

Under the Visionary Leadership of

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Additional Director (DIRPS)

**DIRECTORATE OF INSPECTION & REGISTRATION
OF PRIVATE INSTITUTIONS SINDH**

And

ALL SINDH PRIVATE SCHOOLS AND COLLEGES ASSOCIATION

Celebrating



To Commemorate



Directorate of Inspection & Registrations
of Private Institution Sindh

All Sindh Private Schools &
Colleges Association



THEMES OF CHILDREN'S WEEK

DAYS		THEMES
Day 1	Monday, November 17, 2025	Be Kind, Be Strong! (Digital Safety & Say NO to –Drugs, Bullying & Corporal Punishment)
Day 2	Tuesday, November 18, 2025	My Rights, My Voice! (Rights & Responsibilities)
Day 3	Wednesday, November 19, 2025	Green Citizens! (Environment & Sustainability)
Day 4	Thursday, November 20, 2025	Dream, Design, Discover — and Grow! (STEAM, Self-Improvement & Future Skills)

Daily an Hour of Awareness & Expression

Select one activity from each theme day and conduct it age-wise — collectively or within individual classrooms, as per campus feasibility.

Sr.#	Segment	Time	Duration	Description & Flow
1	Warm-Up (Ice-Breaker)	10:15 – 10:20	5 mins	<ul style="list-style-type: none"> Begin with a cheerful classroom energy-builder. <p><i>Example:</i> Students stand in a circle — one student says a kind word or compliment to the next (e.g., “You’re helpful,” “You make me laugh”).</p>
2	Theme Reveal & Motivational Talk “Teen Sawal Aaj Kay”	10:20 – 10:35	15 mins	<ul style="list-style-type: none"> Teacher/Moderator reveals the theme. Briefly explain the four focus points of the theme. 3 panelists (students) and 1 moderator. Each question from “Teen Sawal Aaj Kay” is discussed for 5 minutes each
4	Rapid-Fire Round – “Ten Statements”	10:35 – 10:50	15 mins	<ul style="list-style-type: none"> Moderator reads 10 short statements. Give 5 mins to group of students to write their thoughts on the statements. Each group will answer for any of the statement with all.
5	Activity Time!	10:50 – 11:10	20 mins	<p>Select any of the given (age –appropriate) activities to be performed in the classroom.</p> <p>Objective: To help students develop awareness, empathy, and positive life skills through creative activities promoting kindness, courage, safety, and responsible behavior.</p>
6	Pledge of the Day – “Teen Waday Aaj Kay”	11:10 – 11:15	5 mins	<ul style="list-style-type: none"> Students stand together and read the bilingual Three Pledges of the Day aloud.



CHILDREN'S WEEK

Day One: Monday, November 17, 2025

Be Kind, Be Strong!

(Digital Safety & Say NO to -Drugs, Bullying & Corporal Punishment)

☆ تین سوال آج کے☆

1. بُنگ (Bullying) اور جسمانی سزا (Corporal Punishment) کیا ہوتی ہیں؟

• اگر کوئی کسی کو تگ کرے، مارے یا برا محسوس کرائے تو ہمیں کیا کرنا چاہیے؟

• اسکول اور گھر کو محفوظ اور مہربان جگہ بنانے کے پانچ طریقے کیا ہیں؟

2. کچھ بچے یا نوجوان غلط چیزوں جیسے ڈرگز (Drugs) کا استعمال کیوں کرتے ہیں؟

• یہ صحت اور زندگی پر کیا براثر ڈالتی ہیں؟

• ”Say NO to Drugs“ کے پانچ طریقے یا احتیاطی باتیں کیا ہیں؟

3. ڈیجیٹل سیفٹی (Digital Safety) کیا ہے؟

• موبائل، انٹرنیٹ اور سو شل میڈیا استعمال کرتے وقت ہمیں کیا خیال رکھنا چاہیے؟

• آن لائن محفوظ رہنے کے پانچ طریقے کیا ہے؟

QUESTIONS OF THE DAY

1. **What are bullying and corporal punishment?**

If someone hits, hurts, or makes others feel bad at school or at home, what should we do?

What are five ways to make your school and home safe, kind, and happy places for everyone?

