

BAL BHARATI PUBLIC SCHOOL, PITAMPURA, DELHI-110034

Class - VII (12 September, 2020)



SUBJECT/ ACTIVITY	NAME OF THE TEACHER	TOPIC COVERED	TOOLS USED	MODE OF TEACHING	ASSIGNMENT GIVEN
Mental health and counseling sessions	Yashvi Bhatnagar Shreya Gandhi Saaneya Kapoor	<p>Impulsive behaviour- Discussed the consequences resulting from impulsive behavior and ways in which we can control it.</p> <p>Impulse control- Students were taught a method to control their impulse and delay gratification by drawing boundaries.</p> <p>Linked impulse control to gaming and screen time and gave tips to manage excessive screen time.</p>	<ul style="list-style-type: none"> • PPT • YouTube Videos • Comic strips 	<ul style="list-style-type: none"> • Google meet • Screen sharing 	<ul style="list-style-type: none"> • Activity- Remote Control: Students were made to create their own impulse control remote using situations in which they have acted impulsively.