

Date	Activities	Participant	Achievement	Remarks
7/12/2024	<p>Physical exercise and group and individual counseling.</p> <p>One short movie the apple (Importance of food)</p>	<p>12 Children And counseling session with 3 children</p> <p>14</p>	<ul style="list-style-type: none"> •Today we started with physical exercise in a different way than usual. •As it was wintertime, we organized physical exercise sessions for all children. Every child participated enthusiastically. According to the participants, this workout made them feel physically active, fresh and bright. •We have previously conducted separate counseling sessions with three children. This time, we consulted the three children again and discussed possible future problems. The participants said that the problem that they experienced before did not arise this time. This session made them aware of the importance of positive behavior. •Today, we discussed watching a short film based on everyone's request. We then watched a film called <i>The Apple</i>, which highlights the importance of food. The film illustrates how significant an apple can be for children living in poor economic conditions. After watching, we asked the participating children to share their understanding of the film. We then discussed the film's message with each child in turn. •Among the 12 participating children, after watching the movie, they understood how much they have to suffer for food. How important is food in every person's life? Understand that. Then, according to them, this short film explained the importance of food and got a good message from it. 	
13/12/2024	Height and weight measurement	All Children's	<ul style="list-style-type: none"> •As usual, we did not have a meeting today. Instead, we measured the height and weight of 17 children in the children homes. All 17 children actively participated in this activity. •Afterward, we informed all the children that they would receive a report the next day, indicating whether their height and weight are appropriate for their age. •Prepared a BMI report of 17 children for their height and weight for their age. 	

14/12/2024	BMI reports sharing with children and discussing their healthy weight	17 Children	<ul style="list-style-type: none"> • Today's meeting started by discussing the activities of the previous meeting. • Today, we shared the BMI report results for 17 children, which included their height and weight for their age. Out of the 17 participants, only 4 children have a healthy weight for their age, while the others are underweight. • Afterward, we informed the 17 participating children about the importance of eating healthy food to achieve a healthy weight for their age. We explained that consuming junk food can negatively affect physical growth, and as a result, their physical development may not be as it should be. • According to the statements of the 17 participating children, they will focus more on eating healthy food in the coming days to achieve a healthy weight for their age. 	
20/12/2024	Cooking skills (Nimkins)	12 children	<ul style="list-style-type: none"> • Today's meeting started by discussing the activities of the previous meeting. • Today, we provided ingredients such as flour, salt, and water to the participants, including children, to learn how to make local snacks. We guided them step by step through the preparation process. The children were excited to prepare the local food and, in the process, acquired a variety of valuable skills and knowledge while enjoying themselves. • These tasks improve hand-eye coordination and learn about activities such as kneading dough or mixing large batches. • Teamwork promotes cooperation and communication when working together to prepare a meal <ul style="list-style-type: none"> • Successfully making breakfast in them has boosted confidence and a sense of achievement. • They have become aware of various ingredients, knowledge, and benefits related to healthy food and nutrition. • These experiences not only make snack time fun but also contribute significantly to a child's overall development. 	

21/12/2024	Little story book making activities	14 children	<ul style="list-style-type: none"> • Today, instead of discussing the subject as usual, the plan to do some new activities with children's participation in a different way was discussed in the previous meeting. • Today we did an activity of making our own little storybook with the participation of 14 children. • Everyone actively participated in the activity of making his or her own little storybook. At first, we taught them how to make it for a while. After that, the participating children made a small book of 4 pieces of paper. • Participants were instructed to make their little storybook and write stories about themselves in it. They have written stories about themselves or things they like. • They said that they were very happy to make this small storybook and write their stories. 	
25/12/2024	Christmas Celebration	all	<ul style="list-style-type: none"> • Today we celebrated Christmas without meeting like other days. Since celebrating Christmas brings many benefits and positive results for children, children enjoy this kind of festival with their friends; they decorate the Christmas tree with lights and stars. They participated in this activity while enjoying it. They said they were very happy to have enjoyed this Christmas celebration. • On Christmas, the children made Christmas Drawing; Prizes were also given to the best four drawings. Everyone who made this drawing competition participated enthusiastically. This type of activity helps children to be more motivated. 	
28/12/2024	Dance movement therapy (DMT)	12	<ul style="list-style-type: none"> • Since Dance Movement Therapy (DMT) offers many benefits for children, we have introduced Dance Movement Therapy (DMT) to children today. Since this therapy is done through dance, the children have actively participated. • It contributes to the holistic emotional, cognitive, physical and social integration of children through the medium of Dance Movement Therapy (DMT). • DMT contributes to developing abilities including physical coordination, social skills, building self-esteem, cognitive development and creative self-expression. 	

			<ul style="list-style-type: none">• Children can easily express feelings that may be difficult for them to express verbally, helping them to process emotions in a healthy way.	
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Lesson learned:

- Promoting independence and responsibility in children to manage their own hygiene routines is essential. It not only benefits their physical health but also contributes significantly to their emotional and social development.

Reported by

Raj N. Chaudhary
Counsellor
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Approved By

Aashu Mandal
Manager
Duhabi Children Home