2. **Why do some children or teenagers start using drugs or harmful substances?**

How do these affect health and life?

What are five smart ways to confidently Say NO to Drugs and stay healthy and strong?

3. **What is digital safety?**

What should we remember when using a mobile phone, internet, or social media?

What are five simple ways to stay careful and safe online?



TEN STATEMENTS

1. **Bullying or corporal punishment can happen in many ways such as...**

2. **How does bullying or harsh punishment affect a child's confidence and happiness?**

3. **What are some kind and respectful ways to treat others instead of bullying or hurting them?**

4. **How can we make our school a safe, caring, and respectful place for everyone?**

5. **What are some bad effects of using drugs or harmful substances on our body and mind?**

6. **If someone offers you drugs or tries to force you to do something wrong, what can you say or do to protect yourself?**

7. **What are some signs that show a person might be using drugs or needs help and care?**

8. **What steps can students and teachers take together to keep the school and community free from drugs and bad habits?**

9. **What are some safe and smart ways to use mobile phones, internet, and social media?**

10. **What manners and morals should we always follow at home, school, and online to stay kind, respectful, and responsible?**



ACTIVITY # 1

KINDNESS TREE - GROW GOOD DEEDS

Objective: To help students express kindness through real-life actions suitable for their age.

Materials: Chart paper or cardboard tree trunk, green paper leaves, markers, tape/pins.

Instructions (Age-Wise Adaptation):

- **Ages 5–9 (Primary):** Write or draw one *kind thing* they did (e.g., “I shared my lunch,” “I helped a friend”).
- **Ages 10–14 (Upper Primary):** Write a *kindness challenge* for the week (e.g., “I will include new friends at recess”).
- **Ages 15–19 (Secondary):** Write a *real example of kindness that inspired them or how kindness can stop bullying*.

All leaves are added to the tree to form a vibrant “Kindness Forest”, reminding everyone that *small deeds grow big change!*



ACTIVITY # 2

BE BRAVE, SPEAK SAFE!

Objective: To build confidence to refuse bullying, drugs, or online pressure through creative expression.

Materials: Scenario cards, small stage space, optional props (paper badges, hats, microphones).

Instructions:

- **Ages 5–9:** Role-play simple school situations — e.g., “*Someone teases you*” or “*A classmate won’t share*.” Show how to say “**Stop it, please!**” or “**Let’s be friends instead.**”
- **Ages 10–14:** Act out short “*Say No*” scenes — e.g., “*A friend forces you to skip class*,” “*Someone asks for your password*.”
- **Ages 15–19:** Create 1–2 minute **mini skits, rap verses, or talk shows** about *peer pressure, cyberbullying, or drugs*. All groups end together with the chant:
👉 “**Be Kind, Be Strong — Say No to Wrong!**”



ACTIVITY # 3

DIGITAL SUPERHERO BADGE

Objective: To promote smart, kind, and safe online behavior at every age level.

Materials: Colored paper, scissors, glue, markers, optional glitter/stickers.

Instructions:

- **Ages 5–9:** Make simple badges with names like “Safe Surfer,” “Click Smart,” or “Cyber Hero.” Draw smiling devices or emojis.
- **Ages 10–14:** Add one **digital safety promise** (e.g., “I will not share my password,” “I will not post rude comments”).
- **Ages 15–19:** Design **tech-shield emblems** with slogans promoting *digital ethics and awareness* (e.g., “Think Before You Type,” “Report – Don’t Retaliate”).

Display all badges on a board titled “**Our Digital Heroes.**”



ACTIVITY # 4

CIRCLE OF COURAGE

Objective: To boost teamwork, confidence, and emotional strength through shared reflection.

Materials: Colored paper circles (one per student), markers/crayons, tape, background music (optional).

Instructions:

- **Ages 5–9:** Each child writes or draws one word showing *how they are kind or brave* (e.g., “Helper,” “Listener”).
- **Ages 10–14:** Write a short sentence starting with “I am strong because...” (e.g., “I stand up for friends,” “I tell the truth”).
- **Ages 15–19:** Write a *motivational message or quote* they live by (e.g., “Strength is standing alone for what’s right”).

