

# BAL BHARATI PUBLIC SCHOOL, PITAMPURA, DELHI-110034

Class - VI (26 October, 2020 to 29 October, 2020)



SUBJECT/ ACTIVITY	NAME OF THE TEACHER	TOPIC COVERED	TOOLS USED	MODE OF TEACHING	ASSIGNMENT GIVEN
Life skills and Value Education CACA	Ms Yashvi Bhatnagar	Child rights body ownership Confidence	My 6th safety workbook  CACA	Story discussion  Google meet	-
Mental Health and Emotional Competency Building Sessions	Ms. Shreya Gandhi	-Impulse Control -Anger Managment -Attitude of Gratitude	Google Meet  You Tube  JamBoard	Experiential discussion session  Story telling	Impulse Control- Students were asked to design their own Remote Control which they can use to take in account their impulses using the "STEP" procedure.

2. Anger Management- In order to identify the triggers of anger, students were made to discuss how the character Hulk relates to the negative consequences Anger can have.

As a takeaway activity, students were asked to observe their triggers under the activity "What Bugs me"

3. Attitude of Gratitude -

"It's not happy people who are thankful, but thankful people who are happy"

Children performed a hands on activity of Breath of Gratitude within class and also came up with a Gratitude flower to feel thankful towards various aspects of life. They were made to understand the benefits of Gratitude in life and inspired to maintain a gratitude journal and note how they by maintaining it for 7 days.

Empowering Self – A Transdisciplinary approach (Music and Life Skills)	Ms Sangeeta Lahiri Ms Pooja Lakhotia Ms Alka Verma Mr. Ajay Pathak	Good Food Good life	YouTube movie link on school lunch in Japan  Questionnaire using Google form  Musical instruments  Song on healthy eating	Interactive manner prompting students to guess theme of the activity  Importance of healthy food  Discussion on harvest festivals around the world  Food sans Wastage  Mindful eating  Screen presentation YouTube link for song	Rainbow on my platter  Colorful dish using different fruits and vegetables add fruit
Vocal Music	Ms Sangeeta Lahiri 6 C, D, G, H Mr. Ajay Pathak	Joy Joy Durga Maa	YouTube	Google meet  Screen sharing	Listen and practice
Bharatnatyam Dance	Mr .Balakrishnan	Bharatnatyam	Audio and video	Google meet	steps practice with hands up to 2 variation

Instrumental Music	Ms Deepa Srivastav	Introduced instruments	Audio and video	Google Meet	Basics of tuning and Lesson teach
Kathak/Folk Dance	Mr Madan Solanki	Basic steps Tatkar	Audio and Video	Google Meet	Steps Practice
Tabla	Mr . Harsh Sharma	Name and body parts of instrument and hand position on instrument	Theory , Instrument	Google Meet	Practice of basic lessons ,Bol nikaas
Art	Mr. Sajal Patra Ms Vishakha Ms Vandana Razdan	Colour wheel ,tones and colour gradients	Theory presented images and slides related to the topic	Google Meet	Project work on the theory of colours and its handling.