

Mumbai

JBCN International School, Parel

LVE Facilitator: Toral Shah

No of Participants: 25

Date: April 7, 2025

Duration: 60 minutes

Parents were asked to share one thing that brings them peace or makes them happy!



"I've started taking time for myself (enrolled into a dance class), and it's made me a much **happier parent**. I used to feel constantly frustrated and struggled to respond to my children with patience."

"I've started embracing the value of patience and have come to understand the importance of honouring my self-respect. This journey has brought a deeper sense of **dignity and humility** within me, making us as a family feel **happy and content**"

"I've started having open and meaningful conversations with my child about important matters, which has brought greater clarity and understanding for both of us—replacing arguments with connection. This brings lot of **peace** to me"

Parents reflecting on:

When was the last time you felt real happiness?

What are the factors affecting your happiness?

What about your child, makes you happy?

Do you blame others for taking away your happiness?



Parents visualizing “A Peaceful and Happy self”

Affirming: “I believe in myself, I love myself unconditionally, Peace is the essence of my being, I feel joy in everything I do, I have everything I need, within me”



Parent Feedback

“These sessions have awakened something inside me that is true to my whole existence”

“The peace and calm I have brought into myself through these sessions, have made me more tolerant to the situations I face in my daily life”

“I think these workshops are so important, as for the betterment of the child, family and the society as a whole, it is important to understand that values are the very basic necessity” - Mrs. Ruby Tandon (Grandmom of a 5-year-old)

“When I gave my child some time and space to reflect on his doings (wasting time and resources for sports activities by not attending regularly), he realized his mistake and started working on himself”

Date: May 7, 2025

No of Participants: 38

Duration: 90 minutes

**Participants reflecting on
“Factors that contribute towards
Humility”**

Some reflections:

- **Humility is based on self-respect**
- **A person with humility listens to accepts others**
- **Humility creates an open mind and recognition of the strengths of the self**
- **Humility makes arrogance disappear**

Activity 1

Write down 6 qualities/Values you have.

This helps the participants become more intentional and confident in your parenting. It reminds you of the strengths you bring to your role—like patience, empathy, or responsibility—and helps you lead by example. Reflecting on your values can guide how you respond to challenges, communicate with your child, and set a positive tone at home. It also reinforces your sense of identity beyond just being a parent, helping you stay grounded and emotionally balanced as you support your child’s growth.



Participants were given the following situation and they were asked to address the same

Make a group of 3 (Peace, Respect and Love) - An acquaintance has told you that someone else has been saying awful things about you. What they have said is not true.

How do you feel?

What could you do?

How can you apply the value of 'Peace'?

If you decide to talk with him or her, what would you say?

What can you say to the acquaintance?

How can you apply the Value of 'Respect' and 'Love'?

Outcome

Participants developed a deeper awareness of their own thoughts, emotions, and responses in everyday interactions. Parents were able to recognize the impact of their behaviour on their children and shift from reactive patterns to more conscious, value-based responses. The activity helped strengthen empathy, improve listening, and foster a sense of mutual respect and understanding. As a result, parents felt more confident in handling challenging situations with calmness and connection, leading to more positive and meaningful parent-child relationships.



Topic: Creating a Values-based Atmosphere in the Digital Age

Date: September 10, 2025

No of Participants: 65

Duration: 90 minutes

Objectives

The primary objectives of the workshop were to:

- Sensitize parents on the impact of technology on children's attitude, behavior and values.
- Encourage role modeling and conscious use of devices at home.
- Promote open communication and trust in addressing online challenges.
- Provide tools and exercises to help families link values to digital behavior.
- Support parents in building routines and rituals that strengthen emotional connection and resilience.



Workshop Content and Activities

A. Key Topics Covered

1. The need for values in the AI age.
2. How parents can lead by example in using technology.
3. Setting healthy digital boundaries without imposing strict restrictions.
4. Encouraging mindful reflection in children regarding their online habits.
5. Building communication channels where children feel safe to share experiences.
6. Celebrating values in action to reinforce positive behavior.