All students place their circles together to form a giant “**Courage Wheel**”, symbolizing unity, self-belief, and kindness.

End the session with a rhythmic group chant:

☞ “**Together we are kind! Together we are strong!**”



☆ تین وعدے آج کے ☆

1. میں وعدہ کرتا ہوں کہ میں ہر حال میں ڈر گز، بڑی عادتوں اور غلط چیزوں سے ”نه“ کہوں گا۔
میں خود کو اور اپنے دوستوں کو نشر آور چیزوں، دباؤ یا غلط عمل سے بچاؤں گا۔
2. میں کسی کو بیانگ، طعنے، مذاق، مار پیٹ یا بڑے الفاظ سے دُکھ نہیں دوں گا۔
میں دوسروں کے ساتھ نرمی، احترام اور ہمدردی سے پیش آؤں گا، اور ہر ایک کے ساتھ انصاف کروں گا۔
3. میں وعدہ کرتا ہوں کہ میں خود کو اور دوسروں کو ڈیجیٹل دنیا میں بھی محفوظ رکھوں گا۔
میں کبھی اپنی یاد دوسروں کی معلومات غلط جگہ شیئر نہیں کروں گا اور ہمیشہ محفوظ، مہربان اور ذمہ دار آن لائے شہری بنوں گا۔

PLEDGE OF THE DAY

1. I promise to always say “No” to drugs, bad habits, and harmful choices.
I will protect myself and my friends from peer pressure, harmful substances, and unsafe actions.
2. I will never bully, hurt, tease, or insult anyone with words or actions.
I will treat everyone with kindness, respect, and fairness at school, home, and everywhere.
3. I promise to stay safe and responsible online.
I will protect my personal information, use the internet kindly, and always be a strong, safe, and smart digital citizen.



CHILDREN'S WEEK

Day Two: Tuesday, November 18, 2025

My Rights, My Voice! (Rights & Responsibilities)

☆ تین سوال آج کے ☆

1. میرے حقوق (Rights) کیا ہیں؟

• ہم سب کے برابر حقوق کیوں ضروری ہیں؟

• اسکول، گھر اور معاشرے میں اپنے اور دوسروں کے حقوق کا خیال رکھنے کے پانچ طریقے بتاؤ۔

2. میری ذمہ داریاں (Responsibilities) کیا ہیں؟

• ایک اچھے طالب علم، اچھے شہری اور اچھے دوست کی حیثیت سے ہماری ذمہ داریاں کیا ہوئی چاہیں؟

• پانچ ذمہ داریاں بتاؤ جو تم روزانہ خوشی سے نجاتے ہو۔

3. میری آواز (My Voice) کیوں اہم ہے؟

• اگر کوئی تمہاری بات نہ سنبھالے ساتھ نا انصافی کرے تو تم کیا کرو گے؟

• پانچ طریقے بتاؤ جن سے تم اپنی آواز مہذب، ثابت اور باعتماد انداز میں بلند کر سکتے ہو۔

QUESTIONS OF THE DAY

1. **What are my rights as a student and as a human being?**

Why is it important for everyone to have equal rights?

What are five ways we can protect our own and others' rights at school and home?

2. **What are my responsibilities as a student, friend, and citizen?**

How can fulfilling responsibilities make our school and community better?

What are five responsibilities you proudly follow every day?

3. **Why is my voice important?**

What should I do if someone ignores my opinion or treats me unfairly?

What are five ways to raise your voice confidently, respectfully, and positively?



TEN STATEMENTS

1. My basic rights as a child include...

2. Respecting others' rights helps us to...

3. My main responsibilities as a student are...

4. When everyone fulfills their responsibilities, our school becomes...

5. Using my voice in a kind and confident way means...

6. If I see someone's rights being ignored, I should...

7. One unfair situation children sometimes face is...

8. I can express my thoughts safely and respectfully by...

9. When I use my voice for good, I feel...

10. A good citizen always...



ACTIVITY # 1

HUMAN RIGHTS CORNERS

Objective: To help students recognize their rights and responsibilities through movement and quick decision-making.

Materials: Four chart papers labeled – *Education, Respect, Health & Safety, Freedom of Expression*; simple statements written on slips.

