Session 4
Walking on Sunshine

Time Required: 40 – 45 Minutes





Let's Learn

In the last session, we understood that the nature of a particular task cannot determine whether it is for a girl or a boy. It is either work related to home or it is outdoor work. All genders are capable of doing all kinds of work if they get the opportunity to learn and do the task.

Today we will explore,

01 **The definition of qualities and how they are innate to us.**

02 **Our dreams for the future.**



Quality

- I learn very quickly!
- I am energetic and curious!

Dreams

- I want to become an engineer and travel the world!

Let's Do It!

Inside each of us is something extraordinary waiting to be discovered. Come, let us find our special spark, like a guiding star showing us the path to our dreams. But first, let us figure out what our dreams are and also the light that will guide us to them - our qualities.

Instructions

- Take your time to think and write down two dreams in the Cloud and three qualities in the Star.

Qualities: Unique aspects or traits that we possess.
Dream: Anything that we want to achieve, become, or want to do in our life.

MY QUALITIES

MY DREAMS

QUALITIES

These are aspects of our personality that define who we are. This includes qualities like kindness, honesty, and patience, as well as skills or abilities such as creativity, leadership, and problem-solving skills. Qualities are unique to us and shape our identity and how we interact with the world around us. We can learn from others and develop new qualities.

Qualities include:

Careful listener



Kind



Enthusiastic



Supportive



Trustworthy



Empathy



Honest	Responsible	Patient
Trustworthy	Well-behaved	Supportive
Intelligent	Hardworking	Strong
Sociable	Careful listener	Creative
Open-minded	Polite	Optimistic
Thoughtful	Loyalty	Sincere
Mature	Self-disciplined	Confident
Understanding	Courageous	Cheerful
Determined	Enthusiastic	Imaginative
Compassionate	Ambitious	Generous
Curious	Quick learner	Integrity
Energetic	Sensitive	

Examples

Honest
A student who chooses to make mistakes in a test instead of cheating.

Thoughtful:
When I realise my mistake, I apologise.

Generosity
A person who likes to help others.

Courage
A person who stands up for their values, even when it is difficult.

Empathy
A person who can understand and share the feelings of others and care about their emotions.

Loyalty
A friend who stands by you in times of need.

Compassion
A nurse who shows care towards a sick patient and wants to help them. It is about being kind and understanding towards others who are struggling.

Patience
A teacher who waits calmly and is okay with waiting and helps a struggling student to understand the study material.

Curiosity
A student who asks questions and searches for new opportunities and experiences.

Self-confidence
An athlete who believes in their ability to win, even when the circumstances are against them.

Let's Think



- Children, adolescents, and adults - everyone has similar qualities and dreams.
- Everyone deserves the chance to fulfil their dreams and develop their qualities and learn new ones. Sadly, in our society, girls are given fewer chances to fulfil their dreams. This is a type of discrimination and it is wrong.
- This kind of discrimination stops girls and transgender children from fulfilling their dreams. It pushes people into fixed gender roles or jobs, limiting their potential. But there are many who have overcome these barriers to follow their dreams as well.
- Therefore, it is important to encourage young people of all genders to follow their dreams regardless of what society thinks.

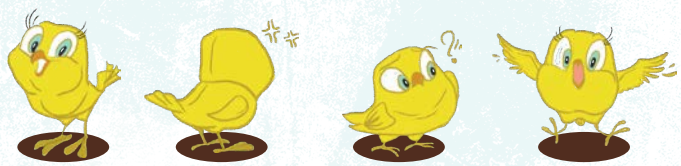
Let's Remember

- Today we all shared our qualities and dreams with each other. We also learned that everyone has some qualities, and everyone has dreams regardless of their gender.
- It is society that decides the qualities and dreams that are appropriate for a girl and a boy. Eventually, we start to believe that boys and girls possess different qualities and that they cannot change.
- In fact, along with these qualities, even our dreams are assumed to be based on our gender. It is a type of gender discrimination because girls' thoughts and dreams are restricted, and they get fewer chances to fulfil their dreams. Girls are expected to do only certain kinds of work and take up only certain types of occupations like becoming a teacher. Boys, too, are encouraged to fulfil only certain types of dreams like becoming an engineer.
- This hinders our ability to identify and fulfil our dreams. To break these barriers we should all explore different types of work and figure out our likes and dislikes. It will help us understand our dreams better.

