

Sat Paul Mittal School organized Odd Socks Day



Sat Paul Mittal School celebrated Anti-Bullying Day on 24th April, 2023 for grades II-V. The workshop explored the concept of bullyism on many levels from power to empowerment, what the word bullying means, strategies for dealing with bullying, building confidence and assertiveness skills.

The workshop commenced with an activity, 'Wrinkled Sid', designed to infuse self-realization in the students

that how negative comments can destroy a person's self-esteem and often leads to a defeated body language in the victim. The activity was followed by a presentation on 'The Perception of Bullying' wherein, the students explored different scenarios to arrive at a clear understanding of what bullying is and how it is different from an argument, teasing, disagreement or a conflict. There was a video presentation, which helped empowering Satyans with new skills for responding appropriately to bullying and conflict situations. The resource person stressed on the importance of wearing odd socks as a part of Anti-bullying Day to have fun, be themselves, celebrate their uniqueness and spread awareness of the core values Anti-Bullying Day promotes. The students were acquainted with the safety rules, the concept of safety bubble and how to act incase being troubled by someone. Students were empowered by the school counselor as to how assertively and confidently voice themselves, never keep a secret, to reach out to a trusted adult and seek help. In case they witness someone being bullied, how to be an ally and support the bullied peer by not engaging in the conflict.

Sat Paul Mittal School strongly believes that learning is strengthened and solidified only when it occurs in a safe and secure environment. In the end, Satyans pledged to stand up against bullying and help create an environment where everyone feels safe and accepted, no matter who they are or what they look like.

The event was an extremely informative experience for all present. It helped children learn to respect and celebrate differences, to be inclusive, and to recognize and stand up to prejudice and intolerance.

