

DELHI PUBLIC SCHOOL, MATHURA ROAD
Counselling Department- PRIMARY WING

Newsletter –JULY 2026 Edition

Dear Parents,

As children grow up, they become more curious, independent, and socially aware. Between the ages of 5–10 years, it is important to guide them in understanding body awareness, personal boundaries, emotional regulation, and respectful relationships in a safe and age-appropriate manner.

Through open conversations at home and school, children learn to feel confident, valued, and emotionally secure. Together, we can help them build the skills needed to communicate openly, seek help when needed, and develop healthy boundaries.

☐ GROWING SAFE, CONFIDENT & RESPECTFUL CHILDREN

Children should gradually learn:

- Their body belongs to them
- It is okay to say “NO” to unwanted touch
- Everyone deserves respect and personal space
- Safe adults never ask children to keep secrets about touching
- They should speak up if something makes them uncomfortable

Encourage children to use correct anatomical names for body parts confidently and without shame.

👤 SAFE TOUCH & UNSAFE TOUCH

Discussion of safe and unsafe touch.

Please remind children:

“If something feels wrong, move away and tell a trusted adult immediately.”

□ STRONG WORDS CHILDREN CAN USE

Encourage children to practice saying:

- “Stop!”
- “I don’t like that.”

Practicing these phrases builds confidence and self-advocacy.

□ STUDENT EMOTIONAL REGULATION ACTIVITY “PAUSE • BREATHE • EXPRESS”

Children often need support in understanding and managing strong emotions. This simple activity can be practiced both at home and at school.

STEP 1: PAUSE

When upset, angry, worried, or uncomfortable:
Stop and stay still for a moment.

STEP 2: BREATHE

Take:

- 3 slow deep breaths
- In through the nose
- Out through the mouth

STEP 3: EXPRESS

Encourage children to say:

- “I feel sad.”
- “I feel worried.”
- “I feel angry.”
- “I feel uncomfortable.”

Then ask:

“What can help me feel safe or calm?”

□□□ HOW PARENTS CAN HELP

- Listen calmly and without judgment
- Encourage open conversations regularly
- Respect children's comfort levels
- Teach consent through daily interactions
- Reassure children they will never get into trouble for speaking up

Short and regular conversations help children feel safe and confident.

Together, let us continue nurturing children who feel emotionally safe, respected, confident, and empowered to express themselves openly.

Warm Regards,
Counselling Department
Primary Wing
DELHI PUBLIC SCHOOL, MATHURA ROAD
“Service Before Self”

