

Impact of Life Skills Classes

Reflections

The Life Skills Sessions for classes 5 to 8 are conducted on a weekly basis. Students learn various skills ranging from empathy to problem-solving, from resilience to managing emotions.

Following are reflections submitted by students of the impact of Life Skills classes on their mindset, emotions and behaviour.

Ira Goyal

6A Aravalli House

The topic that changed my behaviour the most was on Table Etiquettes. I used to be messy at the table. But now I have changed. Ms. Merlyn also taught us compassion towards animals. My neighbours used to badly treat animals and I used to ignore them. But now if someone hits an animal I will stop them. I will also take care of injured animals till they are fine.

Rudhrika Nimalan

6A Vindhya House

I learnt to be an independent thinker and not think like a herd.

I learnt to be creative with no limits and think outside the box.

I learnt not to let my friends be the 1st priority in life.

There would be hardships in life and there would be ups and downs too.

I learnt to be compassionate towards animals.

I learnt to be safe online and not click on restricted websites.

I learnt not to be gullible and believe rumours.

S. Guhan

6B Sumeru House

The topic that changed me was the class on 'Who moved my cheese?'

1. I learnt to never give in.
2. To bounce back.
3. Hard world leads to success.
4. I started searching for my destination which is success.

Akshath. K

6B Vindhya House

I have learnt to report bad touch. I learnt that bullying can make others depressed. I learnt to be safe online and not get scammed. I learnt that we should be kind towards each other and animals. I also learnt that if we fall, we need to bounce back in life.

Arav Skandan

6C Vindhya House

I have stopped fighting with others. I am not scared of anyone. If anyone bullies me, I will report. I have become helpful and have stopped discriminating.

Hiya Nallaparaju

6C Vindhya House

I was really touched by the topic - Compassion towards animals. I cried when I saw the videos on animals being rescued. From the topic of bullying, I learnt that everyone should be respected whether they are stronger or weaker than me.

Aadhya Rao Pthuraju

6D Vindhya House

I have learnt to manage my time and control my anger. I have learnt that we need to report bad touch. I have also learnt to be compassionate towards animals. Thank you Merlyn Ma'am.

R Kavim

6D Sumeru House

Before I was short-tempered and I couldn't control it. I would tease and discriminate against others. I have changed and become calm because of life skills classes. Before I used to follow what everybody does and I got into trouble but now I follow myself and I do not obey anyone who tells us to do bad things. I have learnt to control my emotions, I used to be sensitive and cry often but now I don't cry. I used to be addicted to my phone. I thought apps were good. But now I spend 15-30 minutes on the phone. I have also learnt to show compassion towards animals through the life skills classes.

S Vibhooshna

7A Vindhya House

Lessons I learnt from Life Skills classes:

1. Show kindness towards animals.
2. Don't bully and harm anyone.
3. Don't abuse
4. I have learnt to keep myself safe.
5. I am more creative than before.

K Vivek Siddharth Reddy**7A Sumeru House**

Bullying: This topic taught me what to do when I get bullied. I need to report to elders and trusted people.

Body image: I learnt that the way we look doesn't matter much. Our perception of ourselves matters and we should practise good habits.

Creative thinking: This topic taught me how to make circles into a piece of art.

Peer pressure: Our peers may force us to do things but we need to think what is right.

Social conformity: This topic taught me not to follow people but do what is right. Social conformity was very normal to me as I used to do it every time. I am trying to change.

Resilience: This topic taught me to bounce back when I fall and start again. Before I used to leave a thing if I failed in the first attempt.

Who moved my cheese?: This book and class taught me to adapt to change - not too fast and not too slow.

A Krishitha Shree**7B Vindhya House**

Compassion towards animals - I have learnt so much from this topic. There was a small dog near my home. It was barking the whole night because of the cold weather. I adopted him and now he is my best friend. We play together and it's fun. I have a new best friend now.

Peer pressure - Before whenever my friends told me something, I agreed with them or I did the same thing which they did. Now, I think independently and I do what I like the most.

Cognitive distortions - I used to overthink and mind-read. For example, when a teacher was talking to another teacher, I used to think that they were talking about me. I don't overthink now. Thank you so much ma'am.

Aryan Jand**7B Aravalli House**

For the past 1 year, I've been hurting animals. But now, I'm very compassionate towards them. I also learnt to be independent. I used to stress during exams but I learnt to cope with stress. I feel confident and happy.

