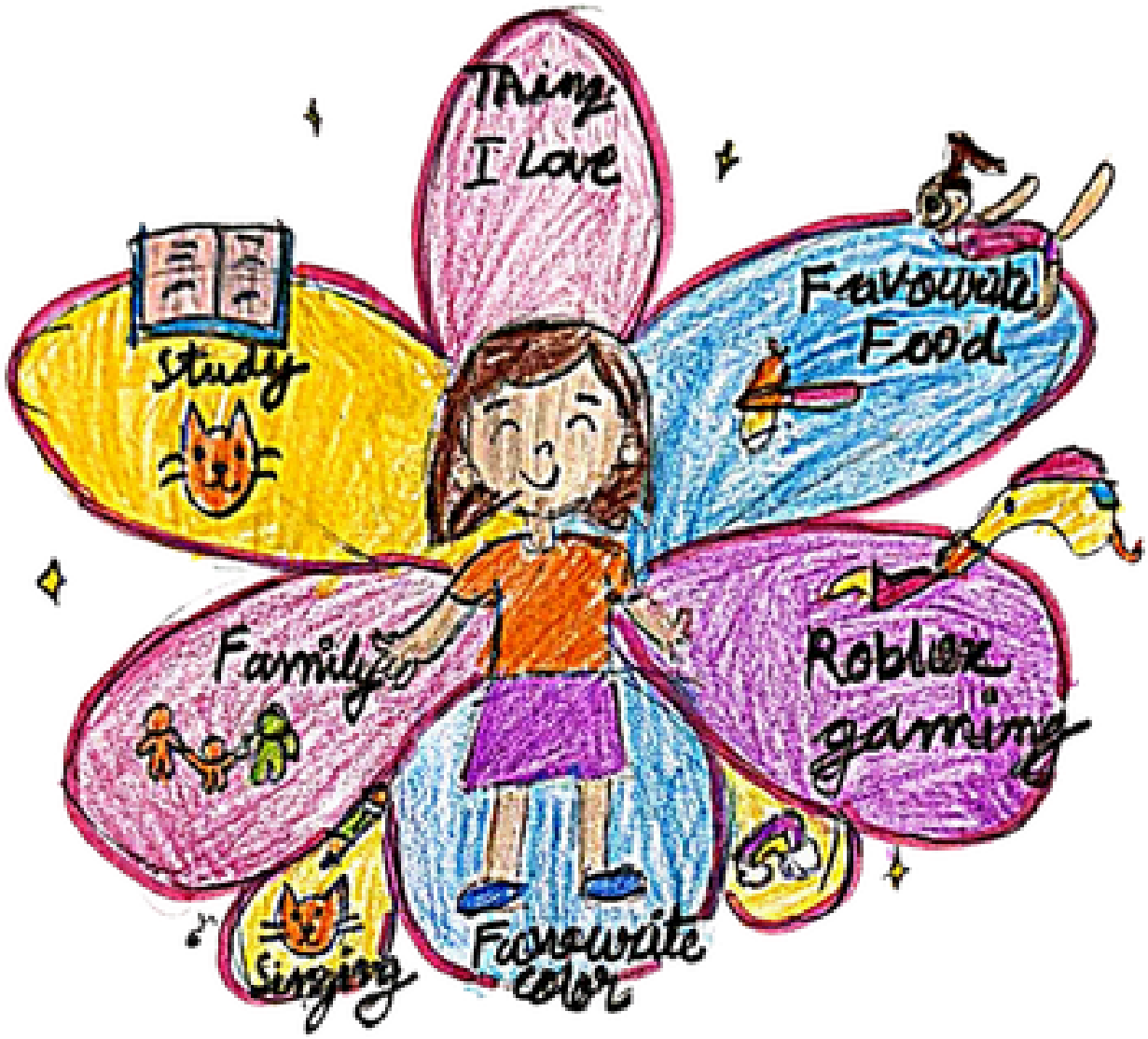
credence Blooms

Issue 2 Vol 1

June 2026



KNOWING ME, BELIEVING ME, BUILDING ME

Counselor's Corner

Dear Credennians,

Every edition of Credence Blooms offers a glimpse into the thoughts, experiences and creativity that make our school community so special. It has been a pleasure to explore your submissions for this month's theme, "Knowing Me, Believing Me, Building Me"—self-awareness, confidence and resilience.

At a time when you are constantly learning about the world around you, it is equally important to get to know about yourself. This theme encouraged you to pause and reflect on who you are, what matters to you and the strengths that help you navigate challenges. Through your writing and artwork, many of you shared personal insights, moments of growth, and stories of perseverance that were both thoughtful and inspiring.

What stood out most was your willingness to be honest. Self-awareness begins with understanding ourselves—our strengths, areas for growth, values and aspirations. Confidence grows when we recognize our abilities and trust ourselves to take on new opportunities. Resilience develops when we learn to face setbacks with courage and view challenges as opportunities for growth.

As you read through this edition, we encourage you to celebrate not only your achievements but also the effort, determination and learning behind them. Every experience, whether successful or challenging, contributes to the person you are becoming. Thank you for sharing your voices, ideas, and creativity so generously.

-The Wellbeing Team



Kindly note that all submissions are subject to editorial review and may be edited where necessary to ensure suitability for publication, while preserving the original intent of the work.

FEELING CONFIDENT

Believe in Yourself!

Confidence means believing in yourself and your abilities. When we are confident, we are not afraid to try new things or face challenges. Confidence helps us speak clearly, make good decisions, and achieve our goals

Believe in Yourself.
Confidence is your super power.
Be Brave. Be Strong. Be You.
Shine with confidence.
I can, I will, I Believe.



Alvin Abraham Kurien
Grade 8B

I CAN DO IT!

