



**FINDING YOUR CALM:
PAUSE, RECHARGE,
RECONNECT AND RESET**

**Target audience:
Middle School Students
(Grades: 6, 7, 8)**

**Wednesday & Friday,
10th and 13th March 2026**

INTENT:

To help students recognize and manage their emotions during uncertain times. The session introduced simple strategies to stay calm, maintain routines, and create a supportive home environment. It encouraged family connection and positive coping habits.

EXPERIENCE:

Grade 7 and 8 students attended the session on 11 March 2026, while Grade 6 students attended on 13 March 2026. Students reflected on their emotions through a Google Form survey and practised guided box breathing to manage stress. They also explored ways to create a calming home environment, engage in positive indoor activities, and connect with family. Emphasis on routines and focusing on what they can control helped students build habits to pause, recharge, and reset, strengthening emotional resilience.

INSIGHT:

The session highlighted self-awareness, routines, and family support in building emotional resilience. Students learned to manage stress through box breathing, sensory regulation, visualization and family connection. Survey indicated over 80% feeling good post session, around 80% learning to calm themselves and feel safe at home, and about 60% learning to plan enjoyable indoor activities and spend quality time with family.

CREDENCE HIGH SCHOOL, DUBAI