Instructions (Age-Wise Adaptation):

- **Ages 5–9 (Primary):** Teacher reads short, fun examples aloud (e.g., “I share my toys,” “I get to play safely,” “I listen to my teacher”). Children walk to the correct *corner* that matches the idea (e.g., *Respect* or *Health & Safety*).
- **Ages 10–14 (Middle):** Students receive statement slips and decide if it shows a *Right* or *Responsibility*. Then stand under the correct corner chart.
- **Ages 15–19 (Secondary):** Teacher reads complex cases (e.g., “Posting a friend’s photo online without permission”). Students move to the *Freedom of Expression* corner and explain if it’s a *right* or *misuse of a right*.
☞ “Every Right Comes with a Responsibility.”



ACTIVITY # 2

RIGHTS IN ACTION DRAMA WHEEL

Objective: To show that rights and responsibilities must work together in everyday life.

Materials: A “drama wheel” (paper plate or spinner labeled *Home, School, Community, Online*).

Instructions (Age-Wise Adaptation):

- **Ages 5–9:** Spin the wheel — teacher calls out simple scenes like *sharing crayons* or *helping a classmate*. Students act out the correct behavior for that right.
- **Ages 10–14:** Students spin and act out mini-dramas: *respecting school rules, helping a sick friend, cleaning the classroom*.
- **Ages 15–19:** Groups create 1-minute social scenes or mock debates (e.g., *Freedom of speech vs. respect for others, Right to education vs. duty to attend school*).
☞ “Rights + Responsibilities = Respect.”



ACTIVITY # 3 BALLOON OF BALANCE

Objective: To teach that rights can only stay “up” when balanced with responsibilities.

Materials: Balloons, markers, masking tape.

Instructions (Age-Wise Adaptation):

- **Ages 5–9:** Write one “Right” on each balloon (e.g., “Right to Play”). Students keep balloons floating; when one drops, they shout a responsibility (“Play safely!”).
- **Ages 10–14:** In teams, students balance 3–4 balloons — each with a different right. If one falls, they must discuss quickly what responsibility matches it.
- **Ages 15–19:** Each team writes both *rights* and *duties* on balloons, then must keep all afloat. When a balloon drops, they pause to reflect on *what happens in society when responsibilities are ignored*.
☞ “To keep our rights safe, we must lift them with responsibility.”



ACTIVITY # 4 MY VOICE BOOTH

Objective: To help students express their opinions confidently and responsibly.

Materials: A corner space decorated as “My Voice Booth,” a phone/tablet for voice or video recording, optional mic or badge.

Instructions (Age-Wise Adaptation):

- **Ages 5–9:** Students come to the booth and say one short sentence: “*My right is to play, and I share my toys!*”
- **Ages 10–14:** Students record a 30-second message: “*My right is to learn, and my responsibility is to listen.*”
- **Ages 15–19:** Students can record a podcast clip, short vlog, or “mini speech” (rap, poem, or slogan) on *rights and responsibilities in society or online*.
After recordings, play a few aloud or compile into a class “**My Rights, My Voice! Montage.**”
☞ “**My Rights, My Voice — I Speak with Respect and Responsibility!**”



☆ تین وعدے آج کے ☆

1. میں وعدہ کرتا ہوں کہ میں اپنے اور دوسروں کے حقوق کا احترام کروں گا۔
میں کبھی کسی کے حق کو پہاڑ نہیں کروں گا اور انصاف و برابری کو اہمیت دوں گا۔
2. میں ایک ذمہ دار طالب علم اور شہری بنوں گا، جو اپنی ذمہ داریوں کو خوشی سے نبھائے۔
میں دوسروں کے ساتھ تعاون، احترام اور دیانت داری سے پیش آؤں گا۔
3. میں اپنی آواز مہذب اور ثابت اندراز میں بلند کروں گا۔
میں ہمیشہ سچ، عدل اور بھلائی کی حمایت کروں گا۔

PLEDGE OF THE DAY

1. I promise to respect my own and others' **rights** and always stand for fairness and equality.
2. I promise to be a **responsible student and citizen**, fulfilling my duties with honesty and care.
3. I will **use my voice positively** to support truth, kindness, and justice — today and always.