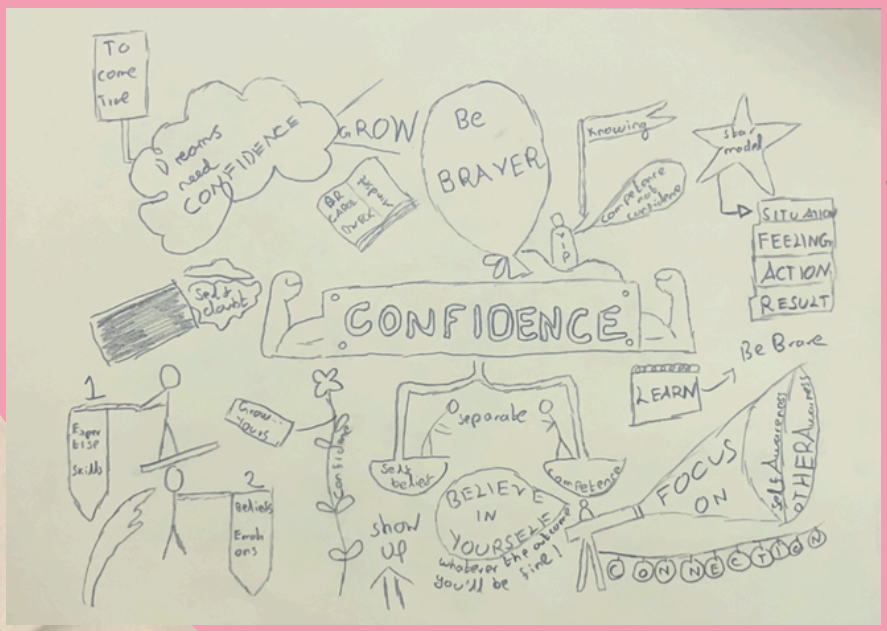
When things are hard, I do not hide
I take a breath and try.
I know that I can learn and grow,
if I aim high for the sky

I believe in all I do,
And face each day with pride.
No matter what may come my way,
I keep my dreams in sight.

With confidence in my heart,
I stand both brave and strong.
I trust myself and do my best,
And keep on moving on.

BE Confident!
Face your fears!

Riddhi Darshan Shejekar
Grade 8B

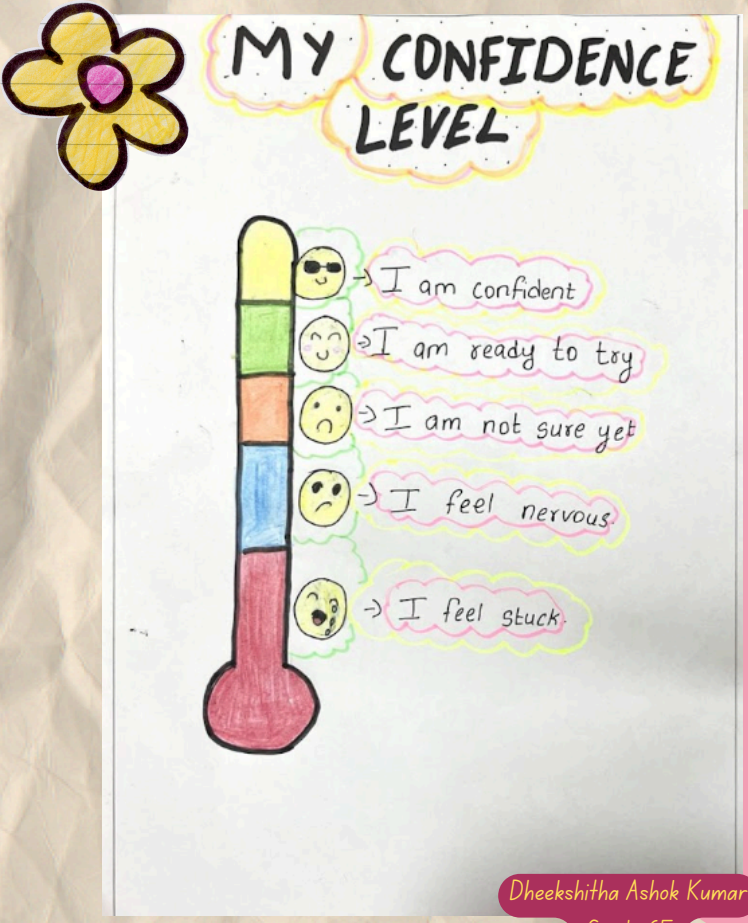


Prahalad Badhrinath
Grade 8B

Confidence is Key

I stand up tall, I hold my head high,
With courage in my heart, I reach for the sky.
I trust my strengths, I learn and I grow,
Each step that I take helps my confidence show.
Mistakes do not stop me, they help me improve.
They teach me new lessons and help me move.
I believe in myself, in all I can do,
With confidence shining, I'll make it through.
No matter the challenge, no matter the test,
I'll give it my effort and always my best.
For deep down inside, I know I belong,
And confidence helps me stay steady and strong.

Genelia Mascarenhas
Grade 8B



Dheekshitha Ashok Kumar
Grade 6F

Feeling confident is a way to increase our determination and give us hope to do something. Confidence is not always good though. If you give yourself too much confidence, the aspiration and perseverance will backfire and you will lose the very thing you stood up for. Nonetheless, confidence is a good thing to have as it gives us the ability to do something without fear. So the next time you feel worried about something, go on and do what you want to do with confidence but not so to make yourself hopeless. Like the saying :
'Not so much, not so less '.

Harsh Kumar Khare, 6E

Harsh Kumar Khare
Grade 6E



Hayaa
Grade 5B



Anvita Padhy
Grade 8C



Sanvi Shyju
Grade 8D

"My favourite hobby is reading"

1. My favourite hobby is reading.
2. I like to read stories, books every day.
3. Reading books make me learn the new words.
4. My favorite book is 'Nobby has an adventure'.
5. Books take me to wonderful places.