B. Practical Tools Provided

Family Values Charter

Participants were asked to identify five core family values (e.g., respect, kindness, honesty, gratitude, responsibility) and discuss how these values can guide their use of technology. They reflected on how to practice these values in daily digital interactions.

Group Sharing & Discussion

Parents were invited to share their experiences and insights in a structured group format, encouraging peer learning and mutual support.

Chat Storm Activity

A rapid reflection exercise where participants responded to prompts like:

- What is the first emotion you feel when your child challenges your peace?
- What one value would you like your child to learn from you?
- What one small step will you commit to this week to practice peace or values at home?

This exercise helped participants to connect with the self and commit to actionable steps.

Values Pledge

A pledge was taken to inculcate 'Peace' in the home /work environment and the immediate relationships.

Observations and Outcomes

- Participants engaged deeply in discussions and demonstrated a willingness to adopt new strategies learnt
- Many parents shared that they had never reflected on how technology usage aligned with family



values before the session.

- The Family Values Charter activity led to meaningful conversations about balancing screen time, practicing kindness, and creating shared routines.
- The Chat Storm exercise encouraged open dialogue and honest sharing, reinforcing the importance of self-awareness and empathy.
- Feedback from participants indicated increased confidence in handling digital challenges and applying family values in practical ways.

Conclusion

The workshop on '**Creating a Values-Based Atmosphere in the Digital Age**' equipped the parents with practical tools, awareness, and confidence to nurture children's growth in a technology-driven world. By focusing on values such as respect, empathy, responsibility, and balance, families are empowered to create supportive and mindful environments where children can thrive both online and offline. With guidance, reflection, and shared rituals, families can create meaningful experiences that enable children to face challenges with confidence and integrity—today and tomorrow.

Testimonial

"I am actually going through many of the phases with my child that were discussed in the workshop. It helped me gain clarity on how to handle difficult moments, especially when my child faces challenges with peers or in the parent-child relationship. I am really looking forward to the next workshop and learning more."



Topic: The Parental Survival Kit – Raising kids with calm and clarity

Date: October 10, 2025

Location: JBCN International School - Parel, Mumbai

No of participants: 35

Duration: 90 minutes

Objective of the Workshop

The session aimed to guide parents towards creating peaceful, respectful, and loving home environments. Through values-based reflection and practical “peace tools,” parents were encouraged to cultivate calm and clarity in their parenting journey while strengthening emotional bonds with their children.



Key Themes and Highlights

1. Parenting with Bond, not as a Battle

The workshop began by inviting parents to reflect on their current emotional state using an emoji-based *Mood Board*. This interactive exercise helped set a tone of self-awareness and openness.

2. Why Peace, Respect, and Love Matter

- *Peace* makes a home a safe space.
- *Respect* builds self-worth in children.
- *Love* nurtures lasting connection.

3. Reflective Dialogue

Parents explored questions such as:

- When was the last time they felt calm and connected as a parent?
- How did their peace impact their family?
- What could they do differently when challenges arise?

4. Situational Awareness

Real-life parenting situations (e.g., handling interruptions, sibling arguments) were discussed to practice choosing values like *Peace* over reaction.

ACTIVITIES:



1. The Pause Button – Practicing mindful response instead of immediate reaction. Parents gave examples of how, where and under what circumstances they can respond instead of reacting by sharing recent situations at home.

2. The Listening Lens – Empathic listening through one-minute sharing exercises. Parents grouped in two, one pretending to be a child and talking non-stop for 1 minute, and the other one listening patiently without interrupting. The speaker then shared that it felt lighter to speak their heart out without interruptions from the listener, they also shared that they felt heard and valued.





3. The Gratitude Note – Recognizing joyful family moments. Parents shared amongst themselves/journalling the last time they remember having a joyful moment as a family. They realised we need to have it more often and made their own plans as to how they will.

4. The Calm Corner – Creating a family space for emotional regulation. Parents took the initiative to recommend and recall the spaces that are used and can be used as ‘The calm corner’. They took inspiration from each other.