J Hardhni

7B Sumeru House

I changed myself by

1. Not taking revenge
2. Being open-minded

I used to think that my friends didn't like me. I used to say "she doesn't like me", "they hate me", "nobody likes me". After the class on Cognitive Distortions, I learnt that I was overthinking and that I should not think in this manner.

From the class on Peer Pressure, I learnt that I need to think independently, say NO and walk away from wrong things.

Anish Charan G

7B Sumeru House

1. I have learnt to treat people properly and be kind to them.
2. To think independently. Choose your own path, don't follow the path of others.
3. Avoid teasing juniors.
4. Avoid abusing animals.

After I met you ma'am, I have become way better in behaviour and I am proud of my character. Thank you ma'am.

Nagul Ganapathy

7B Sumeru House

My life changed after the life skills classes. Although I am scared of dogs, I have become compassionate towards animals. Through creative thinking classes, I have learnt to think outside the box. I have learnt to cope with stress and learnt to keep myself safe from child sexual abuse. In the cyber safety class, I have learnt not to share personal details and passwords with anyone. Thank you, ma'am.

Samagyani S Deo

7B Aravalli House

I have learnt a lot from the life skills classes. I stopped doing what others are doing. I used to go for sports which other students went to but I realised that I am good at hockey and play well. Now I like the way I am. Thank you ma'am for teaching us good things.

Harshan Arya

7B Aravalli House

After the CSA and POCSO session, I learnt to keep myself safe. I have learned to be compassionate towards animals. I have stopped teasing others.

Dhanvantika**7B Nilgiri House**

CSA - I learnt what is safe and unsafe touch. I also learnt that I should report to a trusted adult if something happens.

Cybersafety - I learnt that I should not share personal information online and avoid downloading unwanted apps.

Bullying - I learnt to be kind to others and seek help if I got bullied.

Peer pressure - I learnt to trust my guts, be a better person and to think independently.

Coping with stress - I learnt that when I am stressed, I can take a walk in nature to calm myself down.

Compassion towards animals - I learnt that we should spend time with animals and take good care of them. But if we can't take proper care, we can give it to someone who will.

Resilience - I have to be flexible in any situation. I have to find my own passion, have goals and be open to change.

Who moved my cheese - I learnt that I have to adapt to change and face my fears.

Nara Samhitha**7B Aravalli House**

I have learnt many things from our life skills classes. But the main thing which has improved me is to avoid falling for peer pressure. Whenever my friends ask me to do something which I don't like, I tell them how I feel about it and they understand.

I have learnt to accept my flaws because everyone is beautiful in their own way.

I've been wanting a cat since I was young. I finally managed to convince my parents to adopt one. The topic, compassion towards animals made me even more compassionate towards cats. Thank you Merlyn ma'am for teaching us so many lessons for life.

Medhansh Sai Kothapalli**7B - Nilgiri House**

I changed my life because of the topic, Compassion towards animals. Two years ago, I used to hurt many animals on the road. I used to throw stones at animals. But now I don't. Thank you ma'am for teaching us this topic.

Pratyush Chaudhary**7B Nilgiri House**

Peer pressure - I used to do things that I'm not supposed to do. The topic on peer pressure has improved me. I ignore peer pressure and read a good book. I also say avoid doing things that are wrong. I have changed the way I think.

Coping with stress - I stressed out a lot during the PA1, PA2 and PA3 exams. I did well but the stress was too much for me to handle. I didn't get a peaceful sleep and was irritated in the morning. Ever since, I learnt how to cope with stress in term 4, annual exams were a breeze. I scored a sweet 97.96%.

A Thea Laurett**7B Vindhya House**

Once, I went to Merlyn ma'am for advice on stress related to friendship. She advised me to hum songs for at least 5 minutes a day. My problem was solved.

Life skills changed my life. Now I speak firmly to people who say bad things. I raise my voice where I need to raise it. I am happy to be independent.

Smyan N**7C Sumeru House**

CSA and POCSO - I have learnt that we have to fight for our rights and fight for the right thing.

Creative thinking - I have learnt that we should be creative because our creativity can inspire or help others.

Table manners - I have learnt that we should maintain good table manners as it would be disrespectful to others.

Cognitive distortions - I have learnt not to make PREDICTIONS because this is the reason things go wrong.

Resilience - I have learnt to never give in. I know if I fall down, I will get back higher.

Adit Srinivas**7C Nilgiri House**

CSA and POCSO - You should not touch anybody inappropriately. If someone does that to you, you might feel bad or confused. So you need to tell someone you trust. Call the helpline 1098.

