BUILDING EMOTIONAL AWARENESS AND SELF-CONTROL

EVENT: Anger Management Workshop
DATE: 6 October 2026
CONDUCTED FOR: Class 7C

An interactive workshop on **anger management** was conducted for Class VII C on 5 October 2026. The session aimed to help students recognise anger as a natural emotion, understand its physical signs and triggers, and develop healthy self-regulation strategies.

Through activities such as *Where Do I Feel It?*, *Freeze & Squeeze*, *Stop–Think–Choose*, and deep-breathing exercises, students explored practical ways to manage anger calmly. They were also introduced to the **ABCDE model of anger management**.

The students participated enthusiastically, identified their personal triggers, demonstrated breathing techniques, and shared their experiences of feeling angry. The workshop encouraged emotional awareness, thoughtful responses, and the development of healthier ways to handle challenging situations.



