

# PSYCHOEDUCATIONAL PROGRAM

FOR THE MONTH OF MAY



For the month of May, 2016, our program of psycho-education and interaction with children living in child homes throughout the valley went smoothly with good feedback from the children and home owners. We could cover a total of eleven homes in four weeks, starting from 7<sup>th</sup> May, 2016 to 28<sup>th</sup> May, 2016. Our activities with children this week mainly involved psycho-education, interaction and games.



*Psycho-education* was done through chart illustrations. Our chart illustrations included information about stress and stress management techniques for children. It also included important information about bullying and how to tackle bullying. Also, we discussed about what a bullied person goes through on an emotional, psychological and physical level, and how grave the consequences can actually be. In homes where there were children above ten years of age,

we also explained what the symptoms of mental illnesses are in general, in children. We also told interesting stories filled with important lessons about stress, mental illness and bullying among children. The children seemed to enjoy such psycho-educational stories very much.

Another major activity done with children was *interaction*. Along with general interaction like introduction and sharing about likes and hobbies, we also interacted with them in other ways in a more personal level. For example, in few child homes, we interacted with the children through a question that we passed along all the children. The interaction question was asking the children to share about their most memorable happiest and saddest moments till date. All the interactions done in children homes were

pleasant and also, according to the children, very much relieving to the children. We also interacted about how stress can manifest itself in daily life and how it can show itself, through personal experiences.



Playing *games* was perhaps the activity that was done most commonly in all the homes visited. Children in all the homes loved

playing games. One game that was played in almost every home was ‘hot potato’. In this game, we assume that a ball is one giant, hot potato and we pass it around among all in circle, and we pass it around as long as music is playing in the background. Once the music stops, the child who has the ball, (hot potato) in his r her hand has to perform a certain task. Mostly, this task included singing, dancing, sharing a joke, acting out a certain situation or even making sounds of a favourite animal. Also, making the children draw landscapes and whatever they liked was another part of our program.

Thus, all in all, the month of May was a fun-filled and knowledge filled month with children from different child homes. From 7<sup>th</sup> May to 28<sup>th</sup> May, we visited eleven homes, namely: Parijat Bachera Baas, Matribhumi Child Home, Nava Jiwan Sewa Nepal, Anugraha Asahayaharu tatha Baal Bikaas Kendra,

Sahayogi Aatma Nirvar, Friuli Nepal, lotus Baal Griha, Shakya tashling Anath Ashram, Ruwon Star Children Home, The Women’s Foundation and Ujyalo Nepal.