Let's Share

How did you feel while doing this activity? Tick all the options that apply to you.

☐ **I liked it!** ☐ **I did not like it** ☐ **I am confused** ☐ **I am excited!**



USE THIS SPACE TO TAKE NOTES, WRITE OR DRAW SOMETHING ABOUT THIS CLASS!

We are meeting next on

Date: _____ **Time:** _____



Let us ask our family what their dreams were when they were young:

Mother's Dreams Then

Father's Dreams Then

And what their dreams are now:

Mother's Dreams Now

Father's Dreams Now



DREAMS

How did you feel after talking to your parents?



Let's Share

How did you feel while doing this activity?
Tick all the options that apply to you.

☐ I liked it!



☐ I did not like it



☐ I am confused



☐ I am excited!



SOME MEMORABLE STORIES

Session 5
I Got the Power

Time Required: 40 – 45 Minutes

Let's Learn

In the previous session, we explored our qualities and our dreams. We understood that society often dictates the dreams and qualities of people based on their genders.

Today we will explore,

01 **Our talents and how they make us unique.**

02 **Understand how we can help others find their own talents.**

Let's Do It!

Today we will find out about our talents.
What is it that makes me special?

Instructions

- Let's go! Take some time to think and then write down your talents in the space given on the next page. The more talents you list, the better it is. You may also take help from the list of talents given on the pages after.

- Everyone will talk about one talent they have by saying, "May I have your attention please? My talent is that I am a fast runner or my talent is that I am very good at studies."



MY TALENTS



TALENT

Talent is a natural ability or skill that one has. It is innate to us and helps us do an activity or a task with much ease. Everyone has some talent or the other. These talents make us special.

For example, some people are good at singing, some easily mingle with people, and some are great actors.

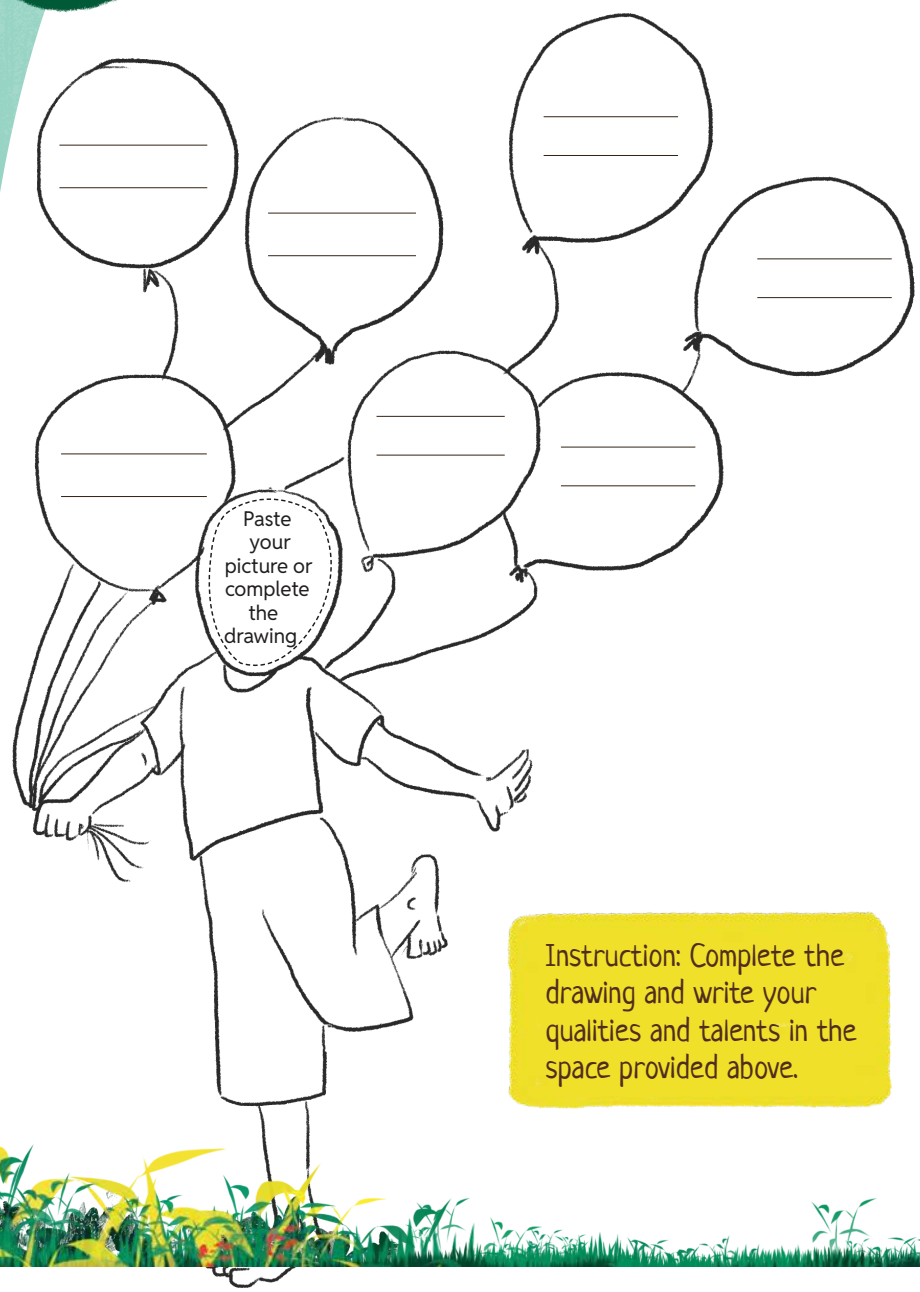
We can develop our talent into an invaluable skill through hard work, training, and practice. People have a lot of talents and capabilities. Following are a few examples that can help you identify your own talents and capabilities.