5. The Reflective Journal – Encouraging daily mindfulness and observation. Many parents vouched how journalling is helping them, and how they want to keep this a continuous habit.

6. The Loving Reminder – Group affirmation: *“I choose peace, even in chaos.”* A set of affirmations were repeated verbally which brought an immediate change in the atmosphere, and they experienced an inner calm and clarity before leaving the workshop.





Values Pledge

Parents concluded by writing one action they would continue practicing at home to nurture Peace, Respect, and Love.

The collective affirmation reinforced that calm and conscious presence is a parent's greatest gift to their child.

Peace begins with me. My calm is my child's strength. My presence is their safe space. I choose peace over perfection.

Outcomes and Feedback

- Parents appreciated the **interactive and reflective nature** of the workshop.
- Many expressed that they felt **more empowered to model emotional regulation** at home.
- The "Peace Tools" were found **practical and easy to integrate** into daily family life.
- The closing pledge created a sense of community and shared purpose among parents
- One parent shared a touching story about her child who was experiencing bullying on the school bus. Instead of reacting with anger or fear, the child chose kindness. He began offering sweets to his bullies every day for three days. Though they refused the sweets on the first two days, his consistent gesture of goodwill eventually melted their resistance — by the third day, they accepted his offering, and a new friendship began to form.

Testimonial

"I have been attending the Living Values Education's workshop regularly for the past 1 year, I never miss it and it's a must for me to attend each session. I have learnt to deal with myself, and the environment around me. I



always emerge out stronger and calmer post every workshop.

Topic: Parenting with Presence - Managing stress, Modelling strength

Date: November 12, 2025

No of Participants: 34

Duration: 90 minutes

“Parenting with Presence: Managing Stress, Modelling Strength”

It blended reflection, interaction, and calm moments so parents felt both engaged and refreshed 🌿

Workshop Outline

1. Warm greeting and short icebreaker

→ “One word to describe parenting today” (Parents shared aloud).

Brief overview of the Living Values Education framework — how values like peace, love, respect, and responsibility support stress-free parenting

2. Self-Assessment quiz – Participants took a small quiz to see where their stress levels currently are, followed by recommendations of some practical stressbusters

3. Reflective Activity:

What are the primary sources of stress in your life right now?

How do you currently cope with stress?

What changes can you make to reduce your stress levels?

4. Understanding Stress & Triggers

Short talk/discussion on:

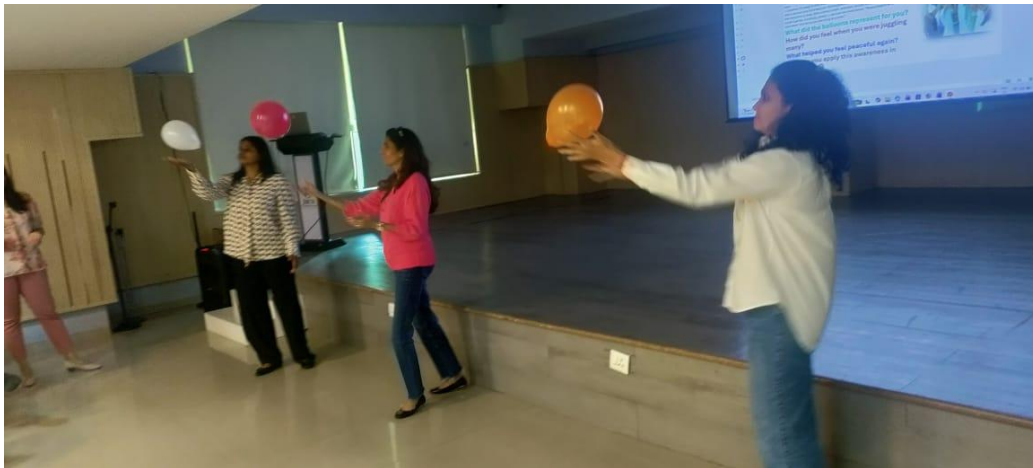
Common parenting stressors (time pressure, expectations, emotional overload)

The mind–body link and how children mirror parents’ stress levels.

