

DELHI PUBLIC SCHOOL, MATHURA ROAD
Counselling Department- Primary Wing
Newsletter – May 2026 Edition

Dear Parents and Guardians,

At Delhi Public School, Mathura Road, we believe that a child's emotional well-being is equally important as academic achievement. As we progress through the month of May, we encourage families to partner with us in nurturing confident, resilient, and compassionate learners.

♥ EMOTIONAL CHECK-INS

- Encourage your child to share the highs and lows of their day.
 - Validate their emotions with empathy and understanding.
 - Promote healthy emotional expression through conversation, drawing, or journaling.
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☐ FRIENDSHIPS & SOCIAL SKILLS

- Encourage sharing, teamwork, and turn-taking during daily activities.
 - Practice conflict-resolution strategies through role-play at home.
 - Acknowledge and celebrate acts of kindness and empathy.
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🔧 RESILIENCE & GROWTH MINDSET

- Appreciate effort and persistence over outcomes.
 - Help children view mistakes as opportunities to learn and grow.
 - Encourage independent problem-solving and perseverance.
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📱 SCREEN TIME & BALANCE

- Limit recreational screen time and encourage outdoor play.
 - Maintain balanced routines for study, meals, recreation, and sleep.
 - Demonstrate mindful and responsible use of technology at home.
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1 UPCOMING INITIATIVES – MAY 2026

- Mindfulness Mondays – Guided breathing and relaxation exercises.
 - Classroom activities focused on emotional awareness and communication skills.
 - Interactive storytelling sessions promoting empathy and self-expression.
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Together, let us continue building a supportive environment where every child feels valued, understood and empowered to succeed.

Warm Regards,

Counselling Department-Primary Wing
Delhi Public School, Mathura Road