



# Khoj Newsletter

Grade 7 |  
Newsletter 1 | Day 3  
Date 21<sup>st</sup> Feb, 2024

The wakeup call at 6:30 began the day for the students followed by milk and cookies.

*Day begins...*

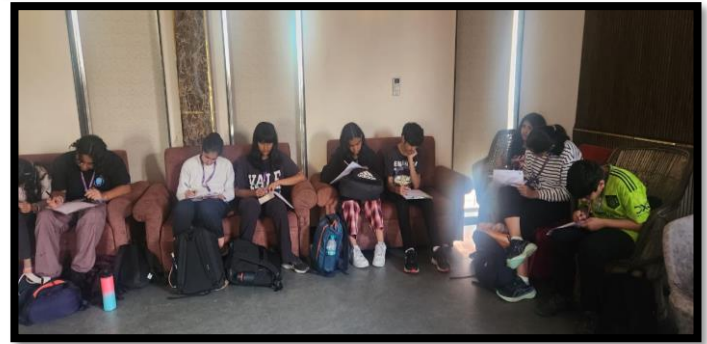


7A's first activity was a short trek by the lake side. The students were excited to spot a still crocodile and many varieties of birds. Simultaneously, 7B engaged in energizer and team building games at the resort.



In the second round, the cohorts swapped the tasks.

All students had their breakfast at 8:45, followed by time to get fresh, pack their bags and vacate the rooms until 10:00 am.



Both the cohorts then engaged in a theatre session on what courage and fear look like and feel like. In small groups, they were asked to brainstorm on how their group can collectively represent these emotions by using gestures, body movement, and expressions without speaking.



At 11:00 am students had a lemonade break followed by a circle time on appreciation. Each child was assigned a secret buddy to observe over the last 3 days and was asked to appreciate the buddy for any one specific, good deed or strength they had demonstrated over KHOJ.



During the closing session, students were prompted to reflect on their KHOJ experience, thinking of the discoveries within themselves, any transformations they have undergone, and how they intend to apply these newfound learnings in the future.



*Closure*

After lunch, students bid farewell to the resort and boarded the bus, not wanting the experience to end so soon. They are now on their way back. We will update you about the exact time of arrival at school.

