.

