



### WORLD MENTAL HEALTH DAY CELEBRATION

Our little learners engaged in a thoughtful discussion after watching a story on Safe and Unsafe touch. They understood the difference between the two, recognized personal boundaries, learned to say 'NO' when needed, and the importance of sharing openly with their parents. The Kindergarteners further extended their learning by tracing their palms to create a 'close circle' — five trusted family members they can reach out to for help and care.

This hands-on activity beautifully reinforced trust, safety, and emotional awareness, helping children build confidence in expressing themselves.