EXAMPLES OF TALENTS A PERSON MAY HAVE:

- Being able to paint well
- Being good at swimming
- Mastery over a certain language
- Being able to write
- Being able to dance
- Being good at sports
- Being a good cook
- Not losing patience in difficult situations
- Being able to convey thoughts effectively
- Being able to communicate well
- Memorising quickly
- Being able to sing
- Being able to act
- Being a fast runner
- Being able to repair things
- Being able to solve problems quickly







Instruction: Complete the drawing and write your qualities and talents in the space provided above.

Let's Think

- Every child is a star in their own life and they are second to no one and are unique.
- Students need to be empowered to understand their talents and build them up.
- When a student recognises their own talent, they are able to shine like a star and able to shine their light on others as well.
- Talent is innate to everyone regardless of gender.

Let's Share

How did you feel while doing this activity? Tick all the options that apply to you.

☐ **I liked it!**



☐ **I did not like it**



☐ **I am confused**



☐ **I am excited!**



Let's Remember



- Today we reflected and recognised some of our talents. We also discussed our talents with each other.
- Talents are innate powers that all of us have but sometimes we are unable to recognise them. Sometimes we listen to what others say and ignore our talents, but it is our talents that make us special.
- Talents do not have gender and they are not specific to either boys or girls. We all have something special about us that makes us unique.
- However, due to gender discrimination we do not get the chance to understand and cultivate our talents. This makes the path to our dreams very difficult.
- This happens especially when talents are associated with specific genders. For example, dancing is considered to be a talent for girls only, and if boys try to pursue it, they are discouraged from doing so. Similarly, if a girl likes to play a sport, they are discouraged from pursuing it due to the misconception that sports are only for boys.
- Talents and qualities help us achieve our dreams. Let us work together to enhance them so that all of us can fulfil our dreams.
- Therefore, it is important that we work together to remove gender discrimination. For this, we need to first change our own mindset and then our family members'.

We are meeting next on

Date: _____ **Time:** _____

Beautiful Me, BEAUTIFUL YOU!

Instructions

- Let us write down the talents of our parents and family members and share this list with them!
- Now, we will make outlines of our hand, our mother's hand, our father's hand, and any one other family members' hand. And lastly, draw the outlines of all the family member's hands together!
- Then, ask your mother, father and other members to write down what they think their talents are. Write these talents down on the respective hand outlines. For example, your mother's talents will be written on her hand outline and so on.
- For the last part, where all the hand outlines are together, ask your parents and family members what talents they see in each other. Write down their answers above the outline of their hands.



