



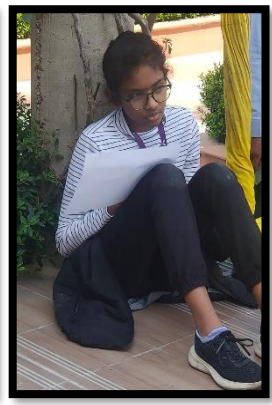
# Sariska

## Khoj Newsletter

Grade 7 |  
Newsletter 1 | Day 2  
Date 22<sup>nd</sup> Feb, 2024

The wake up call was given at 6:30 am today and students gathered in a central place for chocolate milk and cookies. After freshening up, they had a collective energizer to start the day.

*Day begins...*



The morning session began, after a nutritious breakfast, with students deconstructing the meaning of assumptions and biases through shared reading and rock-climbing experiences. They delved deep within to understand how their assumptions and biases influence their thoughts and actions. Reflection upon their core beliefs- how they limit or enable them to react towards others- helped them introspect on their levels of empathy.



At 10:00 am, 7D went for the advanced rock climbing and rappelling exercise and 7B started with experiences to reflect upon their fears and strengths at the resort. Looking at the challenges students faced yesterday, instructors reviewed the correct technical method for rappelling (climbing down) with 7D students at the adventure site. With the newly fortified knowledge and experience, students collectively discussed team targets, improvements required to attain higher goal, using the collective power of the team and strategy to motivate .



7C students started their theatre tasks by playing 'fire in the mountain'. The purpose of the exercise was to divide the students into groups and within these groups reflect on the challenges and achievements from the previous day. The cohort then moved on to another exercise, where they were asked to think about their fears and strengths with the discussion focusing upon how strengths and fears make one a unique individual. Through his task, they learnt about differing perspectives and how to convert our fears into strength.



At 11:45 am, 7C students were served lemonade to refresh themselves and went to their rooms to take a bath and change.



## Closure

Post lunch, the two groups will be swapped for the experiences, with 7D having some time to take a bath and rest while 7C goes for rock climbing. At the end of the day, students will come together to reflect on their learning from the day. Closure will take place with a documentary on courage, fears, strengths, and assumptions.

