



Social
Axiom
Foundation



Project CACA



A Message for Teachers

The resource ‘posters’ depict values, messages, rules, habits, and characters of various chapters in the workbooks. These posters also connect to the physical spaces and situations in schools.

They are to be displayed in classrooms, corridors, canteen, staff room, dance room, games room, medical room, and more. The displayed posters build confidence among children as they see the workbooks’ content unfolding in the school’s physical spaces.

Teachers can download these posters and their catalogue from Project CACA’s official website. New posters are added from time to time.

I N D E X

1. Adolescence - *My Mummy and Me.*
2. Being Assertive - *Say no.*
3. Resilience - *General.*
4. Resilience - *Importance of resilience.*
5. Mindfulness - *General.*
6. Mindfulness - *Importance of mindfulness.*
7. Being Assertive - *Being Assertive/Confident.*
8. Body Ownership - *Boss of my body.*
9. Bullying - *Be a buddy.*
10. Bullying - *Toilet Rules for Superstars.*
11. Bullying - *We All Deserve Respect.*
12. Bullying - *Pranks v/s Bullying.*
13. Child Rights - *Samagra Shiksha Scheme.*
14. Child Rights - *Corporal Punishment.*
15. Child Rights - *Child Rights UNCRC.*
16. Child Rights - *Child Rights and Constitution.*
17. Child Rights - *Age of a Child.*
18. Decision Making - *Decision Making.*
19. Diversity - *When everyone is included, everyone wins.*
20. Diversity - *Indian Dance Forms.*
21. Emotions/Feelings - *It Is Not Your Fault.*
22. Emotions/Feelings - *Silence is Golden, Except When It's Not.*
23. Emotions/Feelings - *Feelings are my friends.*
24. Emotions/Feelings - *Dog Postures.*
25. Environment - *Sustainable Development Goals.*
26. Gender Equality - *Breaking Gender Stereotype.*
27. Gender Equality - *Being born as a boy or a girl or another is not a choice.*
28. Growing Up - *Let us grow up.*
29. Growing Up - *Kitaabein.*
30. Growing Up - *Books.*
31. Health - *Health is real wealth.*
32. Health - *Healthy Body and Sports Get You Jolly.*
33. Health - *Yoga - Health is wealth.*
34. Health - *Para Olympic Symbols.*
35. Health - *The Nosebleed Woes.*
36. Health - *Rabies.*
37. Health - *Yummy Friends.*
38. Health - *Mental Health Matters.*
39. Hygiene - *Wash Your Hands.*
40. Hygiene - *Be a Hygiene Champion.*
41. Interpersonal Relationship - *Friends.*
42. Interpersonal Relationship - *Family.*
43. Morals/Values/Ethics - *Equality, Equity and Parity.*
44. Morals/Values/Ethics - *United we stand, divided we fall.*
45. Morals/Values/Ethics - *Lying is a bad habit.*
46. Morals/Values/Ethics - *General.*
47. Morals/Values/Ethics - *Pale Blue Dot.*
48. Private Parts - *Private Parts.*
49. Safety - *Cyber Safety/Passwords/Data safety.*
50. Safety - *Road Safety.*
51. Safety - *The 5 Step Safety Rule for CSA prevention.*
52. Safety - *School's Safety Policy.*
53. Safety - *Who let the dogs out?*
54. Cyber Safety - *Facts on Cyberbullying.*
55. Cyber Safety - *Strangers in the cyber world.*
56. Cyber Safety - *Terms related to cyber hygiene.*
57. Safety Circle - *Loved and trusted ones.*
58. Safety Circle - *Police are there to help us.*

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59. Safety Circle - *Police are there to help everyone be safe.*
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 63. Secrets - *SECRETS !*
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 79. R's of Environment
 80. Other - *Staff Room.*

Poster recommendation: we recommend following poster numbers for these places/people in the school.

