

Duhabi Children Home
 Duhabi, Sunsari
 Month: July 2024

Monthly Report

Date	Activities	Participant	Achievement	Remarks
05/07/2024	Meditation (Traveling to beautiful destinations) and discussion about Behaviors	12	<ul style="list-style-type: none"> • Today's meeting started by discussing the activities of the previous meeting. • We instructed the participants to be prepared to practice meditation today as in other meetings. Play a meditation sound to practice meditation on a journey to a beautiful and beautiful destination. • After some time, the participants were asked to end the meditation. We asked the children how they were feeling. Various things came from the participants. Some people heard the sound, went for a walk, felt fun, and felt joy in their hearts, while others said it was difficult to do for a long time. <ul style="list-style-type: none"> • After that, we agreed with everyone to discuss and talk about our positive and good behavior today and focus on today's topic. • After that, we gave the participating children time to think about 5 positive and good behaviors. Then they took turns talking about their 5 positive and good behaviors. While they were saying this, some expressed that they felt positive that there was something good in me too. 	
06/07/2024	Discussion about School Homework	11	<ul style="list-style-type: none"> • Today we started the discussion and class according to everyone's agreement by saying that we will discuss the homework given by the teacher in the school. • Ask all the participating children how they do the homework given by the school. How many people have completed their school homework on time? Do you have any problem doing the homework given by the school? Who will be affected if school homework is not done on time? What happens when school homework is done on time? It was discussed through negotiations. 	

			<ul style="list-style-type: none"> •According to the participants, if they don't do the homework assigned by the school on time, they will be scolded by the school teacher, they will be weak in their studies, they will cheat others and they will not pay attention to their studies. •Realizing that with this kind of behavior, we cheat ourselves and become weak in studies, we now express that we do the homework given by the school regularly and on time. 	
13/07/2024	Memory game Activities	14	<ul style="list-style-type: none"> •Today's meeting started by discussing the activities of the previous meeting. •We divided the participants into 2 groups of 7 each. After that, we informed all the participants how to do the activities of this memory game. •For this activity, both groups were asked to make 26 circles on the newsprint paper. 1 - 1 participant from both groups should not repeat any alphabet from A to Z in all 26 circles. If the alphabet is repeated, the number will decrease and the group that writes more correctly will get more numbers and will be the winner. •They have learned a lot from this game. One of which is that there should be a good discussion in the group, there should be some brainstorming, there should be coordination in the group. •They have said that they are happy and excited to be directly participating in this game, and to play these games in this way. •Everyone said that they felt a lot of fun and joy by being active participants. 	
19/07/2024	Discussion about the ability of children to do	14	<ul style="list-style-type: none"> •Today we discussed with the 14 participating children what they are capable of doing. •We asked them to think about their ability to do 5 things, and then we asked them to write a copy and say it in turn. •Then they took turns talking about the 5 abilities that they can do. 	

			<ul style="list-style-type: none"> •In the beginning, the participants felt that it was difficult to identify their abilities. Through this discussion, the participants expressed that it was easy to identify their abilities. 	
20/06/2024	Discuss what the children plan to do during the summer vacation and Memory game final	10	<ul style="list-style-type: none"> •As always, we started today's meeting by discussing the activities of the previous day's meeting. •We discussed with the 8 children who participated in today's meeting about how to spend time and what can be done during the summer vacation given by their school. •Participating children expressed that they plan to do homework, watch television, clean, and play during their free time during this summer vacation. •Then, the memory game from the previous week was played again. In which 14 children participated. This time, with more preparation than before, the children of both groups enthusiastically participated in the game. Both groups participated in the game to win this time. •The children who participated in the game expressed that they were very excited, and had a lot of fun learning about the memory game. 	
26/07/2024	Discuss what the children plan to do during the summer vacation	12	<ul style="list-style-type: none"> •In today's meeting, we sat again with the 8 children who participated last week. We discussed with them what they did during the summer vacation given by the school. In addition, what remained to be done? •Which 8 participants were doing the homework given by the school, and shared things like having fun and watching television, cleaning, and playing games in their free time. 	
27/07/2024	Discuss what you like and what you can do and Deep breathing, Meditation and Good touch and Bad touch	14	<ul style="list-style-type: none"> •In this meeting, we started by asking all the participants to meditate. •Then, we conducted a discussion session about good touch and bad touch with the 14 participating children. •At the beginning, we informed the participating children about what is good and bad touch. Then had a two-way discussion about good touch and bad touch. 	

			<ul style="list-style-type: none"> • How do you know if you touch badly? In the beginning, there were discussions about who should be informed in case of such a bad touch. In which there was an active participation of the participating children. • Then we showed the participating children a short film about good and bad touch. Through this short film, the participating children have become clear. They have also become aware of not and not allowing this kind of touching. 	
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Lesson learned:

- By providing useful life skills to the growing children and young people, we would be able to reduce the problems in their practical life by making them aware of the various problems that may occur in their lives.

Reported by

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Date 15/08/2024

Approved By

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