

BAL BHARATI PUBLIC SCHOOL, PITAMPURA, DELHI-110034

Class - VII (5 September, 2020)



SUBJECT/ ACTIVITY	NAME OF THE TEACHER	TOPIC COVERED	TOOLS USED	MODE OF TEACHING	ASSIGNMEN T GIVEN
Mental health and counseling sessions	Yashvi Bhatnagar Shreya Gandhi Saaneya Kapoor	<p>Covered the topic of Emotional intelligence and basic emotions and the different ways to express them based on the Inside Out Activity(given-previous week)</p> <p>The difference between positive and negative emotions and how negative does not mean bad! :)</p> <p>Talked about the importance of Negative emotions and remembering to talk about those the most.</p>	<ul style="list-style-type: none"> • Google Slides • YouTube video • Inside Out movie to identify and explain various emotions 	<ul style="list-style-type: none"> • Google Meet • Screen sharing 	<ul style="list-style-type: none"> • Making a mood meter • Introduced the concept of maintaining one's own journal