

Duhabi Children Home
 Duhabi, Sunsari
 Month: June 2024

Monthly Report

Date	Activities	Participant	Achievement	Remarks
01/06/2024	Discussion about Positive Behavior	10	<ul style="list-style-type: none"> • Today's meeting started by discussing the activities of the previous meeting. <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 some 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 of them expressed that they felt positive that there was something good in me too. 	
08/06/2024	Discussion about Positive Behavior and Meditation	11	<ul style="list-style-type: none"> • Today's meeting started by discussing the activities of the previous meeting. • Today we played a tune and instructed all participating children to sit comfortably and close their eyes to meditate. Then we focused on visiting a destination. • After a while, you end the meditation and ask the participating children how they are feeling now. Many participants reported that they felt little pleasure, while some reported that it was difficult to do for long periods. • Today we continued the topic of the previous week. We have discussed about this to help children understand more about this positive and good behavior. They have expressed that positive and good behavior inspires us to do the next work. 	
15/06/2024	Meditation and Energizer game Kabish Kaboos	14	<ul style="list-style-type: none"> • Today's meeting started by discussing the activities of the previous meeting. • Today we have continued the meeting from the previous week's meditation. And requested all the participants to be ready for meditation. • We played a tune and instructed all participating 	

			<p>children to sit comfortably and close their eyes to meditate. Then we focused on letting whatever things and thoughts come to our mind and taking deep breaths, holding them, and letting them out slowly.</p> <ul style="list-style-type: none"> •After a while, you ask the children to end the meditation and ask the children what thoughts and ideas are coming to their mind and how they are feeling. Different things have come from the participants. Some said that they heard voices, went for a walk, ate ice cream, etc., and some said they felt a little joy, while some said it was difficult to do for a long time. •Today we played a new and different game called Kabis Kabuz. In this game, 14 of us children first made a circle. •Practiced a couple of times how to play this game and started. We learned that in this game one person has to make a sound and act together. Like; Acting how a dog barks by making a dog's sound. •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. 	
22/06/2024	Discussion about School homework and Energizer game Pick up the chocolate	14	<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. •We asked all the participants in turn, how to do the homework given by the school, how many people can finish the school homework in time. If there is a problem in doing school homework, 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 conversation. •They, all of them have expressed that they do school homework sometimes they don't know how to do homework, while some have expressed that if they don't do school homework on time, they become weak 	

			<p>in their studies, don't like to study, and don't pay attention to studies.</p> <ul style="list-style-type: none"> •Today we played a new and different game called Pick up the Chocolate. In this game, 14 of us children first made a circle. •While playing a game called Pick up the Chocolate, we instructed the participants to go around in a circle and say different words, but only pick up the chocolate if they said pick up the chocolate. Place the chocolate in front of all the participants in the circle and remove one chocolate each time and the participant also goes out. We said that the last 3 winners will be given prizes. •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. 	
28/06/2024	Discussion about loving yourself	10	<ul style="list-style-type: none"> •As always, today's meeting started by discussing the activities of the previous meeting. •Today we started the meeting with a conversation about how to love yourself. •Ask the participating children how they love themselves. They shared what they love about themselves in different ways. In which someone shared the things he loved, such as doing personal hygiene, eating on time, reading regularly, etc. •We have informed the participating children about some skills and measures on how to love themselves. As a result, they learned about the skills of how to love themselves and apply them in their lives, and according to their words, they have expressed that they love themselves first. 	
29/06/2024	Discuss what you like and what you can do and Deep breathing, Meditation	12	<ul style="list-style-type: none"> •Today's meeting started by discussing the activities of the previous meeting. •At the beginning of the meeting, the participants are prepared to practice deep breathing and meditation to 	

			<p>focus.</p> <ul style="list-style-type: none"> •After that, we instructed the participating children to do deep breathing exercises and meditation exercises, and the audience followed suit. •What do they like? Tell them they are ready to share their 5 favorite things. Then what can they do? You said you are ready to share 5 things you can do. All the participants took turns to say. •They took turns sharing the 5 things they love and the 5 things they can do. •By participating in this type of activity, their interests and what they can do. It has been easy to make them self-aware about that. 	
--	--	--	---	--

Lesson learned:

- Making children and young people participants more aware of useful life skills would increase their ability to use positive life skills in their practical lives.

Reported by

Raj N. Chaudhary
Counsellor
Date 10/07/2024

Approved By

Aashu Mandal
Manager
Duhabi Children Home