



JKPS

'B' Paschimi, Shalimar Bagh, Delhi-110088

Workshop on Self-Control

JKPS organised a workshop on Self-Control which was held in the School Auditorium for the students in grade IV. The session was designed to help students understand the importance of self-control, how to manage their emotions, and how it can positively impact their daily lives. The workshop included moral stories, interactive activities, and an introduction to meditation, offering the students practical techniques to build and strengthen self-control.

The workshop began with a brief introduction by the facilitator Ms. Avineet kaur, who explained the concept of self-control and why it is an important skill in life. Students were encouraged to think about moments when they felt they could have acted better by practicing self-control.

The facilitator shared two inspiring moral stories to illustrate the importance of self-control. After each story, students were encouraged to discuss what they learned and how they could apply these lessons in their own lives.

Following the stories, the facilitator introduced a short meditation session. The students were taught basic deep breathing techniques and guided through a simple mindfulness exercise. They were asked to sit quietly, close their eyes, and focus on their breath to calm their minds and bodies. This exercise was designed to help them practice self-control over their emotions, especially in stressful or exciting situations.

The meditation activity lasted for about 10 minutes, and students reported feeling more relaxed and centered afterward.

In the final part of the workshop, students participated in a fun activity where they were given different real-life scenarios. They had to act out how they would respond using self-control.

The workshop concluded with a summary of the key points discussed, emphasizing how self-control can help students make better decisions and handle difficult situations more effectively. The facilitator encouraged students to practice meditation daily and to remember the lessons from the moral stories whenever they faced challenges.

Students left the workshop feeling motivated and equipped with new strategies to improve their self-control. The activities, stories, and meditation provided valuable insights and tools that the students can use both in school and at home.