

Feelings Cup Activity ✨



🌈 “An Feeling Cup today, a stronger self tomorrow.”

As part of the S.M.I.L.E initiative, the students of Vishwa Bharti Public School, Ghaziabad of Classes 3 & 4 participated in the Feelings Cup activity.

The activity aimed at helping children identify, express, and manage their emotions in a healthy way. Each student drew a jar/ cup and brought life to their emotions by displaying them and the reason for it. This simple yet powerful exercise encouraged self-awareness, empathy, and open communication among peers.

Through this activity, our young learners realized that it is okay to feel different emotions and that expressing them is the first step towards understanding and managing them. The joyful participation reflected the importance of nurturing emotional well-being alongside academic growth.

🌸 At our school, we believe that a happy child is a confident learner!