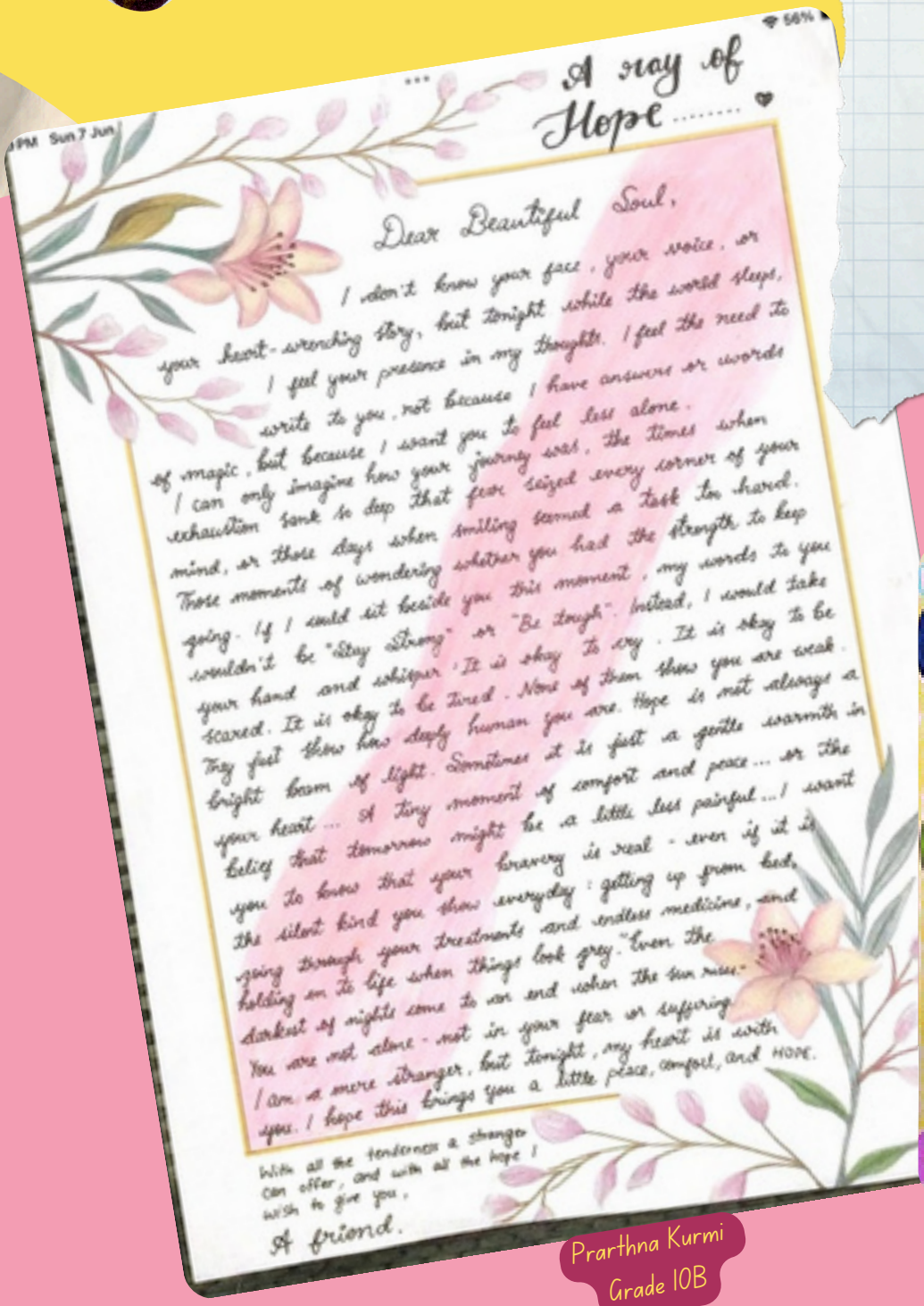
Haricharan
Grade 2A



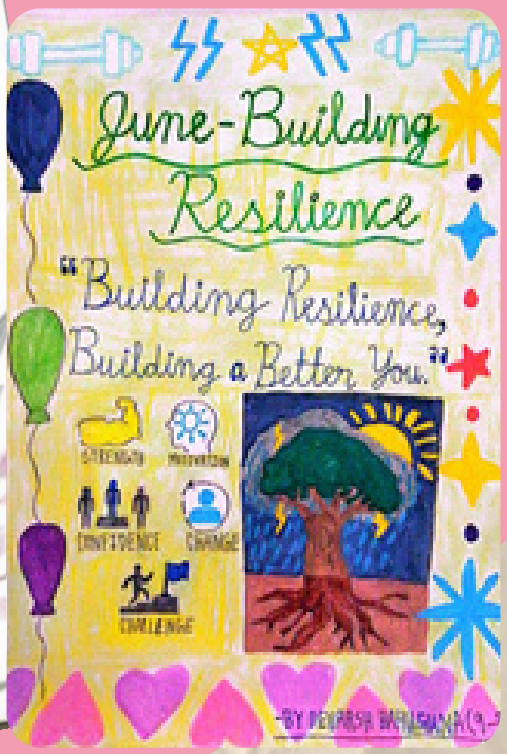
Finding the light

When stormy clouds fill up the sky,
And tears appear within my eye,
I take a breath and stand up tall,
For every time I fall, I learn to rise from it all.
The road is rough, the climb is steep,
There are promises I struggle to keep,
Yet every challenge makes me strong,
And helps me find where I belong.
Like a tree that bends in the wind,
I do not break when troubles begin,
I hold on tight through darkest nights,
Believing soon I'll see the light.
The scars I carry tell a story,
Not of defeat, but quiet glory,
For every hardship I have faced
Has shaped my heart with strength and grace
So let the thunder fill the sky,
I won't be afraid, I won't ask why.
For deep inside, I know this is true
The toughest battles reveal the strongest you.