Mental health - When facing mental health problems like worry or depression, we need to get help from a Counselor.

Body Image - You should not listen to people who discourage you or call you name based on your appearance.

Empathy - We should show empathy to people and animals

Resilience - When you are in a bad situation, you can overcome it and be in a better situation. You can achieve your goals.

Kesanth S.V

7 Sumeru House

Body image - Love your body, don't compare yourself to others, say "i love you" to yourself.

Peer pressure and social conformity - Peer pressure can be both positive and negative. Positive peer pressure can make you study well, concentrate on your goals and be a better person. Negative peer pressure can make you cheat in the exam, bunk classes, use drugs, steal and destroy property.

Table Ettiquettes - Do not share half-eaten food nor used cutlery with others, cover your mouth while eating, be mindful of others.

Anita John

7C Vindhya House

I have learnt to believe in myself, be open to change, not trust random people, obey my parents, respect people around me, be kind to animals and avoid sharing too much personal information with others.

Laahiri Tella

7D Nilgiri House

I have learnt to stand up for myself and not depend on anyone. I have learnt to have courage and got rid of stage fear. I have also learnt to accept my mistakes.

Arya M

7D Sumeru House

I used to put a lot of pressure on myself for Maths and Tamil exams. I have learnt to be calm now. In the past, I used to throw stones at animals but now I can imagine how difficult it is for them. I realised that I should not harm animals.

Nathan Chopra

7D Sumeru House

I have learnt to see change, anticipate change and adapt to change. I have learnt not to be controlled by fear. We should not stay in our comfort zone for too long. We have to predict and plan accordingly. I have learnt to not take things personally and avoid jumping to conclusions without facts. I have also learnt to be compassionate towards animals.

Shourya

8A Sumeru House

1. Bullying - I stopped bullying completely. When I feel like bullying, I put myself in their place. I am improving.
2. Change is the essence of life - I have suffered because I listened to some people and my marks went down. I could have adapted to change quickly but now I will start adapting.
3. Body image - I learnt that physical beauty may not last forever but mental beauty will last.
4. Resilience - I learnt that we should bounce back from traumas, depression and other issues before it destroys us. We should also learn from our mistakes.

Divyanshi Singh

8A Vindhya House

Bullying - I learnt that it is not good to make fun of someone and someone is bullying you, it's best to report. Also, it's not important to take the bad things that others say seriously.

Resilience - I learnt that we should not give up after experiencing a hard time. For example, when something bad happens you can't sit and be sad about it forever. We have to bounce back and start our regular schedule.

Creative thinking - I learnt how to think out of the box and be a little different from others. I also learnt to make different uses of simple objects.

Body language - Body language is important. People judge based on your body language because your body speaks for you.

Body image - We should not be over concerned about our body. We should be healthy but not hate ourselves for the way we look.

Peer pressure - I learnt that peer pressure is very common and it makes us do what others are doing without thinking whether it is right, wrong or necessary. We don't have to follow what others do. We should say NO.

P Jhananiya

8A Vindhya House

I have learnt that when something bad happens to you, you can cry but don't get stuck in the past. We have to leave the past behind and bounce back. I have learnt to maintain distance from people who do not make me comfortable. I also learnt to handle peer pressure.

A Samvidha Manikandan

8A Sumeru House

The topic that changed my life was cognitive distortions where I learnt about 'mind-reading'. I always imagined what others thought of me. I was not doing well by mind-reading others. Now, I have stopped mind-reading people. I don't worry about what others think about me and am more happy.

Creative thinking helped me to improve my studies a lot. I started creating my own answers and sentences.

The topic on body language helped me maintain good body language in front of teachers and friends.

Vaibhavi Mishra

8A Nilgiri House

From the topics of Managing Emotions and Resilience, I realised that I'm in-charge of my emotions. I learnt that what I've been through in the past should not follow me around. I learnt to be kind towards people around me and also treat animals with compassion.

Dayanitha Sivalingam

8A Sumeru House

The topic on Body Language changed the way I carry myself. I have also learnt to be strong in the face of bullying.

S. Mahikaa Rao

8A Nilgiri House

Resilience - When we discussed this topic, it helped me to understand that there is always a second chance in life.

Bullying - Even though I have never been bullied, the discussion has given me the courage to stand up for others who are being bullied. I also learnt that I need to report bullying to trusted people.