CHILDREN'S WEEK

Day Three: Wednesday, November 19, 2025

Green Citizens! (Environment & Sustainability)

☆ تین سوال آج کے ☆

1. ماہول (Environment) کیا ہے اور یہ ہمارے لیے کیوں ضروری ہے؟

• ہم اپنے ارد گرد کے ماہول کو صاف اور خوبصورت رکھنے کے لیے کیا کر سکتے ہیں؟

• پانچ سادہ عمل جن سے ہم فطرت (nature) کی حفاظت کر سکتے ہیں۔

2. پائیداری (Sustainability) کیا ہے؟

• روزمرہ زندگی میں ایسی کون سی عادات ہیں جو زمین کے لیے نقصان دہ ہیں؟

• کون سے پانچ طریقے ہیں جن سے ہم چیزوں کو ضائع ہونے سے بچ سکتے ہیں؟

3. سبز شہری (Green Citizens) کون ہوتے ہیں؟

• ایک اچھا شہری نظرت اور ماہول کے لیے کیا کردار ادا کرتا ہے؟

• اپنے گھر اور اسکول کو ماہولیاتی دوست (Eco-friendly) بنانے کے لیے پانچ وعدے کیا ہیں؟

QUESTIONS OF THE DAY

1. What is the **environment**, and why is it important for us?

How can we keep our surroundings clean, green, and healthy?

What are five easy actions to protect nature in daily life?

2. What does **sustainability** mean?

What daily habits harm the Earth, and how can we change them?

What are five ways to reduce waste and use resources wisely?

3. Who are **green citizens**?

What can a good citizen do for nature, the community, and the Earth?

What can be five promises to make our home and school more eco-friendly?



TEN STATEMENTS

1. The environment around me includes...

2. Clean air, water, and soil are important because...

3. I can protect trees and plants by...

4. Reducing waste and reusing items helps because...

5. Using too much plastic can cause...

6. Turning off lights and taps when not in use shows...

7. A "Green Citizen" always tries to...

8. I can spread awareness about the environment by...

9. Recycling helps our planet by...

10. My favorite eco-friendly habit is...



ACTIVITY # 1

ECO TREASURE HUNT

Objective: To help students explore and identify environment-friendly habits and materials around them.

Materials: Small clue cards, recyclable items, baskets or boxes.

Instructions (Age-Wise Adaptation):

- **Ages 5–9:** Hide simple “eco clues” (e.g., picture of a tree, bin, water tap). Students search and say what each object teaches (“Water is precious”).
- **Ages 10–14:** Create 5 clue cards about eco-habits (e.g., “I save paper,” “I reuse bottles”). Students solve each clue to find hidden items in class.
- **Ages 15–19:** Include QR or written riddles leading to sustainability actions (e.g., “I light your room but waste your energy — what am I?”). After finding, each team shares 1 eco-tip.

End Reflection:  “Green minds find green solutions!”



ACTIVITY # 2

TRASH TO TREASURE CHALLENGE

Objective: To promote creativity through upcycling and reuse.

Materials: Waste paper, bottles, boxes, glue, tape, scissors, old fabric, etc.

Instructions (Age-Wise Adaptation):

- **Ages 5–9:** Create simple crafts (e.g., pencil holders from cans, flower pots from bottles).
- **Ages 10–14:** In small groups, design usable classroom items (e.g., bookmarks, organizers, paper bag bins).
- **Ages 15–19:** Conduct a *mini innovation contest* — each team makes a functional item from waste (e.g., mobile stand, bird feeder, desk décor).

 “Nothing is waste until we waste it!”



ACTIVITY # 3

GREEN PATROL – OUR CLASSROOM GUARDIANS

Objective: To encourage active environmental responsibility and teamwork.

Materials: Badges, small notepads, or stickers labeled *Green Patrol / Eco Guardians*.

Instructions (Age-Wise Adaptation):

- **Ages 5–9:** Choose a few “Green Patrol” helpers who remind classmates to switch off lights, pick up litter, and water plants.
- **Ages 10–14:** Create a weekly patrol chart — assign roles like *Water Saver, Waste Checker, Plant Protector*.
- **Ages 15–19:** Form an “Eco Committee” — monitor resource use, suggest improvement ideas, and share daily eco tips during assembly.

