



Dear Parents,

Last month, we celebrated India and its rich cultural heritage with a lot of zest and fervour. To give the children a better sense and sensibility of our country's beautiful, secular legacy enriched with fascinating practices, a series of life skills programmes were carried out with the aim to develop a cadre of empowered, educated and healthy adolescents, capable of making decisions in life.

It's an incredibly practical life lesson for our children to develop. Self-Discipline is the key which will help them remain focused in today's world of internet where everyone has access to everything with just a click

SELF DISCIPLINE

of a button.

It's a fact that kids who learn self-discipline are better equipped to deal with life's challenges, manage their stress, and make healthy choices even when elders are not around.

Ways to build self-discipline in children -



- Teach self-discipline at an early age.
- Teach children to respond to corrections in a positive way.
- Be a role model!
- Encourage them to take on activities that require self-discipline.
- Have routines.
- Have rewards, consequences, and rules.

By encouraging possession of this skill in them we will make them achieve their goals.....

Anju Sharma



Headmistress

Self Discipline



Activities for the month of SEPTEMBER 2018

DATE/ WEEK	GRADE	ACTIVITY DESCRIPTION	MATERIAL REQUIRED	LEARNING OUTCOMES
4TH SEPTEMBER 2018	I-V	<u>SWACHHATA SHAPATH DAY</u> Students totake Oath to keep theirsurroundings clean and promise to take up one activity for personal/school/community/home cleanliness. Teachers to create awareness about the cleanliness and sanitation.		To be able to understand the need of cleanliness in our life.
5TH SEPTEMBER 2018	I-V	<u>GREEN SCHOOL DRIVE</u> Teachers to talk about segregation of waste and significance of Blue and Green dustbin. Students will be encouraged to plant more saplings in school and around their house. Videos on segregation of waste will be shown to students.	Old card box, green and blue color sheets, glue and colors	To be able to understand the need for segregation of waste material.
6th SEPTEMBER 2018		<u>SWACHCHATA PARTICIPATION DAY</u>		To be able to understand the importance of keeping our surroundings clean
	I	Painting on Swachchta and keeping the surrounding clean.	White chart paper, colours	
	II	Quiz on keeping our surroundings clean		
	III	Skit to show importance of keeping our house clean		
	IV	POEM WRITING- Keeping our environment clean	A4 size sheet, colours	
	V	Essay Writing on Swachchta		
7TH SEPTEMBER 2018	I-V	<u>HANDWASH DAY AND EXHIBITION</u> Students will be shown video on steps to wash hands properly. A worksheet on the same would be given to students.	Hand wash, water	To be able to understand the importance of following healthy habits and keeping ourselves clean.
8th SEPTEMBER 2018		<u>SWACH WATER DAY AND LETTER WRITING</u>		To be able to understand the need and importance of keeping water clean.
	II-IV	Teacher will discuss about safe drinking water and create awareness on water borne diseases and show videos on the same.		
	V	Students will write letter to their parents sharing what they have learnt in the past they want their parents to do to keep environment clean.	A4 size sheet	

<p>24th SEPTEMBER- 28TH SEPTEMBER 2018 Gandhi Jayanti is a national festival celebrated in India to mark the occasion of the birthday of Mohandas Karamchand Gandhi. It is celebrated on 2nd October. It is one of the three National Holidays in India. The United Nations General Assembly announced on 15 June 2007 that it adopted a resolution which declared that 2 October will be celebrated as the <i>International Day of Non-Violence</i>.</p>	I	<p>JIGSAW PUZZLE OF GANDHI JI (image attached)</p> 	Jigsaw puzzle of Gandhi ji	To be able to identify the image of Gandhi ji. To develop their motor skill and critical thinking
	II	<p>CHARKHA MAKING USING POPSTICKLES</p> 	Popstickles, white thread ,glue, A4 size sheet	To be able to understand the significance of Charkha and Khadhi.
	III	ROLE PLAY – 3 monkeys Of Gandhi ji and their significance	Cut out of 3 monkeys of Gandhi ji	To be able to understand the significance of 3 monkeys of Gandhi ji.
	IV	MAKE A POSTER- STATING THE QUOTES BY GANDHI JI AND TEHIR SIGNIFICANCE IN OUR LIFE	White chart paper, colours	To be able to understand the significance of the quotes mentioned by Gandhi ji
	V	PREPARE A REPORT ON GANDHI JI ASAN EDUCATIONIST	A4 Size sheet, colours	To be able to understand the role of Gandhi ji in the development of our education system.

In addition to this videos on Gandhi ji's life and his achievements would be shown to the students across the grades.

https://www.youtube.com/watch?v=0aNqIwt_yh8

<https://www.youtube.com/watch?v=osY6cpEM6Cg>

<https://www.youtube.com/watch?v=JMjf7EE3t9E>

<https://www.youtube.com/watch?v=RmhH2uVvxmM>