Principal's room: 12, 21, 48, 53

Staff room: 7, 10, 12, 15, 22, 26, 39, 42, 52, 62, 66, 68, 69, 70, 73

Counsellor's room: 5, 18, 34, 38, 47, 54, 55, 56, 60, 61

Medical room: 30, 31, 32, 58

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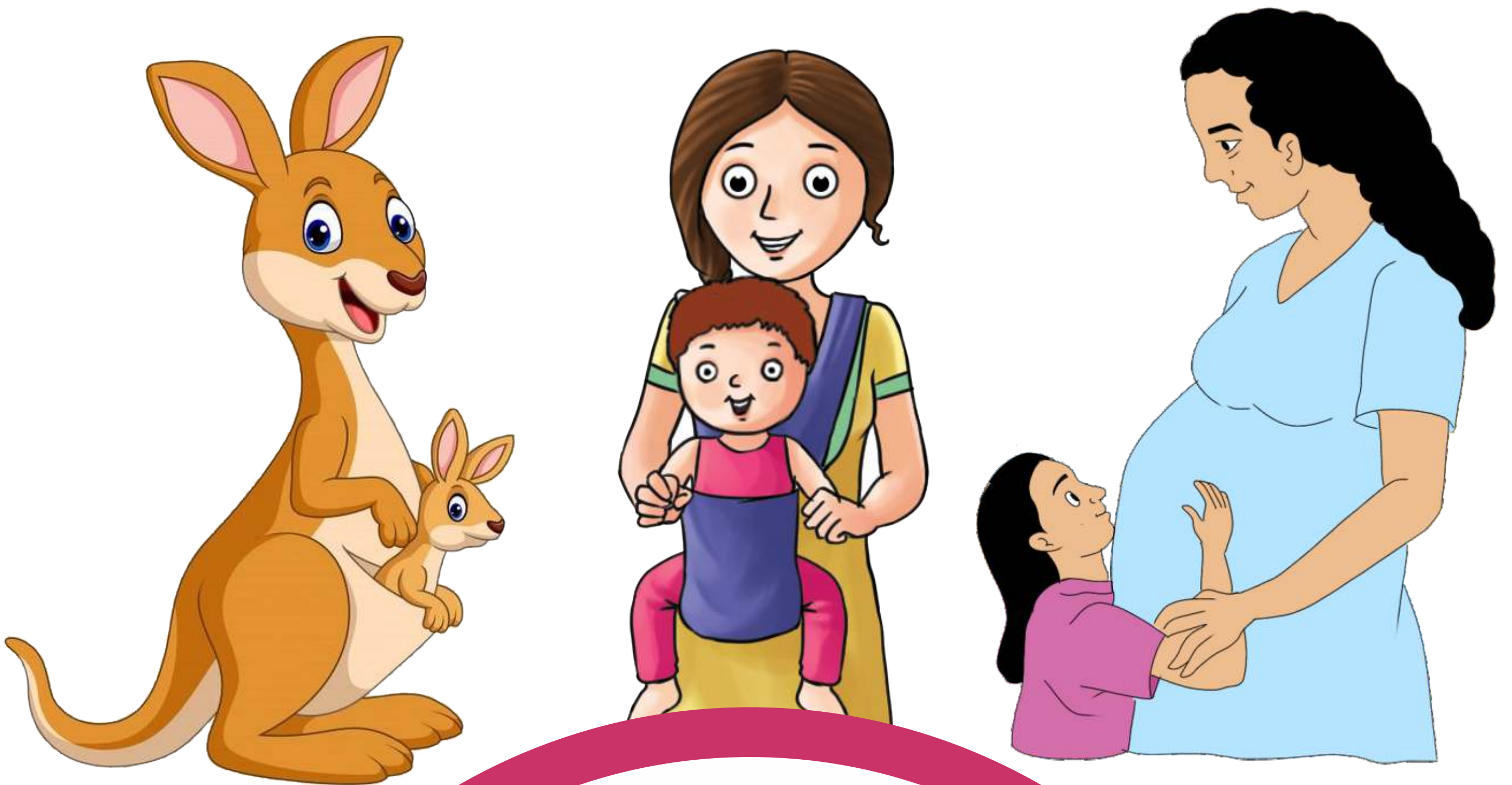
Library: 3, 4, 9, 11, 12, 13, 14, 17, 23-26, 40, 41, 43, 45, 46, 51, 68-74