➲ “Protecting the Earth starts with protecting our classroom.”



ACTIVITY # 4

The Earth We Want – Future Vision Collage

Objective: To help students imagine and design a sustainable, green future.

Materials: Old magazines, newspapers, chart paper, glue, colors, scissors.

Instructions (Age-Wise Adaptation):

- **Ages 5–9:** Make a collage of a *clean and green world* — trees, sunshine, animals, and happy people.
- **Ages 10–14:** Add cutouts showing *recycling, renewable energy, and conservation*. Write small slogans.
- **Ages 15–19:** Create vision boards showing “Pakistan 2035 – A Greener Future,” combining pictures and personal eco goals. Display all on a board titled “**Our Earth, Our Future**.”

➲ “The future is green — if we make it so.”



☆ تین وعدے آج کے ☆

1. میں وعدہ کرتا ہوں کہ میں اپنے اسکول، گھر اور گلی کو صاف رکھوں گا، کوڑا کر کٹ زمین پر نہیں پھینکوں گا۔
2. میں ہر دن فطرت کے لیے کچھ ثابت کروں گا — درخت لگاؤں گا، پانی بچاؤں گا، اور فضول خرچی سے بچوں گا۔
3. میں دوسروں کو بھی ماحول کی حفاظت کی ترغیب دوں گا اور ہمیشہ ایک سبز شہری (Green Citizen) بنوں گا۔

PLEDGE OF THE DAY

1. I promise to keep my surroundings clean and respect nature in every way.
2. I will plant trees, save water, and reduce waste every day to protect our planet.
3. I will inspire others to care for the Earth and proudly live as a **Green Citizen!**



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CHILDREN'S WEEK

Day Four: Thursday, November 20, 2025

Dream, Design, Discover — and Grow! (STEAM, Self-Improvement & Future Skills)

☆ تین سوال آج کے ☆

1. STEAM کیا ہے، اور یہ ہمیں نئی چیزیں بنانے اور مسائل حل کرنے میں کس طرح مدد دیتا ہے؟
 - سائنس، تکنالوジ، انجینئرنگ، آرٹ اور میتھ کی مدد سے ہم زندگی میں کیا کچھ بہتر بناسکتے ہیں؟
 - پانچ مثالیں جہاں ہم اپنی تخلیقی صلاحیت یا نیا خیال استعمال کر سکیں۔
2. خود میں بہتری (Self-Improvement) کیوں ضروری ہے؟
 - اگر ہم غلطی کریں تو ہمیں کیا سیکھنا چاہیے؟
 - پانچ عادتیں جو ہمیں ایک بہتر انسان بننے میں مدد دیں۔
3. مستقبل کی مہارتیں (Future Skills) کیا ہیں؟
 - ایک کامیاب اور خوشحال زندگی کے لیے کون سی صلاحیتیں ضروری ہیں؟
 - پانچ ایسی مہارتیں جن سے مستقبل روشن اور کامیاب بن سکے۔

QUESTIONS OF THE DAY

1. What is **STEAM**, and how does it help us dream, build, and solve real-life problems?
What are five creative ways we use science, art, or technology in your daily life?
2. Why is **self-improvement** important?
What should we do when we make mistakes, and how can we learn from them?
What are five habits that make you a stronger, kinder, and more confident person?
3. What are **future skills**?
Which skills or attitudes will help you succeed in school, work, and life?
Which five abilities can you learn to shape your bright future?



TEN STATEMENTS

1. I can improve myself by ...

2. When I make a mistake, I ...

3. The best habit I am proud of is ...

4. I can use STEAM to ...

5. Curiosity helps me because ...

6. Teamwork teaches me ...

7. One future skill I want to learn is ...

8. I show self-control when ...

9. My dream project is ...

10. I grow stronger when ...



ACTIVITY # 1 THE RESILIENCE RACE

Objective: To teach persistence, confidence, and growth mindset through fun mini-challenges.

Materials: Stopwatch/timer, paper cups, balloons, straws.

