

Ups to make Heritans rise above the rest !

Life skill Session by counseling psychologist Mrs.Salony Priya for students of class IV was truly motivating and guiding at the same time. With a few simple activities all children were made to understand the tremendous power of senses and how using our senses makes one sensitive.The session was all about responsibility, taking initiative , good manners and respecting people around us.

The seven choices suggested as 7 Ups were as follows :-

1.WAKE UP-Promise yourself to be good and have a good day.

2.DRESS UP-The best way to dress up is to wear a smile, put on your good manners and wear your thinking caps!It is the best way to improve your looks.

3.SHUT UP-Say nice things and learn to listen.With one mouth & two ears speak less and listen more.

4.STAND UP-Stand up for something you believe in otherwise you would fall for everything.

5.LOOK UP-Keep yourself alert.Be Aware....

6. REACH UP-Reach UP for something higher.

7.TAKE UP-Take UP Responsibilities.

Take up matters that bother you.....Take it up on you to make it better!

I have already implemented these ideas in my class and they are truly working. They are listening better, attending better.It was a learning for students as well as for teachers.-Shakuntala Sen class teacher IV.

I enjoyed the activity , it was fun and I felt very good. I promise now to wear my manners and behave properly.Aditya Mukherjee class 4A

I felt very happy when Salony Mam told us about these Ups. I felt very sorry for my naughtiness that I have been doing all these days Swarnali Parui-class IV A.

Workshop was presented in a most child friendly manner and they enjoyed the 'new way to dress up' –the message 'Wear a smile, put on their manners and wear your thinking cap is being repeated by children often and sure would be a habit for them soon . Virginia Redden class teacher IV.