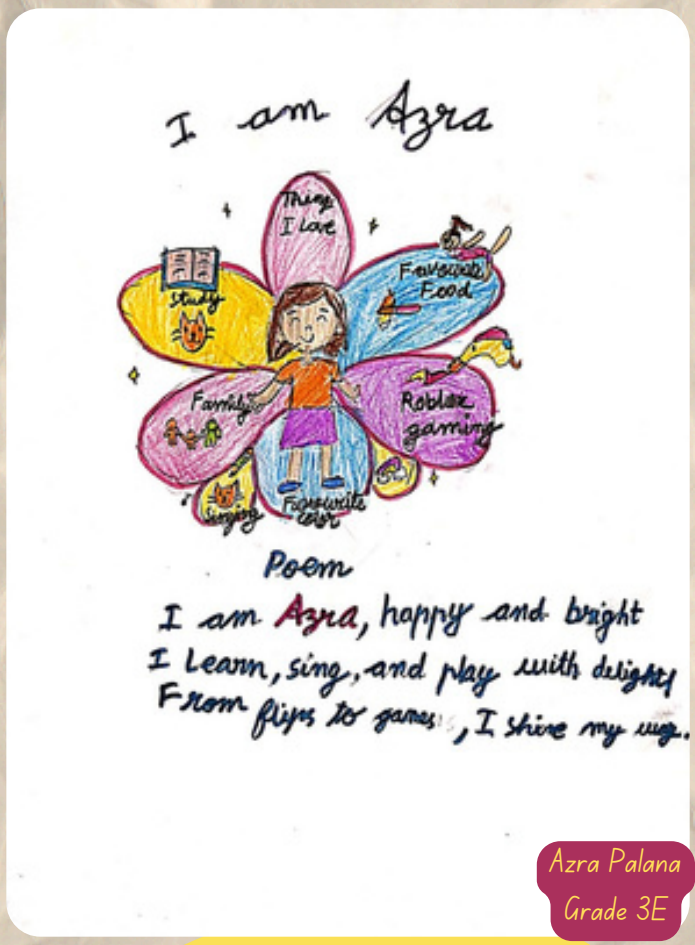
Manaal
Grade 9A



Prarthna Kurmi
Grade 10B



Devarsh Bahuguna
Grade 9B



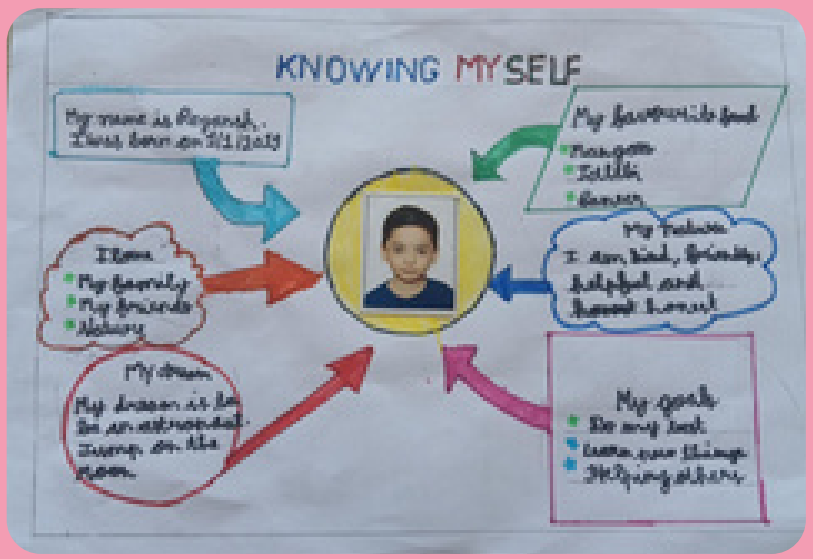
Azra Palana
Grade 3E



Swasthika
Grade 5A



Mohammed Bilal
Grade 4C



Reyansh
Grade 2A

What Does It Actually Mean to Be 'Resilient' Online?

Have you ever felt like the internet was trying to tell you who you should be? Like those picture-perfect posts of influencers with absolutely no worries in their lives? Because for me, the answer is: maybe sometimes. In the next two minutes, you're going to understand what digital resilience really is. It may sound like a fancy word, but trust me, it's as simple as it gets.

First, what exactly is digital resilience? Digital resilience basically means staying safe in the online world. It means knowing how to adapt to the rapidly changing online environment and recover when facing problems or challenges such as cyberattacks, online scams, or technology failures. Personally, I feel it is a life skill built through practice and learning, enabling us to stay vigilant online, make informed decisions, and recover from setbacks.

Now, knowing what digital resilience is not is just as important as knowing what it is. Digital resilience does not mean being unaffected by online challenges, pretending that negative experiences do not matter, or avoiding the digital world altogether. Instead, it means recognizing difficulties, responding to them thoughtfully, and recovering in a healthy and confident way.

This leads to an important question: What should we do when we encounter situations that make us feel unsafe online? The first step is to pause, stay calm, and identify the problem. Protect yourself and report the issue to a trusted adult, maybe your parents or your teacher. And the most important part of digital resilience is to learn from the incident. Reflect on what happened and use the experience to make better choices in the future. Though these steps may sound like common sense, people often make mistakes when they are under pressure.

So, at the end of the day, digital resilience isn't about being perfect or never making mistakes. It's about using digital resources in the best way possible while keeping in mind that they come with their own risks. It means learning how to handle challenges, being yourself, and knowing when to take action. By building digital resilience, we can make the most of the online world while protecting ourselves. After all, technology will keep changing, but our ability to adapt, learn, and bounce back is what will help us thrive through it.

Gayatri Purvika Nagumantri
Grade 9A



Mend All The Fissures And Cracks

Yon dolour is sclerotic,
My bastille is peripatetic.
Yon welkin is cimmerian,
My stalwartness is valerian.

I transmute the miasma,
To find a petrichor.
I vacate the phantasma,
And traverse the corridor.

The hunch is a bit of a grind.
Though grit clogs the gears of the loom.
I dump out the sludge I can find,
To root in the dark of the tomb.

My pith is a palimpsest,
Etched by a gale's decree.
I abjure the ignis-rest,
And shallow toward the quay.

My marrow, a calcified crate,
The spirit, a phantom machine.
I bypass the rusted-out gate,
And scour the landscape serene.

The peak is no longer a blur.
I steady the rhythm on tracks,
I silence the chaotic stir,
And mend all the fissures and cracks.

Sruhit Varshil Tatineni
Grade 10C

End of a Dreadful Night

Night grows louder,
birds get quiet.
Silence gets prouder,
hiding all the light.

Crickets stop chirping,
scared to break the perfect silence.
The moon hums quietly,
into the night that's tense.

