ST. THOMAS' SCHOOL
DWARKA

Cir No.: STS/121/2026-27 06.10.2026 (Tuesday)

"There is hope, even when your brain tells you there isn't."

Dear Parent

We are pleased to inform you that our school will observe the 'World Mental Health Day' on 09.10.2026 (Friday) through a series of activities. The aim is to create awareness among students about the importance of mental well-being and to encourage them to actively engage in creative and meaningful expressions. The day will provide an opportunity for students to understand the significance of maintaining a healthy mind, expressing emotions appropriately, developing resilience and extending empathy and support to others.

The details of the activities are:

Date	Class	Activity
08.10.2026 (Thursday)	VII	**Self-Care Yoga Session**- Move, Breathe and Feel Good
	VIII	Workshop on **'Bullying and Peer Pressure'**
	IX	**Mental Health Quiz** **Topic:** Mind Matters
09.10.2026 (Friday)	I-II	**The Rainbow Of My Feelings** Students will identify and colour different emotions and share what makes them happy.
	III-V	**My Emotional Garden** Students will create a small paper garden with different flowers, leaves, roots, sun etc. representing different emotions and what make them feel that emotion.
	VI	**My Gratitude Tree-** A tree symbolizing the little things we cherish Students will reflect on what they are grateful for and write their thoughts on leaves to create a beautiful class Gratitude Tree.

We look forward to your support and encouragement in making this initiative a huge success. Let us work together to foster a school environment characterized by empathy, respect, inclusion and emotional well-being.

Ms Meneka I. Singh
(Principal)