Instructions (Age-Wise):

- **Ages 5–9:** Build a paper-cup tower in 2 minutes — if it falls, rebuild it higher!
- **Ages 10–14:** Run a “Fix & Try Again” relay: complete small STEAM tasks (e.g., blowing balloon boats, balancing paper bridges).
- **Ages 15–19:** Teams face a 10-minute problem (e.g., design a bridge from straws that holds a book). After the first test, improve it.

☞ “Failure is not the end — it’s feedback!”



ACTIVITY # 2 FUTURE-ME VISION CUBE

Objective: To visualize personal and academic goals through creative design.

Materials: Paper cubes (or foldable sheets), markers, crayons, stickers.

Instructions (Age-Wise):

- **Ages 5–9:** Decorate each side with drawings — *My Dream, My Good Habit, My Helping Skill, My Favorite Subject, My Wish for Tomorrow*.
- **Ages 10–14:** Write on cube sides: *One Skill I’m Learning, One Thing I’ll Improve, A Habit to Build, A Dream to Chase, A Kind Action*.
- **Ages 15–19:** Design a 3-D “Goal Cube” — label sides *Vision, Discipline, Innovation, Teamwork, Well-Being, Confidence*.

Display: Stack cubes to form a “Tower of Dreams.”



☞ “I grow by designing the best version of myself.”



ACTIVITY # 3

MIND GYM – THINK, FEEL, DO!

Objective: To blend mindfulness with creative thinking for emotional and mental growth.

Materials: Music, plain sheets, colors.

Instructions (Age-Wise):

- Ages 5–9:** Close eyes, take deep breaths, imagine a happy place, then draw it — “My Calm Space.”
- Ages 10–14:** Mindful minutes — teacher guides: “Think of a time you helped someone or learned from a mistake.” Write or draw the feeling.
- Ages 15–19:** Short reflection journaling — “When I face challenges, I will...” then share one sentence aloud.

☞ “Strong mind, kind heart, creative hands!”



ACTIVITY # 4

MY GROWTH PASSPORT

Discover Yourself. Design Your Dreams. Develop Your Best Version!

Name: _____ Date: _____ Age: _____

Instructions: Read each statement carefully and circle or color the face that matches you best.

😊 = I'm doing great 😊 = I'm improving 😊 = I'll work on it

My Body – Strength & Energy

Statement	😊	😊	😊
I start my day with a healthy breakfast and a smile.			
I move, stretch, or play to stay active every day.			
I take short breaks to relax my eyes and body.			
I try to improve my stamina — run, jump, or dance a little longer.			
I take care of cleanliness and hygiene (hand wash, brushing, neat clothes).			



My Heart - Feelings & Friends

Statement	😊	😐	😔
I greet others with kindness and respect.			
I help my friends or classmates when they need support.			
I can talk about how I feel instead of staying upset.			
I say "sorry" when I hurt someone and "thank you" when I'm helped.			
I stay calm and positive, even when something doesn't go my way.			

My Mind - Learning & Thinking

Statement	😊	😐	😔
I ask questions when I'm curious or confused.			
I try new things even if they look difficult.			
I use creative ideas to solve problems.			
I learn from my mistakes instead of giving up.			
I spend time reading, exploring, or discovering something new.			

My Growth - Habits & Goals

Statement	😊	😐	😔
I set small goals for myself and try to achieve them.			
I reflect on my day – what went well and what I can improve.			
I celebrate others' success without jealousy.			
I manage my time wisely between study, play, and rest.			
I believe I can grow smarter and stronger every day.			

My Personal Pledge

Write one promise to yourself:

"I will grow by _____."



☆ تین وعدے آج کے ☆

1. میں وعدہ کرتا ہوں کہ میں ہر دن کچھ نیا سیکھنے اور خود میں بہتری لانے کی کوشش کروں گا۔
2. میں ناکامی سے نہیں ڈراؤں گا، بلکہ اسے کامیابی کی سیڑھی بناؤں گا۔
3. میں اپنے خوابوں کو حقیقت میں بدلنے کے لیے محنت، اخلاق اور اعتماد سے کام کروں گا۔

PLEDGE OF THE DAY

1. I promise to learn, grow, and improve myself every single day.
2. I will face challenges with courage and see every mistake as a chance to discover more.
3. I will dream big, design smart, and discover the best version of myself — because self-growth builds the future!



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