Clouds cover the glowing moon,
stars weep softly.
Darkness fills the lanes soon,
the moon's glow fading slowly.

A ray of hope falls,
through scattered clouds.
Birds sing again,
sounding like a calm rain.

The moon keeps humming,
waving a quiet goodbye.
Stars smile again,
hope replaces every cry.

After darkness creeps in,
a flicker of hope settles within.
Every dreadful night,
turns into a beautiful sight.

Zaina Imran
Grade 9A

Here's a line by line comprehension by our young poet :

That pain or sorrow has become hardened and stuck over time.
The prison that confines me keeps moving; my struggles follow me everywhere.
The sky or world around me seems dark and gloomy.
My strength and resilience act like a calming medicine, helping me endure.
I transform negativity, confusion, or emotional toxicity.
I search for freshness, hope, and renewal after hardship.
I leave behind illusions, fears, or false beliefs.
I continue moving forward on my life's journey.
Following intuition or dealing with uncertainty is difficult and exhausting.
Challenges and obstacles slow down the process of growth and progress.
I remove emotional burdens, negativity, and unwanted thoughts.
I examine my deepest fears, memories, and hidden parts of myself.
My inner self is layered with many experiences and memories from the past.
Life's storms and hardships have shaped who I am.
I reject remaining comfortable in familiar passions or old patterns.
I move toward safety, stability, or a place of rest and reflection.
My deepest self feels rigid, burdened, or emotionally hardened.
My soul continues functioning, though it may feel detached or ghost-like.
I move past old barriers, limitations, and outdated fears.
I search for peace, clarity, and meaning.
My goals and purpose are becoming clear.
I establish consistency, discipline, and direction.
I calm inner turmoil and confusion.
I heal emotional wounds and restore myself.

The Poem is about Turning suffering and inner turmoil into strength, understanding, and renewal.

What are your interpretations?

Hello! My name is Bhavya Rohit. I am eight years old and I study in grade 3. I am a joyful and friendly person. I enjoy spending time with my family and friends. I love exploring new ideas and being creative. I enjoy reading books and drawing. I also love playing outdoor games with my friends. I always try to be kind and helpful to everyone around me. I am curious and always ask questions to learn more things. I enjoy working hard and doing my best in my school.

I feel very joyful when I get new friends. My family is very important to me. My family supports and encourages me. I am proud of who I am and what I can do. I have many dreams for my future. I want to be unique and that makes me special. This is little about me and I enjoy being myself.

Bhavya Rohit
Grade 3C



Amna
4A



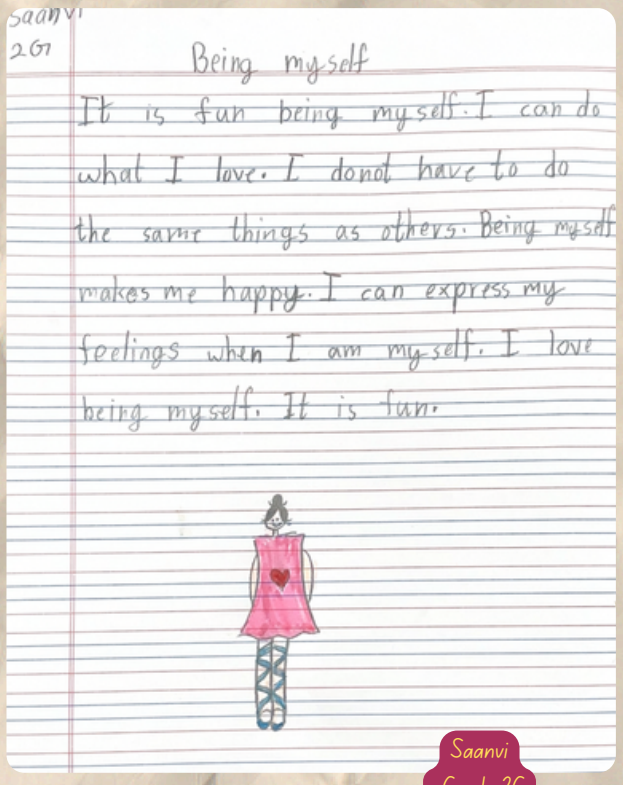
Haadiya
Grade 2D

Participating in the Well-Being Conclave 2.0 was a truly memorable experience for me. At first, I was nervous, but presenting our ideas and interacting with students from 13 different schools helped me become more confident and believe in myself. Listening to different perspectives and sharing our own ideas taught me the importance of communication, teamwork, and stepping out of my comfort zone. This experience also changed the way I think about well-being. I realized that true happiness comes from the choices we make, the relationships we build, and the way we support ourselves and others. I left the conclave feeling more confident, inspired, and motivated to apply these lessons in my daily life.

Ameya Bobin
Grade 8-B



Meetansh
Grade 3E


Saanvi
2G

Being myself

It is fun being myself. I can do what I love. I donot have to do the same things as others. Being myself makes me happy. I can express my feelings when I am myself. I love being myself. It is fun.

Saanvi
Grade 2G





Wisdom Nuggets

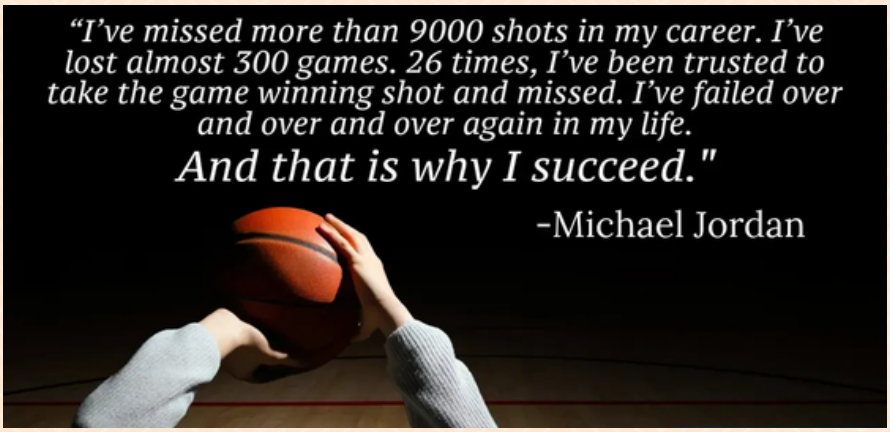


Facts You Need To Know

1. Your **brain** often **remembers unfinished tasks** better than completed ones.
2. **Speaking kindly to yourself** can improve confidence and reduce stress over time.
3. People usually **remember how you made them feel** more than what you said.
4. A **genuine smile** can help improve your mood, even during a difficult day.
5. **Writing your thoughts down** can make problems feel more manageable.
6. **Quality sleep** plays a major role in memory, focus, and emotional health.
7. **While maintaining effort** can feel uncomfortable, focus and consistency are key to achievement.
8. **Small daily habits** often shape your **future** more than bursts of motivation.
9. **Your thoughts and beliefs** have a profound influence on your physical health.

