



**DELHI PUBLIC SCHOOL GANDHINAGAR**  
**Academic Session 2026-27**  
**Event Report**

<b>Title: Communicating Your Feelings</b>	<b>Date: 01/07/2026</b>
<b>Venue: Auditorium</b>	<b>Class: VI</b>

A workshop on “Communicating Your Feelings – Good Ways vs. Bad Ways” was conducted for Class 6 students to help them understand emotions and express themselves positively. Students learned that feelings and emotions are natural responses to different situations and everyone experiences them differently. The session covered common emotions such as anger, sadness, happiness, and embarrassment, along with simple techniques to manage them, including deep breathing, positive thinking, talking to a trusted adult, and taking a short break before reacting.

The workshop emphasized that the right way to communicate feelings is by speaking calmly, using kind words, listening to others, and expressing emotions honestly without hurting anyone. Students understood that shouting, blaming, hitting, or keeping emotions bottled up are unhealthy ways of coping, while sharing feelings respectfully builds stronger relationships. They actively participated in discussions and reflected on real-life situations. If you experience Anger: Stay calm and speak politely. If you are Sad: Share your feelings with someone you trust. While being Happy: Spread joy by sharing kindness. In case there is an Embarrassment: Accept mistakes and remember they help us learn and grow. Students understood different feelings and emotions and learned that all emotions are normal. They identified healthy ways to manage emotions and communicate their feelings respectfully. They recognized the difference between good and bad ways of expressing emotions and the importance of empathy and self-control.



