

## Tamil Nadu

### Indian Public School, Erode

LVE Facilitator: Ambika Praveen

#### **About Indian Public School**

The Indian Public School is an eminent and well-reputed educational institution situated in Erode, (the turmeric city), with branches in major metropolitan cities like Trichy and Salem. The vision of the school is to offer extraordinary “EDUCATION, EXPOSURE & EXPERIENCE” to the learners. The culture of the school revolves around “Kindness, love & care”. This culture helps in fostering the self-confidence and positivity among the students making them vibrant and creative life-long learners. Here learning is knowledge and skills based and happens in an open, happy and secured environment.

#### **Introduction**

On May 28<sup>th</sup> and on September 27<sup>th</sup> & 28<sup>th</sup> the, teachers of “THE INDIAN PUBLIC SCHOOL, ERODE” were exposed to a creative workshop, under the theme “VALUES FOR WELL BEING” which enabled them to connect to their core personal values.

The teachers were made to understand that a value-based environment in schools is the need of the hour. They reflected on how they play a crucial role in creating such an environment, which in turn will help to create a value-based society. Teachers realised the need to emerge and embody these values to cultivate a nurturing atmosphere in the school.

The engaging activities and active participation of the teachers helped them to explore and experience their own personal and social values.

#### **Methodology**

- “Silence music” for mindfulness meditation
- The educators divided themselves into groups which were named as “peace, love, power, happiness, purity, bliss”
- The “chicken dance” filled the room with great energy and enthusiasm
- Gratitude circle – effectiveness of being thankful and grateful
- I am affirmation with gestures – for ice-breaking

- Qualities were recognised and appreciated – visiting card activity
- “The hello song”, saying hello in different languages
- Vande Mataram song – walk like a dignified ambassador
- Acrostic poem, quotes, rhyming lines for their important personal value and personal definition of value.
- Pretend to be a child – how would you like an adult to treat you
- Puppet activity – being gentle and sensitive towards the learner’s needs
- “Value balloons & value balls activity” – “what you give you receive”
- “Journey of self-discovery” – the tree activity
- Forgiveness song and forgiveness magic affirmation – emotional well-being
- “Teacher’s toolkit” – activity sheet

## Key Insights / Activities & Outcomes

### 1. Mindfulness

The session started with a silent meditation combined with “GRATITUDE CIRCLE & POSITIVE AFFIRMATIONS”, where the teachers after reflecting in silence, had to speak out 1 positive affirmation about themselves and mention 1 person or situation they are grateful for.



## 2. Ice-breaker

The teachers thoroughly enjoyed this “VALUE BASED ICE-BREAKER”, where they had to stand opposite to their selected partner, with an expensive object in between them, when the facilitator calls out some affirmations loudly, the teachers had to perform the relevant gesture for the affirmation and when the word object was said, they had to compete with their partner & pick the object.

This ice-breaker helped them reflect how positive affirmations when heard or uttered makes us feel relaxed and at ease, but on the contrary when we compete in the materialistic world, we become restless and peaceless.



### 3. “Fun with hello”, Greet & meet

The teachers were made to feel at ease, when “HELLO” was expressed in different languages in a song form. This activity emphasised the importance of meeting and greeting each other to sustain good relationships. It gave a clear understanding on how greeting each other with gestures helps in generating an atmosphere of warmth, friendship and belonging.

### 4. Visiting card activity

This silent moving activity enabled the teachers to know each other in an informal way. It helped them recognise their own qualities and to observe and appreciate the qualities of the other person. This peaceful way of acknowledging each other’s qualities through their eyes and smile gave a new perspective to analysing others attitude.