Dance room: 16

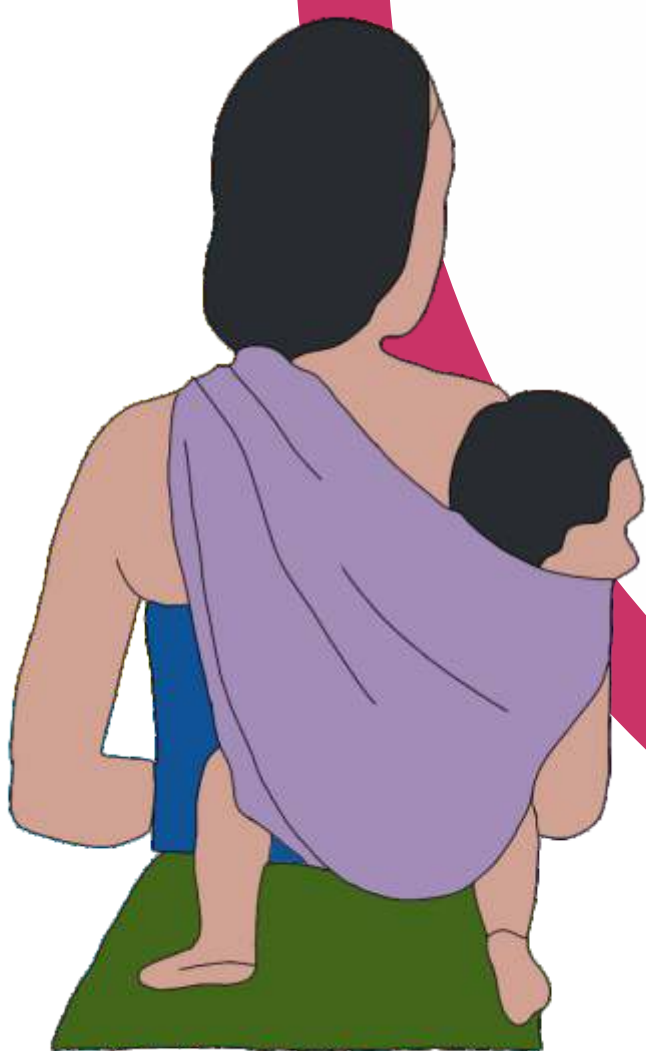
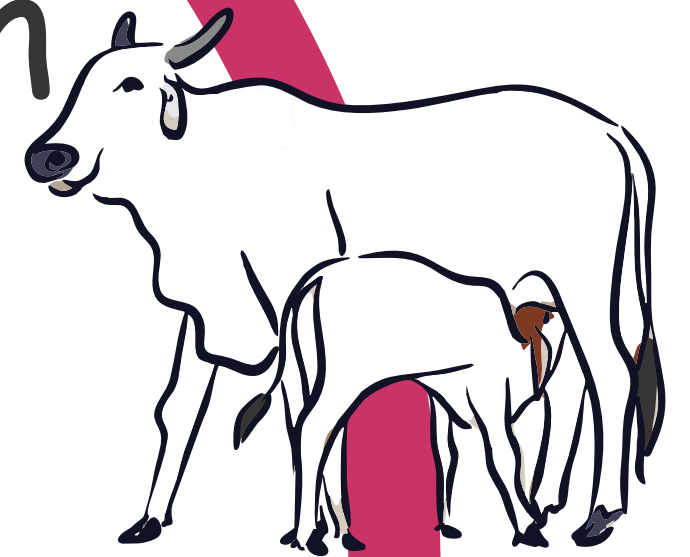
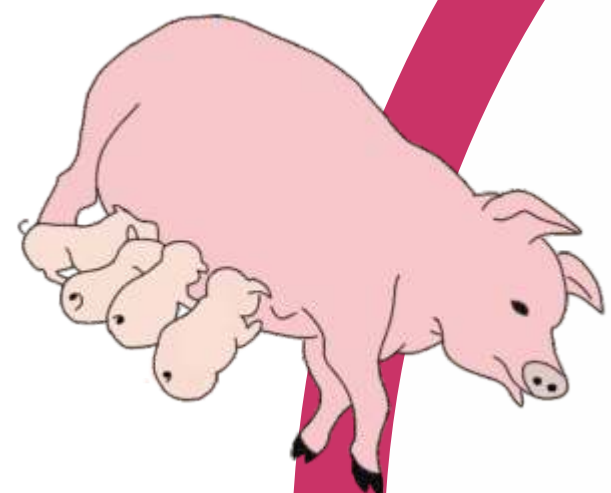
Corridors: 1-3, 13, 19, 20, 37, 49, 50, 57, 63-65, 71, 72, 74

