

MENTAL HEALTH AWARENESS WEEK 2024

To commemorate World Mental Health Day, celebrated globally on October 10th, Delhi Public School, Gurgaon, conducted a series of thoughtfully planned activities during the first week of October'24. Activities were designed to raise awareness and create understanding about the importance of Mental Health towards enhancing emotional and mental wellbeing among all students from Nursery to class XII.

Sensing our Senses- Sensory experiential activities were conducted for the **Infant wing**, which helped stimulate the visual, auditory and tactile sensations helping children focus and relax.

My Emotions Wheel- activity for **Class I** helped children recognise and connect with their emotions. Children gained understanding that all emotions are okay.

The Goodness of Goodwill was the activity for **Class II**. Through this activity they learned that small acts of goodness can have a big impact.

My Happy Place – an interesting activity for **Class III** helped children to creatively visualise a place that evokes positive feelings, making them happy and joyful.

An interactive session on **'Spreading Smiles through Kindness,'** was conducted by the peer educators of class IX for the students of **Classes IV and V**. The presentation, video, role plays and group discussion fostered a spirit of empathy and compassion among students.

The students of **Class VI** enthusiastically participated in JAM. This activity aimed at enhancing mental health through a one minute extemporaneous expression of thoughts on relevant topics of wellbeing. It was heartening to witness students' awareness and understanding of concerns impacting mental health.

The power of posters was reflected in the poster making competition conducted for **Class VII**. Posters around topics such as **'My colours of Happiness,' 'Stay Positive, Stay Happy,'** aptly demonstrated the importance of happiness towards mental health and wellbeing.

'The Power of Positivity,' a slogan writing activity was conducted for **Class VIII**. Thoughts lead to Action, shaping our Destiny. The powerful and thoughtful slogans packed with positivity, brought out the power of slogans in enhancing mental wellbeing.

'Gratitude Notes-A path to Wellness'- with the premise that grateful hearts lead to healthy minds, students of **Class IX** were guided to write 'thank-you' notes to persons to whom they were thankful for. This activity helped sow the seeds of an 'attitude of gratitude' towards mental health.

Through a **guided meditation** activity, students of **Class X** learned that meditation towards mindfulness is an effective coping strategy to relieve stress. Other coping strategies were also discussed. The significance of a healthy mind and healthy body was reiterated.

Case Study Discussion – a group activity was conducted for all sections of **Classes XI and XII**. Through discussion of relevant case studies, strategies to navigate through stressful situations were discussed thereby enhancing life skills to meet the challenges ahead.

The focus of these activities was to instil a positive mind set, encourage self-expression, and foster life skills of self-awareness, collaboration, communication skills, problem solving, creativity, empathy, critical thinking and building resilience towards making our students future-ready to lead meaningful fulfilling lives.