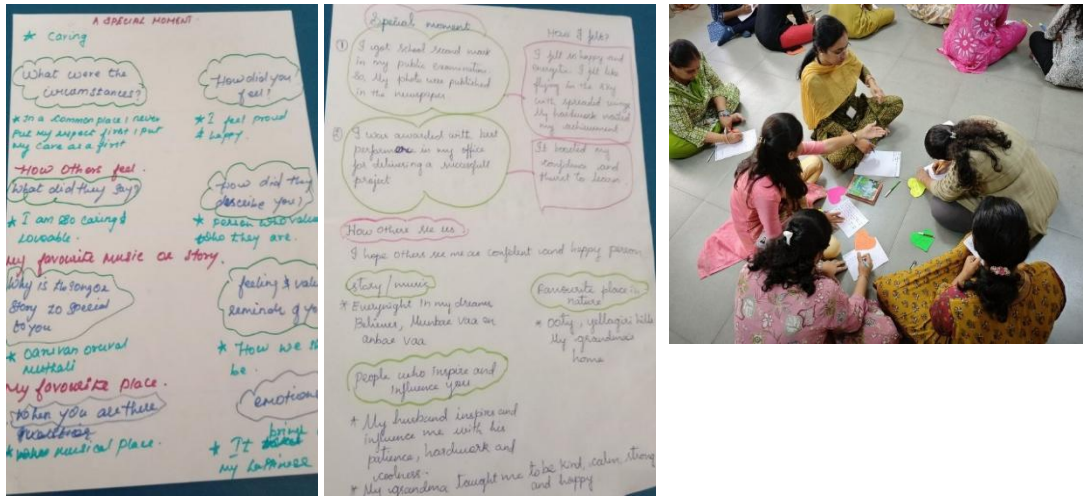


### 5. Personal reflection activity

In a quite reflective atmosphere, the teachers explored their innate personal values and also discovered how their values help build harmonious relationship with others, through this personal reflective activity. Here they calmly reflected on personal questions like –

- A SPECIAL MOMENT IN YOUR LIFE
- HOW OTHERS SEE ME (STRENGTHS & VALUES)
- FAVOURITE MUSIC OR STORY THAT HAS TOUCHED YOU
- A FAVOURITE PLACE IN NATURE CLOSE TO THEIR HEART

- PEOPLE WHO INSPIRE AND INFLUENCE ME WITH THEIR QUALITIES



## 6. Pretend as a brand ambassador of India to the country of your choice

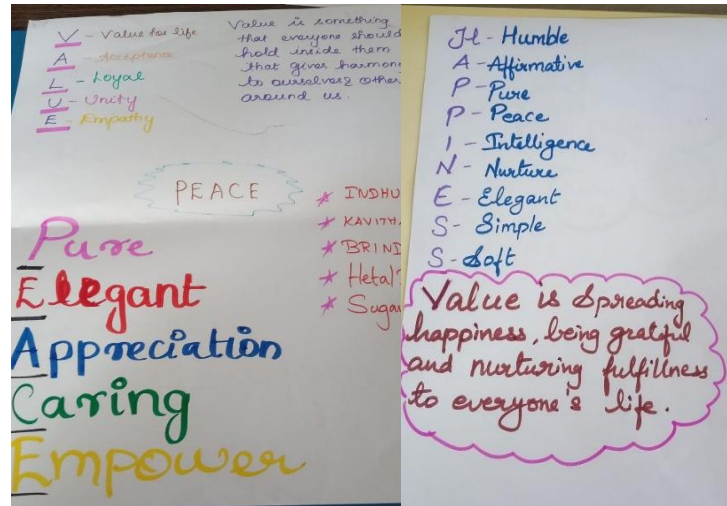
With “VANDE MATARAM” song playing at the background, the teachers walked around with dignity and pride, filled with a feeling of patriotism. This activity induced them to reflect on India’s rich cultural values. The teachers expressed what cultural values of India they would display through their actions and behaviour if they were chosen as “INDIA’S AMBASSADOR”.



## 7. Personal definition of value

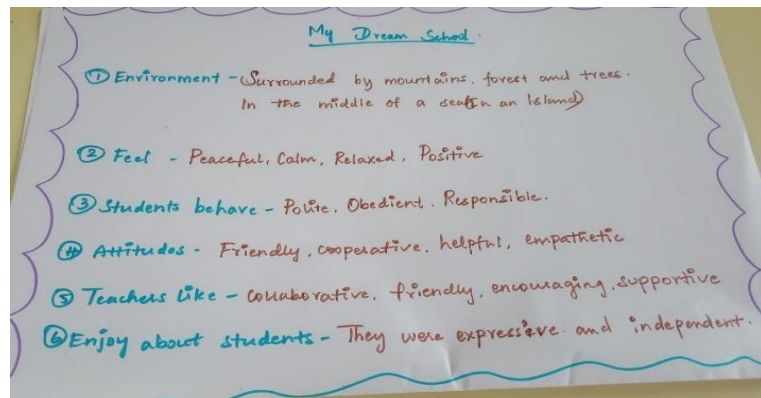
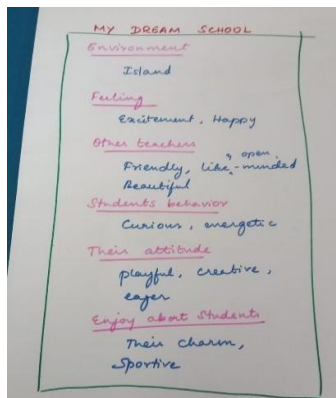
Teachers gave their personal definition of “WHAT IS A VALUE” – after a small brainstorming session on the different values they “EXPLORED, EXPERIENCED AND EXPRESSED” through the previous activities. They were asked to choose a value which defines them and write an acrostic poem for it