Quick visual: “Stress vs Calm Response Cycle.”

Mini activity: Parents identify their top 2 triggers and one calming response they can choose instead.

5. Fun Group Activity – “Balancing Peace”



The objective of this activity was to help adults reflect on how to maintain inner calm and composure while managing multiple responsibilities in daily life.

Participants were each given balloons to represent the various aspects of their personal and professional lives. The activity began with each participant keeping a single balloon in the air using gentle movements. This initial round was smooth and enjoyable, symbolizing how balance feels achievable when handling one responsibility at a time.

Gradually, additional balloons were introduced, and participants had to keep two or three balloons afloat simultaneously. The room quickly filled with laughter, energy, and a sense of mild chaos — mirroring the real-life experience of juggling multiple roles. Through this, participants became aware of their responses to pressure and the strategies they unconsciously used to cope with increasing demands.

The final round brought the focus back to calmness. Participants were asked to pause, take a deep breath, and move one balloon slowly and mindfully to soft background music. This helped them reconnect with a sense of inner peace and reminded them that calmness and focus can be regained when one consciously slows down.

The reflective discussion that followed revealed valuable insights. Participants shared that they often lose balance when trying to manage everything at once, and that peace comes from prioritizing, being present, and handling one thing at a time. The session concluded with the affirmation:

“I create peace by staying balanced within, no matter what I’m balancing outside.”

6. Value Connection – “Peace and Presence at Home” (15 mins)

Small-group sharing:

“What helps bring peace in your home?”

“What values can guide us during stressful moments?”

Introduce quick calming tools:

→ 3 deep breaths before reacting,

→ mindful pauses,

→ listening with empathy.

7. Guided Practice – “The Pause Moment” (10 mins)

A brief relaxation or mindfulness exercise.

Soft background music.

Focus on breathing, self-compassion, and inner calm.



Purpose: Parents experienced the power of presence, not just learn about it.

8. Closing & Takeaway (10 mins)

Parent concerns were discussed. There was a mix of success stories as well as struggles during their parenting moments. A few examples of what was shared:

One parent shared that her home was quite chaotic this morning — with her father-in-law, husband, and children all preparing to leave around the same time, while she too had to head out soon after for the Parenting Workshop. Amidst the noise and rush, her daughter quietly observed the situation. Despite her mother-in-law raising her voice and the general tension, the mother consciously chose to stay calm, applying what she had been practising since the last session.

Noticing this, her daughter asked, “Aren’t you going to say something?” The mother gently replied, “I value my peace of mind more than anything right now.”

Through this simple yet powerful response, she not only maintained her inner balance but also set a living example of composure and self-awareness for her child.

Another parent shared her concern about her 5-year-old son, who often refuses to follow instructions — whether from his mother or his teacher. In fact, he tends to do the exact opposite of what is asked of him. The mother expressed feeling tired and frustrated, as repeated efforts to guide him seemed to make little difference.

Her honest sharing reflected the challenges many parents face when children begin to assert their independence, testing boundaries and seeking control. It also opened space for the group to discuss gentle, value-based ways of encouraging cooperation and understanding a child’s need for autonomy

Purpose: Encourages commitment, community feeling, and practical takeaways

Topic: Parenting with Peace

Date: December 4, 2025

No of Participants: 20

Duration: 90 minutes

1. Overview

An introductory Living Values Education (LVE) workshop was conducted for a new batch of Parents from the Pre-Primary section on 4th December. The session focused on strengthening the role of families in nurturing foundational values—**Peace, Love, and Respect**—during early childhood. Parents were introduced to simple, practical ways to integrate value-based habits into their daily home environment.