Finding Strength in Every Challenge





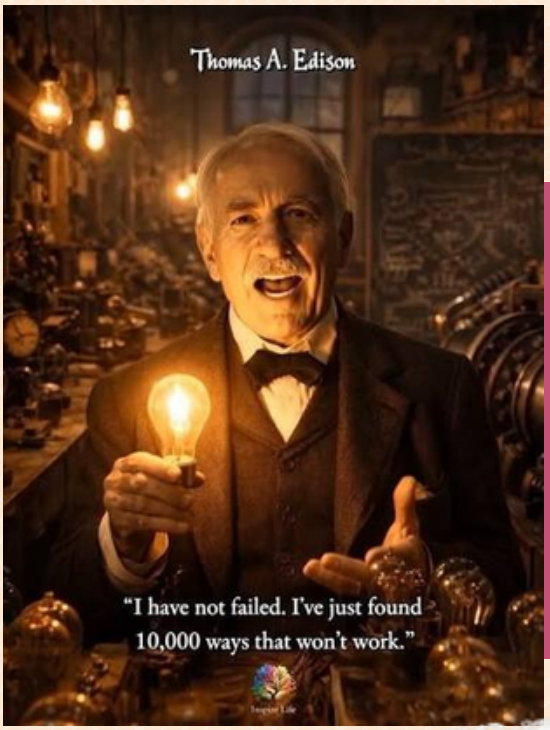


J.K. Rowling

Rags to Riches

Before her first book was accepted, J.K was rejected by almost all major publishers, suffered an abusive marriage, divorced, lost her mother to MS, and barely got by having to raise her daughter on welfare benefits.

Her "Harry Potter" empire is now estimated to be worth around $15 billion.



When Edison was trying to invent the incandescent light bulb, he tested thousands of different filaments that didn't work. Instead of giving up after a mistake, he treated each unsuccessful attempt as valuable data. By eliminating what didn't work, he steadily narrowed the path to finding what would.





Time to Relax!



