

WORKSHOP

TOPIC – GRATITUDE AND TIME MANAGEMENT

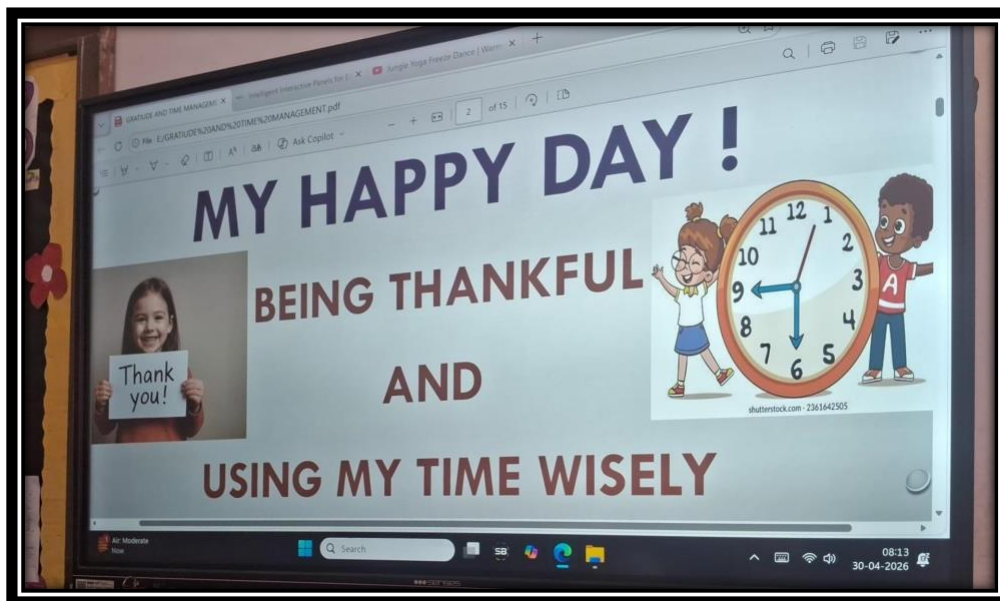
Objective: To help students develop a thankful attitude and learn to use their time effectively in their daily activities.

Target Audience: Class 3rd Students

Date: 30th April, 2026

Key Themes: thankfulness, appreciation, self management

A workshop on the topic “Gratitude and Time Management” was conducted for the students of Class 3 to help them understand the importance of being thankful and using time wisely in their daily lives. The session was organized in an interactive and child-friendly manner so that the young learners could easily understand the concepts.



The workshop began with a short discussion on gratitude, where students were asked to share things they feel thankful for, such as their family, friends, teachers, food, and school. A simple story was narrated to explain how expressing gratitude can make people happier

and strengthen relationships. The students actively participated and learned the importance of saying “thank you” and appreciating the people around them.

An activity was done with the students, wherein they had to catch a ball and tell the name of the person they are grateful for and why. The students were very excited and enjoyed the activity a lot



The second part of the workshop focused on time management. Students were taught the value of time through examples from their daily routine. They learned how making a timetable can help them balance study, play, rest, and other activities. A fun activity was conducted in which students arranged daily tasks in the correct order to understand how proper planning saves time.



Overall, the workshop was informative and engaging. It helped students understand two important life skills that can support their personal growth and development from an early age.