2. Objectives

The workshop aimed to:

- Enhance parents' understanding of the emotional and developmental needs of young children
- Support peaceful emotional expression in early childhood
- Encourage respectful behaviour through parental modelling and gentle guidance
- Strengthen the parent–child relationship using value-based stories, routines, and activities

3. Key Session Components

- **Understanding Early Needs:** Reflective activities helped parents identify what children require to feel secure and loved.
- **Peaceful Emotional Expression:** Demonstrations and simple tools—breathing, naming feelings, empathetic responses—parents shared with their partner on the right side.
- **Modelling Respect:** Parents explored the power of words (tone/volume), actions, and consistency in shaping a child's behaviour.
- **Value-Based Practices at Home:** Practical suggestions included gratitude rituals, bedtime stories, mindful pauses, and positive language.

4. Parent Participation

Parents actively engaged through discussions, sharing challenges and experiences. Many found the tools relatable and easy to apply at home, expressing appreciation for the session's interactive and supportive format.

5. Outcomes & Takeaways

- Children absorb values primarily by observing adults in their environment.
- A calm, loving atmosphere nurtures emotional security and cooperation.
- Small, consistent value-based practices significantly strengthen family relationships.
- Parents felt more confident in guiding their children with clarity and gentleness.

6. Conclusion

The workshop successfully reinforced the importance of value-based parenting during the formative years. Participants expressed interest in future sessions, recognising the positive impact of Living Values Education on children's holistic growth.

LIVING VALUES EDUCATION SESSION WITH GRADE 4 LEARNERS

Date: December 12, 2025

No of Participants: 120 - Grade 4 Learners

Duration: 60 mins (30 minutes each for 2 batches of 60 learners each)



1. Introduction

A Living Values Education (LVE) session was conducted for Grade 4 learners to help them understand and apply the Value of Peace for managing conflicts. The session provided them with practical tools to stay calm, think positively, and communicate respectfully when faced with disagreements or emotionally challenging situations.

2. Objectives of the Session

- To help children understand the meaning and importance of Peace.
- To build self-awareness and emotional regulation skills.
- To encourage peaceful thinking and behaviour as a way to solve conflicts.
- To strengthen students' ability to respond with patience and understanding.

4. Activities Conducted

a. Creative Visualisation – “I Am a Peaceful Star”

Learners participated in a guided visualisation where they imagined themselves as a peaceful star travelling in a bubble of light. This exercise helped them experience inner calm, safety, and clarity. Students reported feeling light, relaxed, and free from negative thoughts.

b. Reflective Activity – “What Does Peace Mean to You?”

Students reflected individually on their personal understanding of Peace. They identified what brings them peace, what disturbs their peace, and how they can regain calmness through peaceful thoughts and actions.



c. Reflective Activity – “How Do Peaceful People Think and Behave?”

The children explored the difference between peaceful and non-peaceful thinking. The discussion included:

A peaceful person:

- Takes deep breaths to calm down.
- Speaks softly and tries to help others calm down too.
- Adjusts and compromises when needed.
- Explains their feelings in a gentle tone.
- Practices peaceful habits like reading, meditating, or thinking positive thoughts.

An angry or non-peaceful person:

- May speak rudely or shout to prove their point.
- Often believes they are always right.
- Acts selfishly or without caring about others’ feelings.
- Thinks negative thoughts that disturb their peace. This activity helped students recognise how peaceful thoughts lead to peaceful behaviour, while angry thoughts create conflict and unhappiness.

5. Student Reflections

“During the visualisation, I felt very light and calm. It was like there was a guiding white light right behind me.”

“I felt peaceful and all my negative thoughts went away.”

“In the morning, I was feeling disturbed, but now it doesn’t affect me anymore.”

“When my parents fight, I feel stressed and scared because I don’t know what to do. But now I will use this method to relax by imagining myself as a peaceful star.”

This reflection shows the emotional impact of the workshop and the effectiveness of peaceful practices for children.

6. Conclusion

The workshop successfully helped Grade 4 learners understand how the Value of Peace can guide their thoughts and actions during conflicts. Through visualisation, reflection, and discussion, students learned simple but powerful strategies to stay calm, communicate respectfully, and handle difficult emotions constructively. The session contributed to promoting a more positive, compassionate, and values-based learning environment.

7.. Next step: The school management is interested in having regular sessions like these on different values every month.