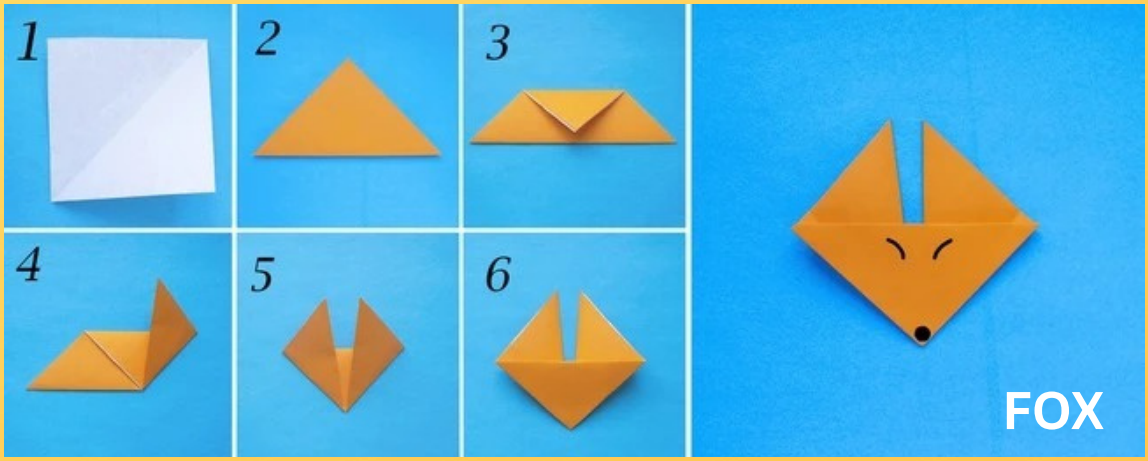


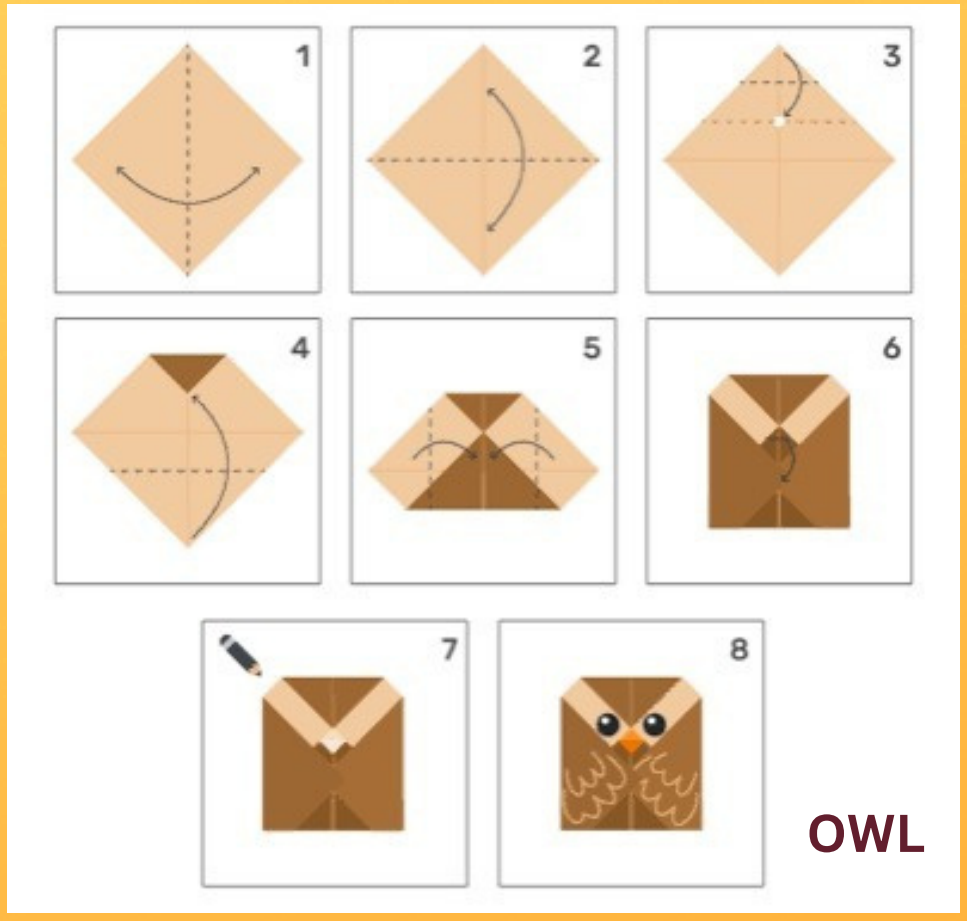


TRY THESE FUN ORIGAMIS DURING THE SUMMER BREAK!



Confident Fox and Wise Owl—two origami friends who remind us that confidence and calm thinking help us solve every challenge, one fold at a time!









MEET MOXIE MOUSE – CONFIDENT, CHEERFUL AND ALWAYS READY FOR AN ADVENTURE!

CAN YOU SPOT ALL THE 10 DIFFERENCES BETWEEN THESE TWO PICTURES?






Bravo!
Got it all right!

Fruit Punch: Make it Yourself



Why not become a mini drink chef?
Try these fun beverage recipes and keep yourself cool, healthy, and hydrated during the summer!

What You Will Need:

- *Different fresh fruits (like strawberries, oranges, pineapple)*
- *Juice from 2 lemons*
- *Honey – 2 to 3 tablespoons (optional)*
- *Ice cubes*
- *Mint leaves*

Recipe:

- *Wash the fruits and cut them into small pieces.*
- *Put the chopped fruits in a blender along with lemon juice and sweetener. Blend until smooth.*
- *Strain the mixture.*
- *Pour the strained juice into a pitcher filled with some ice cubes.*
- *Garnish it with fresh mint leaves, and serve chilled.*

This lively and cool fruit punch contains the necessary vitamins and minerals to keep you going during hot summer days.

Pepper-Mint Lemonade





What You Will Need:

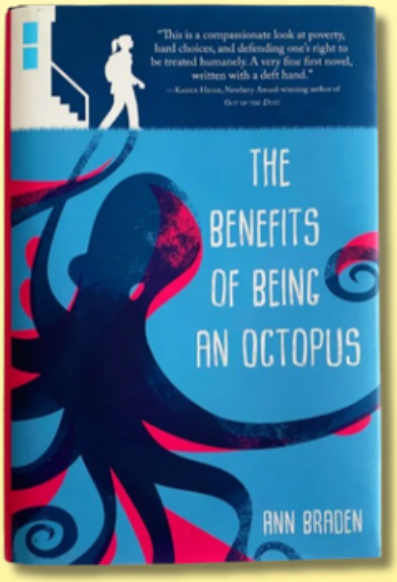
- *Juice of 4-5 citrus lemons*
- *1/2 cup honey or sugar*
- *Fresh mint leaves*
- *4 cups of cold water*
- *Ice cubes*

Recipe:

- *Pour one cup of water into a small saucepan and add the sugar. Heat up over medium heat until all the sugar dissolves. Set aside to cool off.*
- *Put together lemon juice, mint leaves, and cooled sugar syrup in a blender. Blend until smooth.*
- *Strain the mixture.*
- *Add cold water and stir until well mixed.*
- *Refrigerate for at least 60 minutes.*
- *Serve over ice and garnish with fresh mint leaves.*

Enjoy this refreshing summer thirst quencher at home itself.
It also helps in reducing bloating and cooling down.

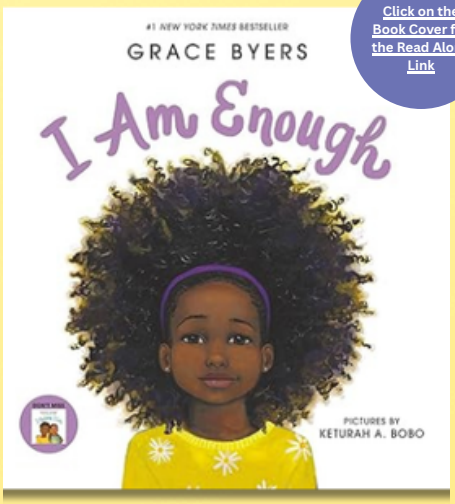
The Reading Well: Monthly Picks



The Benefits of Being an Octopus
by Ann Braden

(Ages 10-15)

The Benefits of Being an Octopus is about Zoey, a girl facing poverty and a difficult home life who imagines being an octopus to cope. With help from a teacher and debate club, she gains confidence and learns to speak up for herself.



Click on the Book Cover for the Read Along Link

I Am Enough
by Grace Byers

(Ages 6-8)

A lyrical and inspiring picture book that celebrates self-worth, kindness, diversity, and acceptance. Through uplifting words and beautiful illustrations, it reminds readers that everyone has a unique purpose, deserves respect, and is more than enough just as they are.



Click on the Book Cover for the Read Along Link

Cooler Than Lemonade
by Grace Byers

(Ages 6-8)

A fun and heartwarming story about creativity, perseverance, and collaboration. When a friendly competition between two lemonade stands heats up, Eva learns that success isn't always about outdoing others—it can come from working together and finding creative solutions.