CSA - I learnt what it is all about and how to differentiate between appropriate and inappropriate behaviour.

Managing emotions - I learnt how to balance my emotions.

Peer pressure - I learnt how to differentiate between good and bad friends and how bad friends can force us to do something we don't want to.

Etiquettes - This topic helped me become aware of myself and I have become more formal at the dining table.

Gathri Nara

8B Aravalli House

Resilience - The topic helped me be open to competitions conducted in school. It also helped me overcome my fear and attend MUN classes.

Empathy - This topic changed my personality. It helped me to step into other people's shoes, understand their problems and be considerate towards them.

Cognitive distortions - This topic helped me change my mind about a few people. I stopped 'mind-reading'. I stopped making assumptions about people.

Shreedha D

8B Aravalli House

Empathy - I learnt to have mercy on people and be considerate. I learnt that others also have problems and helping others is the right thing.

Love versus infatuation - I learnt to differentiate between actual love and temporary crushes. I also learnt that school is not to get into trouble in school or college assuming that a 'crush' is 'true love'.

Resilience - I learnt to develop patience and be adaptable. I learnt that we should take failure as a lesson and bounce back. We should be flexible and open to changes in ourselves and our surroundings.

Life skills are very helpful and fun.

Wania Ansari

8B Sumeru House

I learnt to set goals for myself. I learnt to trust myself and avoid falling for peer pressure. I have learnt to be more empathic towards myself and others.

Aarohi A. G

8B Aravalli House

In the last academic year, I learnt the difference between 'eustress' and 'distress'. I learnt about cognitive distortions and how to deal with them. I know that we shouldn't have 'mob mentality'. I understand that everyone's feelings are Thank you for the valuable skills.

A Ananya

8B Sumeru House

There were many topics covered in Life Skills classes. The topic which helped me was Cognitive Distortions and How to Overcome them. I used to be distracted a lot. But when I became aware of the distortions that were distracting me, I learnt to eliminate them.

Y Heera

8B Vindhya House

The topic on Creative Thinking helped me to be open-minded and increase curiosity to learn new things. The topic on Body Image helped me avoid comparing myself to others. From the lesson on Peer Pressure, I learnt to deal with peer influence and social conformity.

Stanzin Laksam

8C Nilgiri House

I have learnt to be self aware. I have also learnt to be more responsible. I became aware of my body language and when I changed it, a lot of juniors started liking me. I have made many more friends and have learnt to act properly.

I also learnt how to make good decisions and it has helped me in my friendship issues.

Arna Dhanraj

8C Aravalli

I learnt a lot from the topic - Cognitive Distortions. I learnt how to stop overthinking and have stopped assuming how people feel about me. I learnt better ways to cope with my emotions. I learnt not to stress so much that I become exhausted. The topic CSA taught us to be careful even on the internet and not trust strangers online. The topic - Bullying and cyberbullying taught us to stand up for ourselves and treat people with kindness.

Jia Toshniwal**8C Sumeru House**

The topic of Bullying changed me to become a better person. I have learned to stand up for myself. When somebody is getting bullied, instead of standing for the bully, we should stand up for the person getting bullied. We should always report bullying to adults or people around us.

V. Dhanveer**8C Aravalli House**

I have learnt many important topics during life skills classes - Bullying, CSA, Critical thinking, Goal setting. The topic which changed my life was goal setting. Ms. Merlyn always tells us to introspect or look inside ourselves. Before her class, I never cared about my future but now I do.

Nandika Arun**8C Aravalli House**

I have learnt to trust myself and my confidence is better than before. I have learnt to make new friends. I still get stressed for no reason. Just talking to a teacher, I get extremely panicky. I used to bite my nails. Overall, I can see a big improvement in myself. I learnt to defend myself against bullying and help someone who is being bullied.

Aahana Yadav**8D Aravalli House**

The classes over the years have taught me various lessons. I have learnt to find solutions to problems. I understand that it's okay to have problems but I have to become resilient.

Krishav Tekriwal**8D Aravalli House**

I have learnt to not overthink. Before I used to overthink and panic. Now, I have improved and learned to take things lightly. In the past, I was very choosy and never adjusted. I have learnt to be flexible. I used to think about the past and feel sad. But now, I have learnt to adapt to change.

Kamala Shree L**8D Sumeru House**

I have learnt to move forward and solve problems. We shouldn't abuse people in any way nor make fun of their skin colour. We have to accept failure and try new things to bounce back. We should also not jump to conclusions.