

Mindful Moments, Meaningful Growth

- Developing a positive mindset



Counsellor's Newsletter

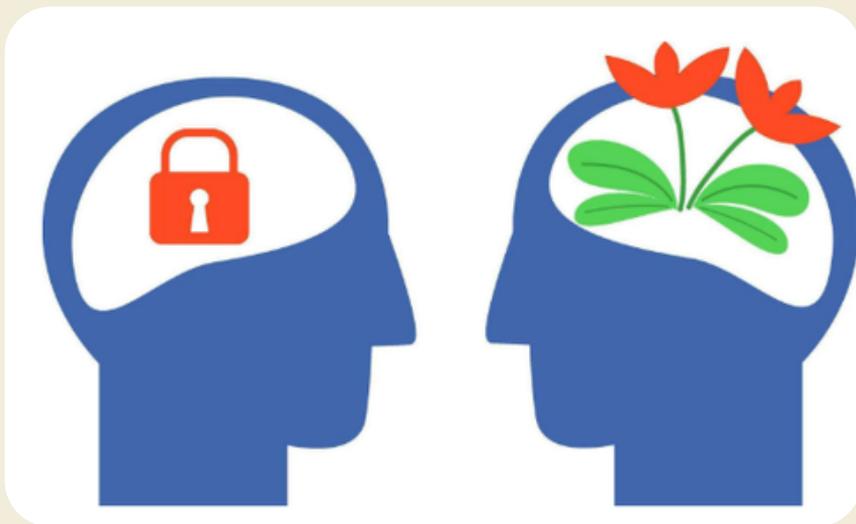


Image Link : <https://tinyurl.com/bdfhab4b>

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Fixed and growth mindset

This vibrant illustration reflects the way we think, and based on it, the way we respond. Our mindset plays a powerful role—it can either limit us or unlock our true potential.

The image above represents two ways of thinking: a fixed mindset, where we may feel stuck and struggle to make decisions, remain rigid in our beliefs, and a growth mindset, where ideas flourish and positive thinking leads the way forward. In a world filled with challenges, stress, and emotionally demanding situations, it is our ability and willingness to accept and work through difficulties that define our growth. Let's nurture the kind of thinking that helps us grow, adapt, and thrive.

At its core, positive thinking is about choosing to focus on the good—even in the face of adversity. It involves shifting our perspective, reframing negative thoughts, and seeking solutions, opportunities, and silver linings instead of dwelling on problems. This doesn't mean ignoring challenges or pretending everything is fine; rather, it's about holding on to hope, building resilience, and believing that things can get better, even during tough times. If making this conscious shift is challenging for us as adults, imagine how overwhelming it can be for our children. In today's fast-paced world, children, too, carry emotional baggage from the many environments they navigate each day.

