

■ KNOW YOURSELF

A Journey Within • 15 April • Seminar Room

The Middle Wing students stepped into an exciting journey of **self-discovery** during the “*Know Yourself*” workshop.

Through fun ice-breakers, engaging visuals, role plays, reflection activities and lively group conversations, students explored their **personality, emotions, strengths, challenges and dreams**.



Students engage in the journey of self-discovery.

They discovered that knowing oneself is the first step towards **confidence, meaningful connections and personal growth**.



Exploring strengths, challenges and positive self-growth.



A thoughtful and engaging learning experience.

Pause. Reflect. Discover. Grow. ■

With enthusiastic participation and thoughtful sharing, the workshop became a joyful space for students to look within, understand themselves better and grow with confidence.