



# JKPS

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## Workshop on Restorative Practices for Joy and Self-Care

On March 28, 2025, Ms. Shalini Tayal conducted an engaging session on "Restorative Practices for Joy and Self-Care" for the teachers of Jaspal Kaur Public School, held on the school premises. The session emphasized the importance of self-care, emotional intelligence, and mindful communication in daily life.

Through interactive ice-breaker activities and storytelling, Ms. Tayal shared key takeaways, including the significance of emotional intelligence and social-emotional learning in understanding and managing one's emotions, as well as recognizing the emotions of others. She also highlighted mindful communication as essential for overcoming emotional challenges at various life stages.

Additionally, she encouraged participants to "respond, not react" by practicing the RAIN Check method - Recognize emotions, Investigate and Motivate the self, and Nurture relationships while showing empathy.

The session concluded on a reflective note, reminding everyone to embrace joy, cultivate self-awareness, and build meaningful relationships through restorative practices. Overall, it was an enlightening experience that provided participants with practical strategies to integrate self-care into their daily routines.

