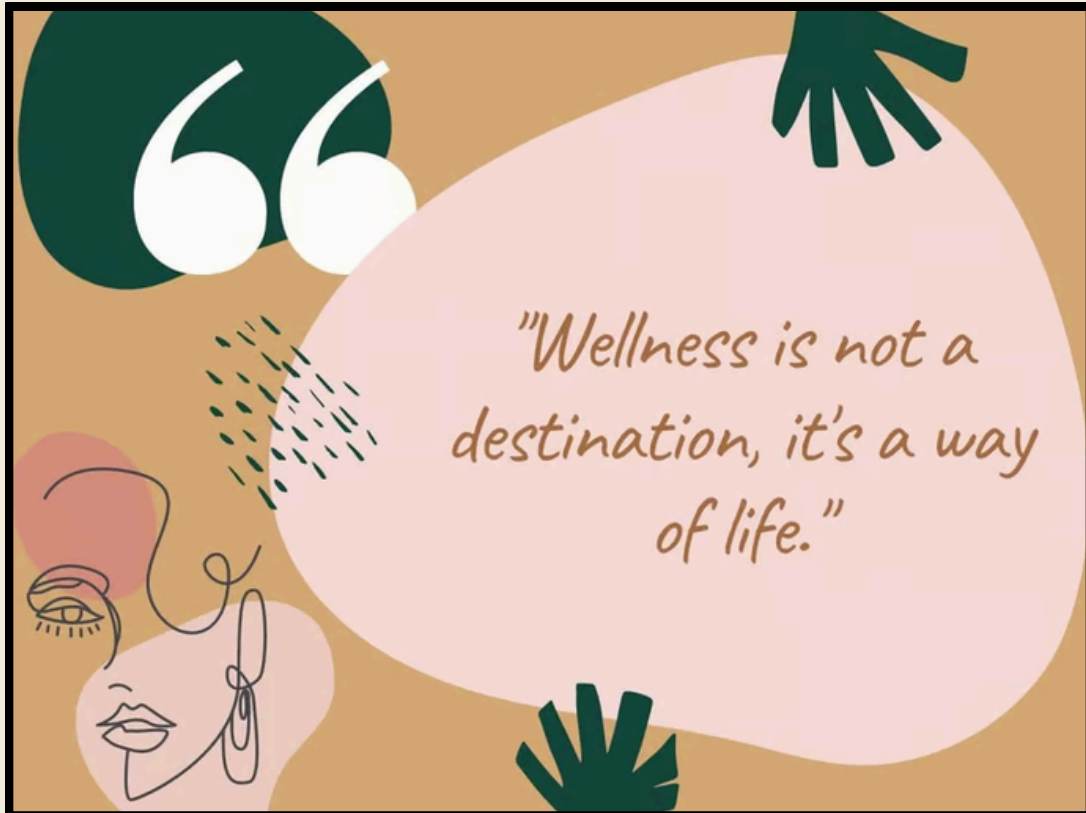


# Nurturing Hearts, Minds, and Emotional Well-Being

## Counsellor's Newsletter



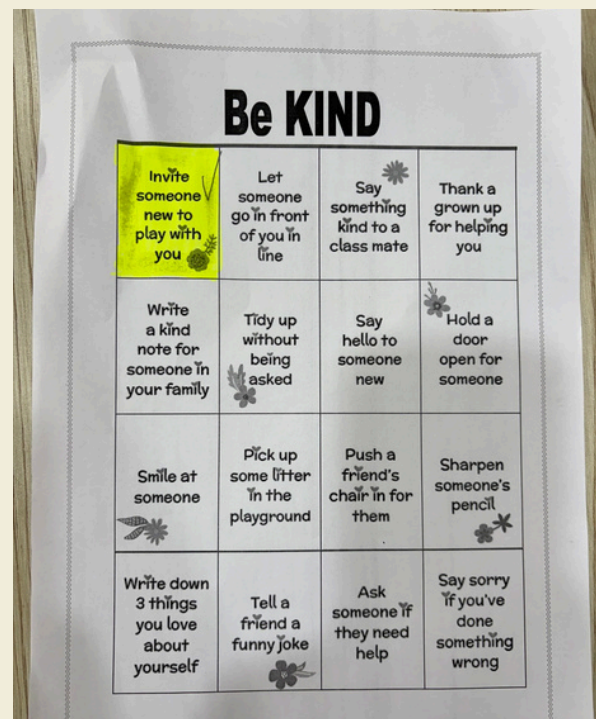
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Wellness is not something we achieve overnight or a final goal to reach; it is a continuous journey shaped by our daily choices, habits, and mindset. True wellness includes caring for our physical, emotional, social, and mental well-being in small yet meaningful ways every day. As we grow and learn together, it is important to remember that a balanced and healthy life is built through consistency, self-care, positive relationships, and mindful living.

