



DELHI PUBLIC SCHOOL GANDHINAGAR

Academic Session 2025-26

Event Report

Title: Sign language, Calming exercises, and Attention-seekers for Pre - Schoolers	Date: 23.08.25
Venue: Audio- Visual Room	Class: Pre – Primary Educators

On August 23, 2025, Pre-Primary teachers participated in a workshop session led by Ms. Aparna Mishra, focused on sign language, calming exercises, and attention-seeking strategies.

1. Sign Language in Classrooms:

Teachers were introduced to basic sign language to improve communication in inclusive classrooms. The use of simple signs for daily instructions was shown to support language development and help bridge communication gaps between teachers and students.

2. Relaxing Activities:

The session emphasized the importance of emotional regulation in early childhood. Teachers learned mindfulness techniques, simple yoga poses, and breathing exercises to help students manage stress and transition smoothly between activities.

3. Attention-Seeking Strategies:

Various engaging methods to capture children's attention were explored, including call-and-response techniques, visual cues, clapping rhythms, and the use of music and rhymes. These strategies aim to maintain discipline in a fun and non-disruptive way.

Throughout the session, participants engaged in hands-on activities and group demonstrations. The workshop provided practical tools that can be easily implemented in daily teaching. Teachers responded positively, noting the workshop was both informative and highly relevant to their classroom practice.