My Mother's Talents

In the space given below, trace the outline of your mother's hand.

Ask your mother what talents she thinks she has.

Write them above the outline of each finger, as shown in the example.

My Father's Talents

In the space given below, trace the outline of your father's hand.

Ask your father what talents he thinks he has.

Write them above the outline of each finger, as shown in the example.

My Talents

In the space given below, trace the outline of your hand.

Ask yourself what talents you think you have.

Write them above the outline of each finger, as shown in the example.

Our Talents

- Trace the outline of the hands of all the members of your family, as shown in the sample image, on a separate bigger sheet or chart paper.
- This activity has to be done with everyone. Everyone has to tell each other's talents. Just like in the previous activity, write each person's talents above their fingers in the respective outlines.
- After completing the activity, you may paste the sheet here.
- Let us learn about our family's talents!



SOME MEMORABLE STORIES

USE THIS SPACE TO TAKE NOTES, WRITE OR DRAW SOMETHING ABOUT THIS CLASS!

We are meeting next on

Date: _____ **Time:** _____

Let's
Share

How did you feel while doing this activity?
Tick all the options that apply to you.

- ☐ I liked it!
- ☐ I did not like it
- ☐ I am confused
- ☐ I am excited!





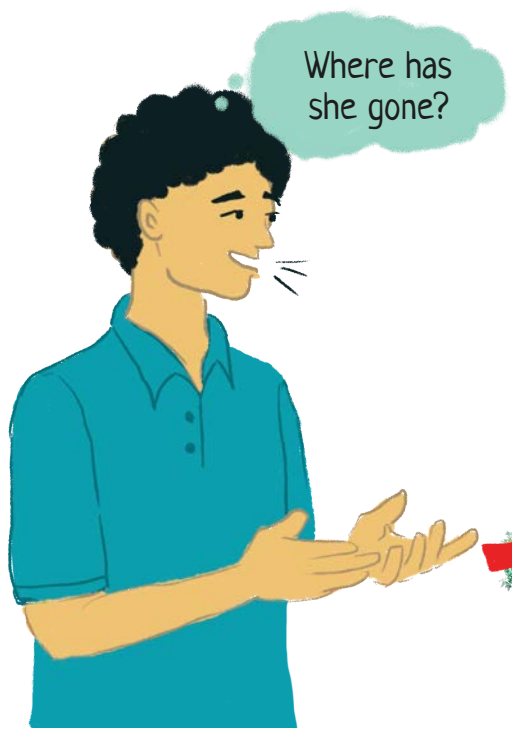
My Fun CORNER

Maze-A-Maze

Where has she gone?
"Aunt's house"
"Market"
"Friend's place"
"Crop field"

In her free time, who does your mother like to spend time with?

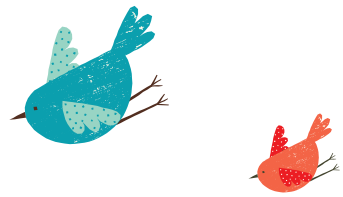
You can do this fun activity with your parents anytime!





Session 6
Talking is Rocking

Time Required: 40 – 45 Minutes



Let's Learn

In the previous session, we learnt about our talents and how society often associates specific talents to one particular gender. We understood that this also is a type of gender-based discrimination.

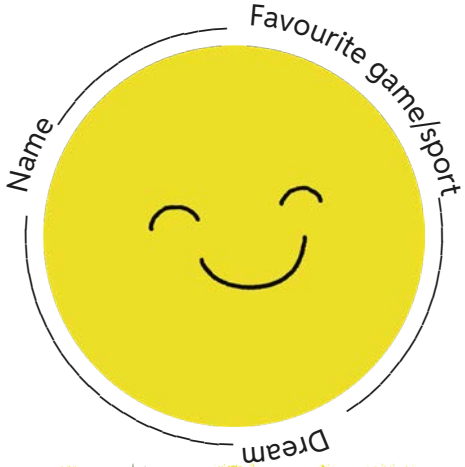
Today we will explore,

01 **The qualities and talents of our friends.**

02 **How our qualities and talents can help us achieve our dreams.**

Let's Do It!

