

On the first week following 26th March, we visited six child homes: Children Development Society and New Beginning Children Home, peace loving on 26th March, Srijan Samaj Sewa Kendra and Helping Hands Baal Griha on 1st April, and Samaj Bikaash Sanstha and Srijansheel Baal Sewa Pariwar on 2nd April. As before, we focused on rapport building and stress releasing activities. Our activities included story-telling, chart presentations, colouring and drawing along with singing and dancing.



The month of April was vacation month for most children since they had just finished their final exams. Thus, this was the month in which we visited maximum number of homes and spent time with the children. The second and third week included a total of twenty seven homes in different locations. The names of all the homes have been listed at the end of this newsletter. Our main activities in these homes were musical activities and games (in some places we played antakshari, a game in which songs are sung with the last sound from the previous song) while in some places we played games that allowed children to choose whatever they would like to do. Some children cracked hilarious jokes, others sang beautiful songs. Some even amused us by playing different musical instruments. It was a beautiful experience.



Drawing and colouring was another effective activity that we did in homes. Children mostly love colours, so most children enjoyed it. There were a few children who chose not to draw or colour. Similarly, sharing about one's good and not so good experiences was another activity that we did. Psycho-education was another important part of our programs, and psycho-education was done through many different means. We used chart presentations, story-telling through pictures, we talked about bullying, stress and mentally fit and unfit children. Children in almost every child home

simply loved the story-telling part. They seemed to have loved the story mainly because the protagonist was someone who represented the kids themselves. We mostly included common problems children face in teenage or younger years and elucidated on how we can act upon such problems through the stories.



While talking about stress and stress management, we mainly made that session a highly participatory one. Children were encouraged to share about their own stress experiences and how they tried to cope with those situations. It was heart warming to see the delight in their faces after being listened to. We also shared effective relaxation techniques with them. Muscle relaxation and breathing exercise was done in almost every home, mostly with teenagers. They loved the calm feel and relaxation that came with it. Another effective stress management technique was blowing a balloon and imagining that you're blowing all your stress with it. Children loved this too. When asked what they would like to do with that stress filled balloon, most children chose to throw it out in the air. Some chose to give the balloon to us, as a metaphor for sharing problems than keeping them to self.



While talking about bullying and its issues, some children shared experiences of being bullied while some shared experiences of bullying other children, although they said that they did so because they lacked awareness about bullying. So, talking and educating about bullying was another very effective part of our program. Since children live in groups, with seniors and juniors, and some power play and bullying is a critical issue in most homes. We included role play along with chart presentation. In our role play, we distributed all the children with white plain sheet of paper each, and then asked them to damage the paper in every way they can, without tearing, and then later we asked them to make the damaged paper just as it was before.



After this, we told them that just like the paper could not be brought back to exactly like it was before, a person who has been bullied very badly is difficult to be healed. Altogether, we reached one thousand one hundred and sixty nine children from all the homes. These weeks were very busy for us since we tried to cover as much children as possible in the available holidays.

