

Workshop on Anger Management- By Dr Puneet Kathuria



A workshop was held at Sat Paul Mittal School for classes II-V on the topic 'Anger Management'. The resource person for the same was Dr Puneet Kathuria, father of Kangna Kathuria of VI-A and Kabeer Kathuria of II-A. The workshop was held in two sessions. The first session was conducted for the classes II and III wherein Dr Puneet emphasized on the recognition of emotions, management of anger and colouring of emotions through drawing. The resource person used various activities to create interest of the students- calming jar activity, blowing the balloon, pause button and butterfly exercise. Another session was conducted for classes IV and V. The students acknowledged their emotions through various activities- recognition of emotions, situations and associated emotions, elephant breathing, bumble bee breathing, anger management; in which the resource person explained what anger does to their body.