### EXAMPLES



## 8. “Imagine school of my dreams”

This visualisation activity enabled the teachers to go on a pleasant journey and experience a “SCHOOL OF THEIR DREAMS”. They explicitly expressed and depicted their expectations about the kind of environment, teachers and students they wished for. They discussed enthusiastically about the right attitude, positive actions & behaviour that is essential to create “A VALUED BASED LEARNING ENVIRONMENT”.



## 9. Energizer – Values balloon activity

*"Participants breathe into the balloon a value they would like to give the world and toss the ballon into the air and everyone tries to keep all the balloons moving, without letting them onto the floor ("we should never drop our values"). After two or three minutes, each one catches or picks up the balloon nearest to them."*

*Participants reflect on the value they have received and the value they gave.*

THE LAW OF "WHAT YOU GIVE YOU GET BACK", "GIVE WHAT YOU WANT TO RECEIVE" WERE EMPHASISED DEEPLY with the "VALUES BALLOON ACTIVITY"



## 9. The tree of my life- Inner journey of self-discovery

The teachers were guided through an “INWARD JOURNEY” to introspect and reflect deeply on their own values and qualities which define their personality. This activity encouraged teachers to think creatively and positively, it also greatly empowered them and instilled self-confidence.

It gave them an opportunity to appreciate their own personal values and to see the interconnectedness of the various aspects of our personal life. It helped them recognise the crucial role that values play in determining the quality of our relationships and life’s achievements.

*Roots – which value is the foundation of your life*

*Trunk – which value supports you and gives you strength*

*Branches – what are the important areas of your life*

*Leaves – think about a quality or value which you give to others*

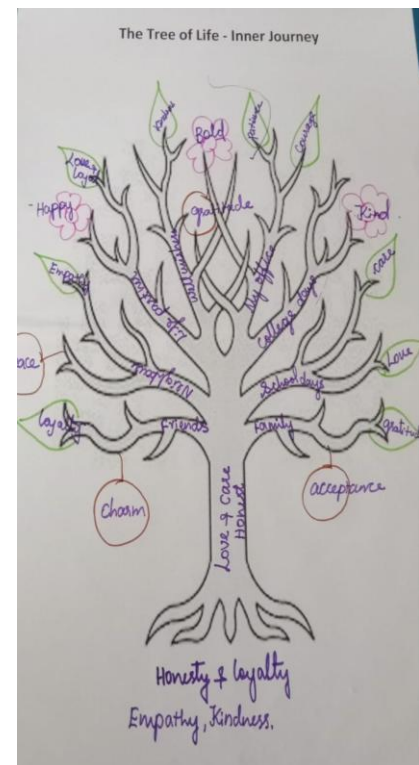
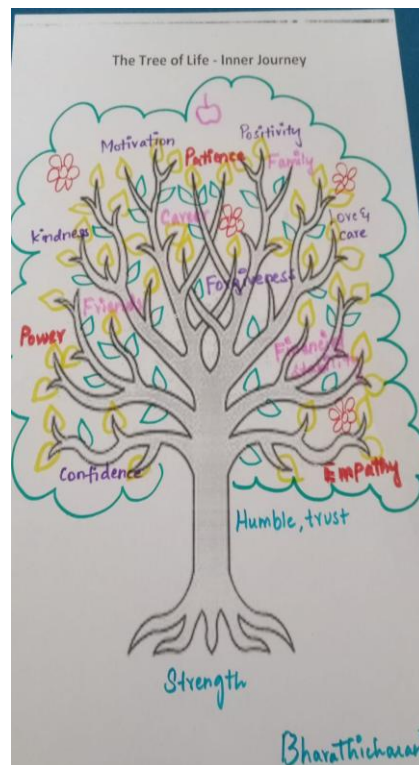
*Flowers – what is the special value that makes your unique and attractive*

