



# **ACTIVITY- 5**

## **SEPTEMBER- Grd:9-12**

# **PHILOSOPHY IN THE CLASSROOM**

# ACTIVITY -5

**Activity Title:** Notice board decoration –Poster making, Soft board activity

**Duration of the activity:** 2 hours

**Classes:** 9 to 12

**Teacher Responsible:** Ms Survath Jabeen, Ms Sabira, Ms Sameera, Ms Zahida, Ms Jasmine

**Description of the activity:**

*The activity aims to help the youth to identify and understand the ways and means to effectively use stress management tools and techniques.*

*Stress is a natural part of every young person's life. Stress is any change internal or external, positive or negative to which a young person must adapt; stress is anything that causes physical or mental wear and tear on the body and mind.*

*Class 9 to 12 is divided into groups and provided with the necessary materials like charts, crayons, and sketches. The students prepared creative, innovative, and meaningful posters based on the theme.*

**THEME:**

- *Management of exam stress*
- *Healthy food during exam*
- *Time management for effective reading*

**Learning Outcome**

**1.Knowledge:***The youth understands how to effectively use stress management tools and techniques.*

**2. Skills:**

- Personal accountability
- Interpersonal effectiveness
- Critical thinking
- Self-awareness
- Personal credibility
- Flexibility

### 3. Attitudes:

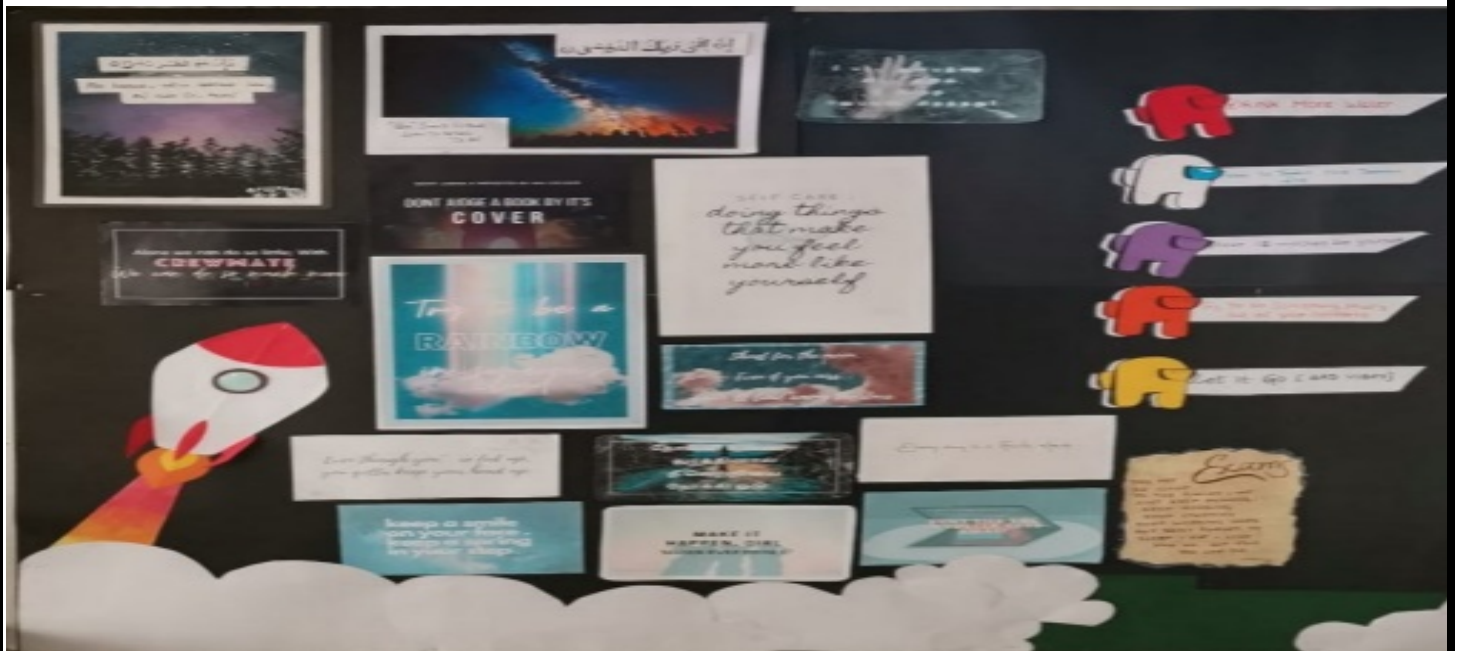
- Positive attitude towards Exams.
- Effective management of stress.

### Subjects Integrated:

*Art integrated with Science and English.*

### Evidences:

1. Softboard photos
2. Students write up







## Student's write up:

Stress Management  
Date :- 6 / September / 2021

We did a poster on stress Management. I personally learnt a lot on Managing stress on doing this activity. I also felt like I've got a break from studying. I personally enjoyed a lot and strated manage my stress. Overall it was a fun and knowledge activity.

- Maseeha Fathima A.

Stress Management  
September/2021

As we all had exams it is a possible thing to have stress. Being a student, I know how it feels to have exams around the corner. So, we & the teacher planned to take up an activity to help others manage their stress. So, we decided to fill up our empty board. As after the Covid, the boards were all empty. & we decided to fill it all. We made charts on how to manage stress. We made our board colourfull, added lots of quotes, & nice night time theme. Our whole class helped each other. We also had some fun time together doing all these charts. I also learnt many new thing about stress management which helped a lot during my exams. I personally enjoyed it a lot.

IX-B  
Notice board activity - 9B

We the student of grade 9B, decorated our notice board, based on the theme, 'Managing exam stress', 'Healthy food during exam', 'Time management' & reaching our goal.

Foods during examination:-  
Following a balanced diet is part of a healthy lifestyle, improves heart and brain function. Eating 'brain food' improves mood, sharper learning and concentration, and sharpens memory and attention.

Good brain foods are:- coffee, fatty veges, Bananas, Dark chocolate, tea and ~~chocolate~~ etc.

Time management  
If you manage your time wisely, you'll be able to get the best score possible. Effective time management allows students to complete more in less time, because their attention is focused.

Managing Exam stress:  
Exam stress affects most students in varying ways. It is important to manage this stress and find little ways of helping to eliminate the risk of burnout.

Dream high:  
Without goals you lack focus and direction. Goal setting not only allows you to take control of your life's direction, it also provides you a benchmark for determining whether you are actually succeeding.

Conclusion:  
Though, with all troubles we faced while making this activity, we were glad to present the students something helpful and informative to them. Delivering all point of views and creativity of our team mates through this final product of a amazing Notice board activity. Thank You!

Time Management  
Date :- 13 / September / 2021

We did a Time Managing take on this activity. I did make up most that were on my list. even though I missed some of my task. I felt like I was using my time on the most and did my best to complete all the tasks. It was a very useful activity.

- Maseeha Fathima A.