As we approach the end of another enriching academic year at DYPIS, we look back with pride and gratitude on the meaningful mental wellness journey our learners have experienced. Throughout the year, the wellness sessions focused on helping learners understand and manage emotions, build resilience, practice empathy, develop self-awareness, and strengthen the social-emotional skills essential for success both inside and outside the classroom. Through engaging activities, group discussions, role plays, creative projects, and reflective exercises.

## At DYPIS :

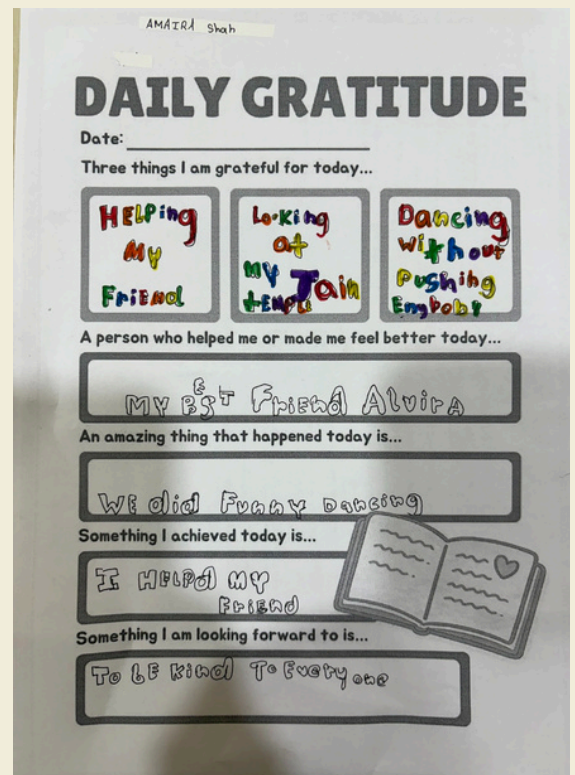
At DYPIS we conducted meaningful and engaging activities with the learners throughout the year to support their emotional well-being, self-awareness, resilience, empathy, and social-emotional growth. Our young learners from grade 1, explored the power of kindness through the 'Kindness Bingo' activity, where students completed acts of kindness and reflected on how small positive actions can make a big difference in someone's day. Some learners also participated in the 'Safe Spaces' home Tour, where they shared videos explaining places in their homes where they feel calm, comfortable, and secure. This activity encouraged emotional expression and helped children understand the importance of feeling safe and supported.



Grade 2 learners created their own 'Calming Toolbox' digital posters, identifying strategies and activities that help them manage emotions, stay calm, and feel relaxed during stressful moments. Some of them participated in a Teamwork Role Play Activity, where they worked together using assigned roles and responsibilities. Through collaboration and communication, learners understood the importance of teamwork, listening, and supporting one another.

