



## Workshops on The emotional journey of a Teenager.

**Date of Event: 29<sup>th</sup> July, 2020**

The workshop highlighted the importance of being a teenager and the changes that one goes through. The Students were made to understand that being a teenager has various phases and at times one might feel that they are not understood or heard. The students were made to understand that teenage is a transition from childhood to adulthood. The students were highly interactive and were able to relate to the situations shared.

The students were asked to describe their emotions briefly during this time of COVID 19 through padlet, the students were also requested to fill in a FORMS document, where they had to write about their experiences with the emotions listed.

The workshop ended by sharing a take away stress journal, where they were asked to pen down there thoughts when they felt a little stress.