*Fruits – which value helps you achieve and succeed in life*

*Rain & sunshine – what values nourish and nurture you like the sun and the rain nourishes the tree*

*Insects – what are some of the negative habits and attitudes that prevent your growth*

*Insecticides – what actions will you take or what values will you use to **destroy the insect**.*



## **10. The forgiveness activity**

The significance of facilitators having a forgiving and accepting nature was emphasised. Emotional healing, emotional stability and emotional well – being were discussed as the key factors that mould an emotionally & spiritually intelligent educator, who can radiate empathy, compassion, tolerance and understanding towards learners. A magic affirmation was shared to help eliminate feelings of resentment and bitterness. The interconnectedness of “POSITIVE EMOTIONS CREATING A POSITIVE MINDSET” AND “NEGATIVE EMOTIONS CREATING A NEGATIVE MINDSET”, was explained.

## **11. Teachers’ toolkit**

The educators were provided with the life skills that help us to live our values as a toolkit, to deal with challenges inside and outside the classroom. They were given a clear and valuable perspective on how the toolkit can enhance their professional competence and capabilities, to make them excellent educators. They were introduced and familiarised that these toolkits are the inherent strength within each individual, that can be developed and used to create a positive impact among the learners

### **Life skills as a toolkit**

- 1) Stand back/ go within
- 2) Let go of negative/ useless thoughts
- 3) Discern between good & bad / true & false
- 4) Make good decisions based on values
- 5) Adapt/be flexible
- 6) Work together/cooperate
- 7) Accept/tolerate
- 8) Face situations with courage

## 12. Chicken Dance - Energizer



## Feedback/Evaluation

- 'I attended today's session on wellness and values, and it was truly enriching. The activities highlighted the importance of balancing mind and body. I appreciated how simple practices can bring positivity into daily life. The emphasis on values was meaningful. Overall, it was a refreshing experience. **Vidya**
- The wellness session was very refreshing and insightful. It helped me relax. A truly positive and motivating experience. **Suji**
- Thank you for conducting such a meaningful wellbeing session. It was a truly enriching experience that reflected positivity and created a good vibe throughout. I really appreciate that thoughtful way you carried the session for three hours, keeping us engaged and connected. The activities and reflections were not only inspiring but also helped me feel lighter and more mindful. Your effort and dedication made a big difference, and I am grateful for the experience. **Mallika**
- We thoroughly enjoyed the wellness session, finding the activities and discussions to be both engaging and insightful. The supportive environment allowed us to feel comfortable exploring my well-being. Overall, we found the session to be highly beneficial. Thank you for this wonderful session. **Vinitha**
- You conducted the session with great energy and positivity. The positive affirmation thoughts were inspiring and easy to connect with. It created warm and motivating environment for everyone. Overall, it was a refreshing and uplifting experience. **Asha**

## Next Steps / Way Forward

Teachers deeply felt that value education should evolve into an **ongoing culture** and should not be a standalone session. They strongly recommended the following strategies should be incorporated and implemented in the curriculum

- Building empathy and ethical thinking through stories and real-life narratives.
- Encouraging critical thinking and moral reasoning by turning everyday situation into learning moments by formulating conflict resolution discussions, debates on values like honesty, kindness etc, having open dialogues
- Teaching values through experiential activities like role plays, skits, group problem solving tasks and community or eco service projects.
- Simple reflective and journaling activities by students strengthens self-awareness and improves emotional intelligence and accountability.
- Values driven behavior should be acknowledged and appreciated to positively reinforce values like “honesty, kindness, tolerance”. Value based recognition should be followed to motivate the learners
- Creating a safe and respectful classroom environment which encourage learners to listen without ridicule, validate emotions, promote inclusiveness.

### Closing Reflection

Teachers unanimously emphasized that “Value education is not taught—it is lived, observed, and experienced every day in the classroom.”

Teachers reflected with conviction that the above strategies, help in implementing a stronger school culture that has reduced behavioral issues, with improved teacher - student relationships and also it helps in creating an emotionally balanced classroom, filled with responsible and value-driven learners

*Overall, the educators had an*

- *Enriching*
- *Empowering*
- *Inspiring & motivating*
- *Refreshing & relaxing*
- *Uplifting & thought – provoking*
- *Insightful & influencing*

*Experience, that gave them an opportunity to deeply explore and reflect on their core inner values. The highly engaging activities translated into practical takeaways - enabling immediate and meaningful application in both their personal and professional lives.*

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