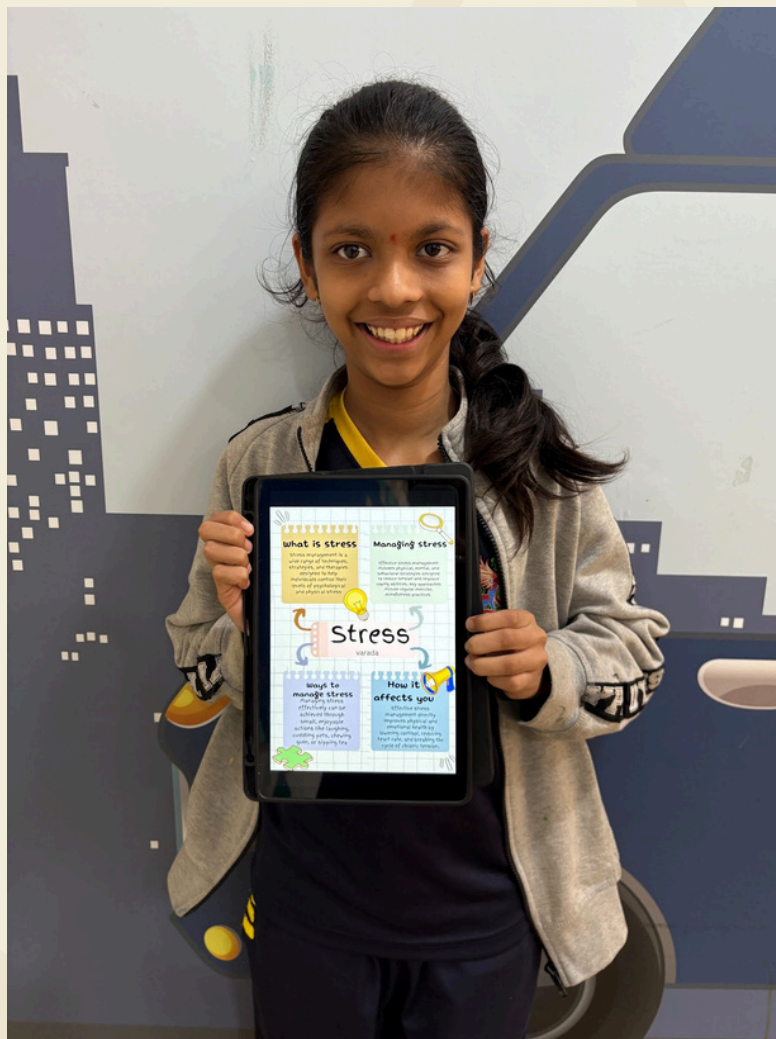


Our learners from grade 3, explored self-reflection and emotional awareness through two engaging activity choices. In the 'Gratitude Journal' activity, learners recorded one thing they were grateful for each day over a week, helping them build a positive mindset and appreciate everyday moments. Another group participated in the 'Respond vs. React' Role Play, where they demonstrated two different ways of handling conflict situations. This activity helped learners recognize the importance of pausing, thinking, and responding thoughtfully rather than reacting impulsively.



Grade 4 learners researched the connection between nutrition and emotions through the 'Mood & Food Analytics' activity. Students created digital posters and PPT's showing how different food groups can affect energy levels, mood, and emotional well-being. Some of them worked on the 'Digital Boundary Guide', where they explored online safety, healthy digital habits, and personal boundaries in the digital world. This activity encouraged responsible and mindful technology use.

Grade 5 learners explored resilience, positive mindset, and healthy coping strategies through the 'Mindset Shift' documentary activity. Students reflected on personal challenges they had experienced and shared through a video how they overcame difficult situations using positive thinking, determination, and perseverance. Another group created a 'Stress Management Map', identifying stress triggers, responses, and healthy coping strategies through visual flowcharts. These activities encouraged learners to better understand their emotions and build healthy problem-solving skills.



Several meaningful activities were conducted with Grade 6 learners to deepen their understanding of emotional well-being. One of the activities was The 'Crumpled Heart' activity that demonstrated how words and actions can hurt others, even after an apology is given. This reflective activity helped students understand the lasting impact of their behavior and the importance of kindness and empathy. The 'Compliment Circle' activity focused on building self-esteem and strengthening peer relationships by encouraging learners to appreciate and acknowledge one another positively. A session was conducted with Grade 6 students on by Ms. Dhanashri Sapre, a counseling psychologist. The session focused on helping students understand that individuals may experience different emotions in response to the same situation and may react in different ways.



One of the activities conducted with grade 7 students was the Perspective Activity, where they followed the same verbal drawing instructions but produced entirely different drawings. This helped them understand that every person interprets situations differently, reinforcing the importance of perspective, communication, and open-mindedness.



With our senior students, individual counseling sessions are regularly conducted to support their emotional well-being, mental health, and personal growth. These sessions provide a safe and supportive space where students can openly share their thoughts, feelings, and concerns. Students are guided through challenges such as exam anxiety, stress management, time management, organization skills, peer conflicts, bullying, self-esteem, and other personal or behavioral concerns that may affect their overall well-being and academic journey. Through supportive conversations and guidance, learners are encouraged to build healthy coping strategies, resilience, and self-awareness. In addition, guest sessions and awareness workshops were also organised to further support student's mental and emotional well-being. To further support students' mental and emotional wellbeing, the school also organized guest sessions and awareness workshops. Secondary students attended an engaging session by mental fitness trainer Sanjeevan Singh Sandhu, who emphasized the importance of mental fitness, effective time management, and mindful use of technology. In addition, Grade 10 students participated in an insightful session by psychologist Pooja Shah, focusing on understanding bullying, promoting inclusion, and encouraging kindness and respect towards others.



## Supporting Mental Wellness Together

Throughout the year, these wellness activities were designed not only to support students academically, but also emotionally and mentally as we understand that emotional well-being plays a vital role in helping children feel confident, connected, motivated, and secure in their learning journey.

As we move into the summer break, we encourage parents to continue nurturing these conversations at home. Spending quality time with children, listening to their thoughts and feelings, encouraging open communication, and creating emotionally safe spaces can make a significant difference in their well-being.

Simple moments such as family conversations, outdoor activities, shared meals, creative hobbies, and screen-free time together can strengthen emotional bonds and help children feel heard, valued, and supported.

Mental wellness begins with connection, understanding, and care both at school and at home.