

## Nurturing values into daily life through reflection and creative art

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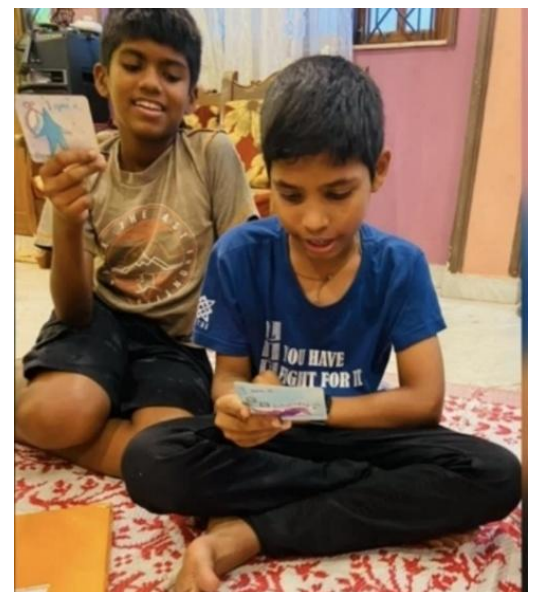
On 3rd April, a workshop was conducted for children aged 10 to 18 from the Catholic community with the aim of helping them understand, reflect on values into their everyday lives. The session combined value-based discussions with a creative Mandala art activity to foster mindfulness, self-expression, and emotional well-being. The workshop sought to inspire children to live with confidence, happiness, and self-love, while discovering the joy of creativity and inner peace.

Many children reflected on values for the first time, which brought excitement, curiosity, and thoughtful engagement.

- The activities helped them understand how values like inner peace, respect, self-love contribute to becoming better human beings.
- The **Mandala session** created a meditative experience, helping the participants experience stillness, focus, and peace.
- The workshop successfully linked **spiritual reflection with creative expression**, allowing children to realise that values can be lived and practised through small daily actions.

### Feedback and Outcomes

- Participants shared that the workshop made them feel **peaceful, happy, and more connected** to their inner selves.
- Many expressed a **strong desire to attend similar sessions** in the future, as the experience helped them explore mindfulness and creativity in a meaningful way.



- The children reported feeling a **renewed sense of purpose and calm**, with motivation to apply values like self-love, peace, unity and respect in their daily lives.
- Overall, the workshop was a **success**, creating a positive and values-based environment that encouraged reflection, creativity, and emotional growth.



**Media Consent**

Media Consent

Thereby state to give consent for any photos or written sharing made during The Creative Arts workshop to be used in any publication for LVE by Living Values Education India and ALIVE International in any form of media.

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