



JKPS

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Workshop Report: Student Workshop on Choice of Words

"Words are free. It's how you use them that may cost you."

On November 14, 2024, Jaspal Kaur Public School organized an engaging and insightful workshop on *Choice of Words* for students of classes VI to VIII. The session was conducted by the school's special educator, **Ms. Shruti Sethi**, with the aim of guiding students on the importance of mindful communication. It also focused on equipping them with practical tools for emotional regulation and conflict management, fostering a more respectful and empathetic environment.

The session began with an interactive discussion, encouraging students to reflect on how they use words in everyday situations. Ms. Sethi emphasized the power of words and their profound impact on relationships, personal growth, and self-esteem. She explained how words can either build bridges or create barriers, urging students to make conscious choices in their communication.

The workshop explored three key questions:

1. **What is the Choice of Words?**

Students learned about the meaning and significance of thoughtful communication, understanding the importance of choosing words wisely.

2. **Why Do People Use Hurtful Words?**

The facilitator highlighted reasons behind negative speech, such as anger, frustration, or peer influence, encouraging students to identify these triggers in themselves.

3. **How to Stop Using Hurtful Words?**

Practical steps were discussed to replace negative expressions with positive alternatives, helping students develop better communication habits.



Ms. Sethi also emphasized the importance of **good manners** in building a respectful and harmonious environment. Through relatable examples, students were encouraged to practice kindness, patience, and empathy in their interactions. A motivational video on the ***Power of Not Reacting*** reinforced the idea of staying calm and composed during conflicts or provocations, demonstrating how thoughtful responses can prevent unnecessary misunderstandings.

The session incorporated several **practical strategies and hands-on activities** to help students internalize the concepts discussed. These included techniques for **controlling emotions**, steps for **handling anger constructively**, and exercises for **emotional regulation**. The activities were designed to help students identify, understand, and manage their emotions effectively. Additionally, role-playing scenarios allowed students to practice handling challenging situations with maturity and restraint, making the session both interactive and impactful.

The key takeaways from the workshop were clear and actionable. Students learned that their words hold the power to either heal or hurt, and making the right choice can lead to stronger relationships and personal growth. They also gained practical strategies for managing their reactions and regulating their emotions in difficult situations. The session reinforced the importance of building respectful habits, highlighting how good manners contribute to a positive and inclusive school environment.