Today, we will tell our friends about their talents. We will also tell them something that may help them achieve their dreams. For this, we will be divided into teams of two and play a fun game.



Instructions

- For this game, we will have teams of two, where we will get to know each other better.
- You will have 5–7 minutes for this activity. You will be given cutouts of a star and a cloud.
- Write your friend's name, their dream, and their favourite sport/game on the Cloud cutout. Also, add one talent/skill that they should learn to help them achieve their dream.
- On the the star cutout, write down their two qualities and two talents/skills that they have.
- Now that you know each other better, you have to introduce your friend to everyone else. Think of a fun way to do it.
- Then give the cutout to your friend and shake their hand!





Two Qualities of My Friend

- Enthusiastic
- Sensible/Responsible

Two Talents of My Friend

- Hardworking
- Good at studies

A Talent They Can Learn to Fulfil Their Dream!

- Discipline
- Time Management

Let's Think

- **Skill/Talent** is an ability that one can learn to help one reach their goals. For example, being able to communicate with adults confidently, and using logic to help them understand our perspectives.

- **Communication** is a skill that is very helpful in workspaces as well as in one's daily lives. Interpersonal communication is a skill that helps build and maintain healthy and meaningful relationships with different people in one's personal and professional interactions. This skill also helps one to express one's thoughts and emotions openly to one's family members, friends, community, colleagues, etc. However, while communicating with others, we must pay attention to one's emotions as well as theirs. We must pay attention to our emotions as well as theirs.

- An equal, respectful, and violence-free world can only be built when we understand each other's feelings and emotions.

Name: _____

Dream: _____

Favourite game/sport:

_____

Two Qualities of My Friend

_____

_____

Two Talents of My Friend

_____

_____

A Talent They Can Learn to Fulfil Their Dream!

_____

_____

तारों की टोली

तेरी जीत मेरी जीत!



Let's Remember

- Today, we learnt about each other's talents and also got to know what talents/skills we must develop within ourselves so that we can fulfil our dreams. Practice can help us build our skills and achieve our dreams.
- We need everyone's support to fulfil our dreams and to refine our qualities and talents. For this, it is important to develop the skill of building healthy relationships and honing interpersonal communication skills.
- Our society is made up of different genders. It is important that we talk to each other, because if we don't, then how will we get to know each other? When we don't talk to one another, we easily believe and perpetuate assumptions like boys are a certain way, transgender people are a certain way and girls are a certain way. That is why it is important for all genders to be friends and speak to each other.
- We must also expand our circle of friends to include people different from us and our community, talk to them, and try to learn more about them.
- An equal, respectful, and violence-free world can only be built when we understand each other's feelings and emotions.

Let's Share

How did you feel while doing this activity?
Tick all the options that apply to you.

☐ **I liked it!**



☐ **I did not like it**



☐ **I am confused**



☐ **I am excited!**



Use this space to take notes, write or draw something about this class!

We are meeting next on

Date: _____ **Time:** _____



My Flight to SUCCESS!

Instructions

- Let us imagine that our life is an aeroplane, flying high in the sky.
- The vast sky represents our dreams, the body of the aeroplane represents our talents and qualities, and the wings of the aeroplane represent the people who can help us achieve our dreams.
- After completing the picture on the next page , share it with your parents and family members, and have a conversation about this activity.



MY DREAMS

Instructions

- Using the diagram and instructions given on the previous page, make this aeroplane for yourself.
- Think for a bit and then do this activity.



How did you feel after talking to your parents?



Let's Share

How did you feel while doing this activity?
Tick all the options that apply to you.

☐ I liked it!



☐ I did not like it



☐ I am confused



☐ I am excited!



SOME MEMORABLE STORIES

My Fun CORNER

Today, Pinky and Pankaj visited a nearby park with their parents. "We saw such vibrant, colourful and beautiful flowers and trees! We also saw so many insects and animals!"

Instructions

Let us colour the image given below



My mother's favourite flower is

_____

My father's favourite flower is

_____

My favourite flower is

_____

Note: Nature gives us life. Fruits, flowers and other life forms make our lives beautiful. Taking care of the environment is our responsibility.

