

### Program framework

PROGRAM	TIME	ACTIVITY
Ice breaking	9:30-10:00	Warm up session
Participants introductory session	10:00-10:10	Individuals including facilitators will be introducing themselves by using only their name and one sentence.
Program introduction /introduction on Self awareness	10:10-10:20	Brainstorming on Self awareness
Activity 1	10:20-10:30	The participants will be given a set of sticky note, where they will have to write 'one challenge they are facing in their life.' Later, each of the participants will stick their sticky notes on the board and the fellow participants will offer possible solutions to any of the sticky note they prefer.
Code of Conduct; COC	10:30-10:35	In mutual understanding and led by the facilitator, the whole class will make a list of CoC's to be followed through the whole session.
Pre assessment	10:35-10:40	A pre assessment will be done in order to analyze the knowledge of the participants about the session.
First session	10:40-11:20	Exploring kindness, remembering kindness
Second session	11:40-12:30	Exploring attention
Lunch Break	12:30-13:30	Lunch Break
Continuation of second session	13:30-14:00	Emotional Hygiene Each group will have an emotion to discuss and prepare sample strategies on four emotions: sadness, fear, anger and stress.
Third session	14:00-14:40	Practicing positive bubble and sassing school as a system Each group will get a certain challenging situation to create a positive thought bubble through Self Talk. Highlighting the importance of School as a whole.
Fourth session	15:00-16:00	Write a letter to your future self? Information on the basic requirements to have after graduating high school. Post assessment