











"A kit for the development of the whole child"

# INCEPTION OF THE KIT

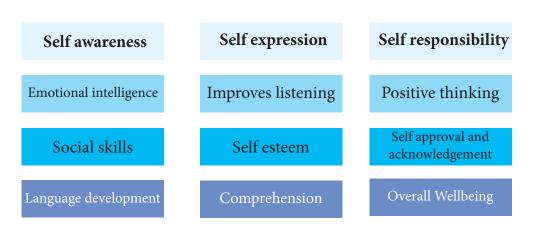


The 'Life and Living' Kit from Creative School and Prajna Vidya was born as a culmination of the research and practices done at Creative School for more than a decade. For the greater good of reaching it to all children worldwide, we have now rolled out our practices into a kit with activities that can be followed to acknowledge the 'Whole Child'thereby cultivating physical, emotional, mental, spiritual and social wisdom.

At Prajna Vidya & Creative School, our mission is to empower children among underprivileged sections of society with our proprietary framework of holistic development. By empowering educators with our peer recognized processes & methodologies refined over a decade, we believe we can steer the larger community towards a vision of conscious learning and living. This kit has a variety of activities and explorations that will help with *language development, self expression and self esteem*. The kit is centered around Opening and Closing ceremonies ( Classroom management), different awareness and breathing exercises, meditations, emotional intelligence games, self-esteem boosting games, friendship games, and inspirational story-based activities that help children grow up healthy and whole.

Kit Contents : a manual for the teachers, the activities and materials needed for the same.

# Benefits for children





### **Awareness Meditations & Activities**

Daily Breathing Exercises Mother Earth and Father Sun Meditation Mandala Magic Affirmations Gratitude Importance of Expression Peace corner Opening and Closing Ceremonies Daily Reflection Exercises **Group Activities for Collective Energy** 

Giving & Receiving Trust Walk Silence the Mind Awesome Me

### **Emotional Learning Activities**

Emotion Expression Mirror Mirror Emotico Charades Emotiono Pictionary Sensimoes Bhava game Bhava BINGO Emo Light

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## Learning through Stories

The Magic Mantra My Energy Bowl



Real photographs of the kit

# JOURNEY THUS FAR

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 Early this year we were invited by the Samagra Shiksha Kendra of Karnataka for training 270 early childhood teachers on emotional wellbeing and classroom management.

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- ✓ In January 2020, The School and Mass Education Department of the Odisha Government along with UNICEF's support for the training had invited us to deliver our signature Sacred Classroom and Life and Living program.
- ✓ We have successfully delivered the program to 180 government run public schools, training 270 primary, middle and high school teachers in Teacher Inspiration and Wellbeing. For this effort we delivered 150 Life and Living kits consisting of therapeutic activities, games, classroom management and meditation practices via child friendly approaches.
- ✓ The program will continue spreading to more schools in Odisha in April 2020.



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