Pause & Reflect



I've studied happiness for 15 years: If you do these 9 things every day, you're more 'emotionally resilient' than most

- Jessica Weiss

It's important to build resilience, but how do we actually do it? I've spent 15 years researching happiness, and I've interviewed thousands of people about what makes it possible for them to thrive.

I've learned that resilience isn't something you're born with. It's not even about bouncing back, a concept that often does more harm than good. Real resilience is about building specific habits that train your brain to weather difficulty without breaking.

Here are 9 habits that actually work:

Reframing stress as a signal, not a threat

If your heart is racing, your instinct might be to panic. Before you do, pause and tell yourself: "I'm excited about this." I know it sounds like toxic positivity. It's not. Research shows that this simple reframing, shifting from a threat to a challenge, can change your physiological response. Your body doesn't easily distinguish between anxiety and excitement. The only difference is your interpretation.

Making one micro-decision daily with confidence

When you constantly second-guess yourself, your brain learns that you can't be trusted to handle outcomes. Confident micro-decisions can help rewire your brain and boost your trust in yourself. So pick your lunch without researching five options. Commit to a movie in two minutes flat. Send the email without editing it 10 times. This teaches your brain: "I can decide and handle what comes next, even if it's not perfect." That's the exact skill you need in a crisis.



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nan. Mayroong maraming iba't ibang mea



Building your support system with intention

It's extremely difficult to maintain deep relationships with hundreds of people. Research has found we can manage about 150 stable relationships, but only about five truly intimate ones. The most emotionally resilient people don't spread their emotional energy thin or try to handle everything alone. They invest in these core relationships. And when things do get hard, they have people in their corner who can help them carry the weight.

Creating a 'done' list instead of a to-do list

Most of us focus on what's left undone. It's a perpetual sense of failure. I want you to flip this. Every day, write down what you actually accomplished, even the small stuff. Over time, your brain stops noticing gaps and starts noticing progress. That shift is where resilience lives.

Noticing and savoring one good moment every day

When you deliberately pay attention to positive moments, you rewire neural pathways for happiness. Pick one moment a day worth savoring. A good conversation. A small win. Spend 30 seconds actually noticing it. This practice counteracts your brain's obsession with what's wrong and builds psychological resilience, one moment at a time.

Practicing honesty in your closest relationships

Be vulnerable with the people who matter to you. Tell someone about a real challenge. Ask for honest feedback, not just agreement. Have conversations where things might get uncomfortable. The most resilient people feel safe to be themselves without fear of judgement. Being open with people who you trust can help build that muscle.



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Helping someone else, before you need help

This sounds counterintuitive until you realize that helping others is a powerful recharge practice. Plus, you're building your support system for the future. You're reinforcing your identity as capable and resourceful. Most importantly, you remember that resilience is also about contributing and mattering to other people.

Asking yourself, 'What's the worst that could happen?'

Most people avoid this question because they are afraid of the answer. But research shows that actually imagining the worst-case scenario can reduce anxiety, not increase it. So after you ask yourself, "What's the worst that could happen?" actually sit with the question. Then ask yourself, "Could I handle that?" The answer is usually yes. Maybe not easily, but yes. The most resilient people understand that bad things can happen, but the most important thing is to be confident that you can handle them when they do.

Practicing these habits in low-stakes moments

Emotional resilience is a skill you can hone. It doesn't require therapy, meditation retreats or years of work. Start with just one or two of these habits. Reframe stress when the stakes are low. Build your support relationships now, not when you're desperate. Make confident decisions about small things, so you're ready for big things.

About the Author:

Jessica Weiss is a keynote speaker and executive coach who teaches people and businesses how to find more happiness, fulfillment and satisfaction at work. With a background in positive psychology, she's spent 15 years working with global brands like Coca-Cola, Johnson & Johnson and American Express. She is the author of "Happiness Works: The Science of Thriving at Work."







HOW RESILIENT ARE YOU?



Instructions: Read each statement carefully. Tick (✓) the option that best describes you.

Statement	Always	Sometimes	Rarely
1. I stay calm when faced with a difficult situation.	☐	☐	☐
2. I do not give up easily when something is challenging.	☐	☐	☐
3. I learn from my mistakes instead of dwelling on them.	☐	☐	☐
4. I believe I can improve with effort and practice.	☐	☐	☐
5. I ask for help when I need it.	☐	☐	☐
6. I can manage my emotions without hurting myself or others.	☐	☐	☐
7. I try to find solutions instead of focusing only on problems.	☐	☐	☐
8. I adapt well when plans change unexpectedly.	☐	☐	☐
9. I encourage myself with positive self-talk during difficult times.	☐	☐	☐
10. I recover from disappointments and keep moving forward.	☐	☐	☐
11. I maintain a positive attitude even when things do not go my way.	☐	☐	☐
12. I balance my studies, hobbies, and relaxation to stay healthy.	☐	☐	☐
13. I accept constructive feedback and use it to improve.	☐	☐	☐
14. I treat setbacks as opportunities to learn and grow.	☐	☐	☐
15. I am confident that I can overcome future challenges.	☐	☐	☐

LET'S CALCULATE YOUR SCORES

SCORING

For every answer with
Always = Mark 3 points
Sometimes = Mark 2 points
Rarely = Mark 1 point

Total Score: _____ / 45

WHAT DOES YOUR SCORE SAY?

38-45: HIGHLY RESILIENT 🌟
You demonstrate strong resilience and cope well with challenges.
Continue nurturing these positive habits while supporting others around you.

30-37: DEVELOPING RESILIENCE 💪
You have many resilient qualities, but there are areas where you can grow.
Practising positive thinking, problem-solving, and seeking support will strengthen your resilience.

15-29: BUILDING RESILIENCE 🌱
Everyone faces setbacks differently.
Focus on developing healthy coping strategies, learning from challenges, and reaching out to trusted adults or friends when needed.
Remember, resilience is a skill that grows with practice.

REFLECTION

1. **One challenge I handled well recently was:**
   _____
2. **One resilience skill I would like to strengthen is:**
   _____
3. **One action I will take this week to become more resilient is:**
   _____



Thank you for sharing your thoughts, talents and creativity!



We can't wait to see what blooms in the next issue of Credence Blooms.