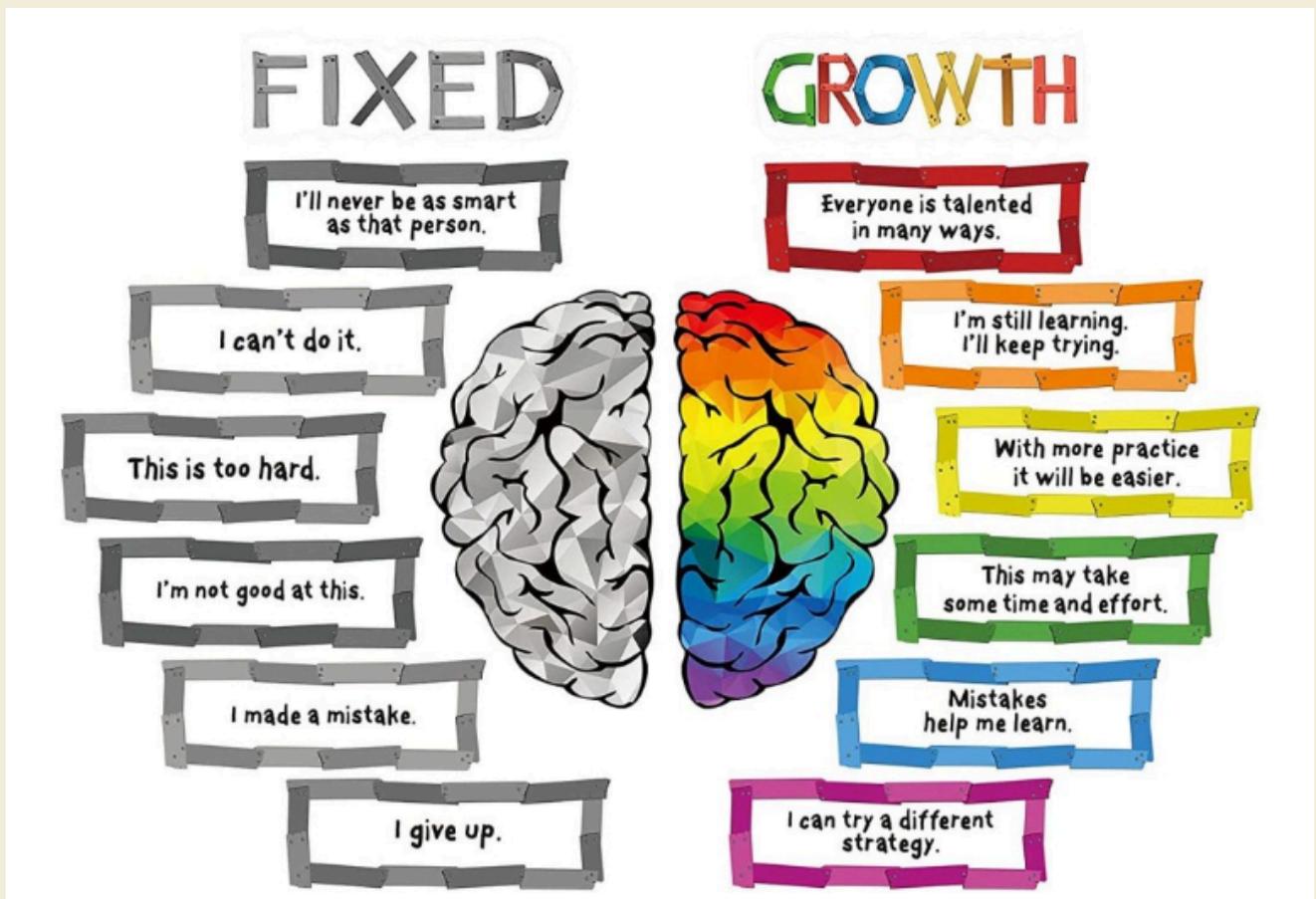


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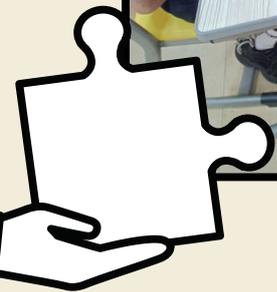
Wellness – Inclusion team

School is where learners spend a significant part of their day, making teachers the primary stakeholders in their growth and development. Through their consistent involvement and meaningful engagement, teachers help transform the school into a second home for learners. As facilitators, this reminds us that our approach can either limit or unlock a learner's true potential. At DYPIS, our inclusion team conducts sessions focused on the importance of inclusion and the power of building positive relationships with learners.

These sessions aim to create a safe, supportive, and nurturing environment—one where learners feel heard, settled, and truly comfortable. At the heart of such relationships lies the foundation for developing positive traits, boosting self-esteem, and empowering learners to thrive in their unique journeys.



In this competitive world, it is more important to nurture a growth mindset in our learners. At school, in our wellness sessions, we focus on equipping them with essential life skills—such as viewing challenges from different perspectives, managing their time effectively, setting meaningful goals, building a strong self, and managing interpersonal relationships. With the development of these moral values and soft skills, we encourage learners to think critically, scope for positive impact, and manage their thoughts in a healthy way.



One of our key goals is to normalize open expression—helping learners feel safe to say “I’m not okay” and to seek support when needed. We also guide them to interact thoughtfully, keeping their priorities and long-term goals in mind. By building this foundation, we aim to empower learners to grow into emotionally resilient and self-aware individuals, ready to navigate the challenges of the world with confidence.

Parents' approach

These perspectives, approaches, and beliefs begin taking root in children from an early age. Home is the first and most influential environment where soft skills are nurtured. A family's parenting style, daily routines, and overall culture play a vital role in shaping a child's sense of discipline, coping strategies, and core values. To support this growth and strengthen the parent-child bond, here are a few helpful tips for maintaining healthy and positive relationships with your children.



Image Link : <https://tinyurl.com/53zh3rsz>

As we continue nurturing positive mindsets in our learners, let's remember: every small step counts. Just a little progress each day builds confidence, strengthens skills, and leads to meaningful, long-lasting growth. Together—as educators and parents—we can support our children in embracing effort, celebrating small wins, and moving steadily towards big achievements.



A little progress
each day

Adds up to
big results

Image Link : <https://tinyurl.com/53zh3rsz>

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