For parents-teachers meeting: 67

My Mummy and Me



Children are born
from the tummy
of their mummy.



Say **No** to any
Unsafe Touch/Look/Behaviour



When you face a tough problem, think of it like a puzzle – you can figure it out with patience and consistent efforts.



Importance of Resilience



Overcoming difficulties with resilience imparts valuable life lessons, strengthening our commitment to hard work, patience, and self-belief—qualities essential for a meaningful and fulfilling life.



Mindfulness

Mindfulness is crucial for students because it helps them focus better, reducing distractions and improving concentration. It also aids in managing stress and anxiety, promoting mental well-being.

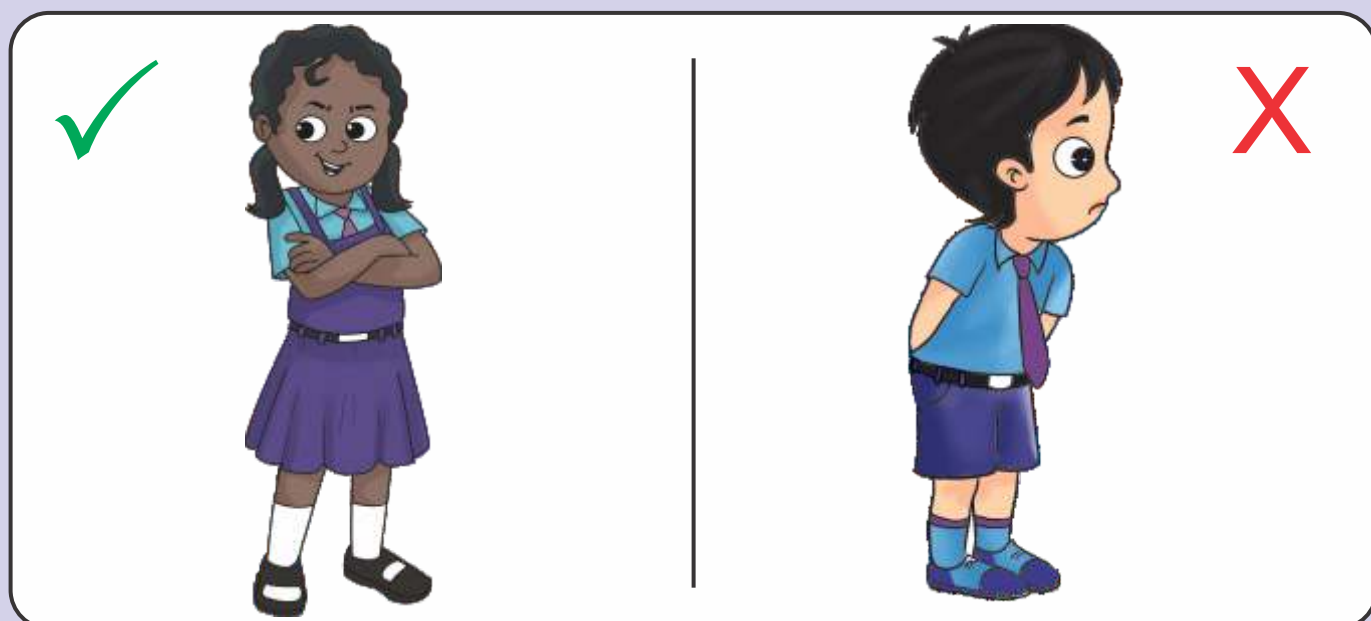


Importance of Mindfulness

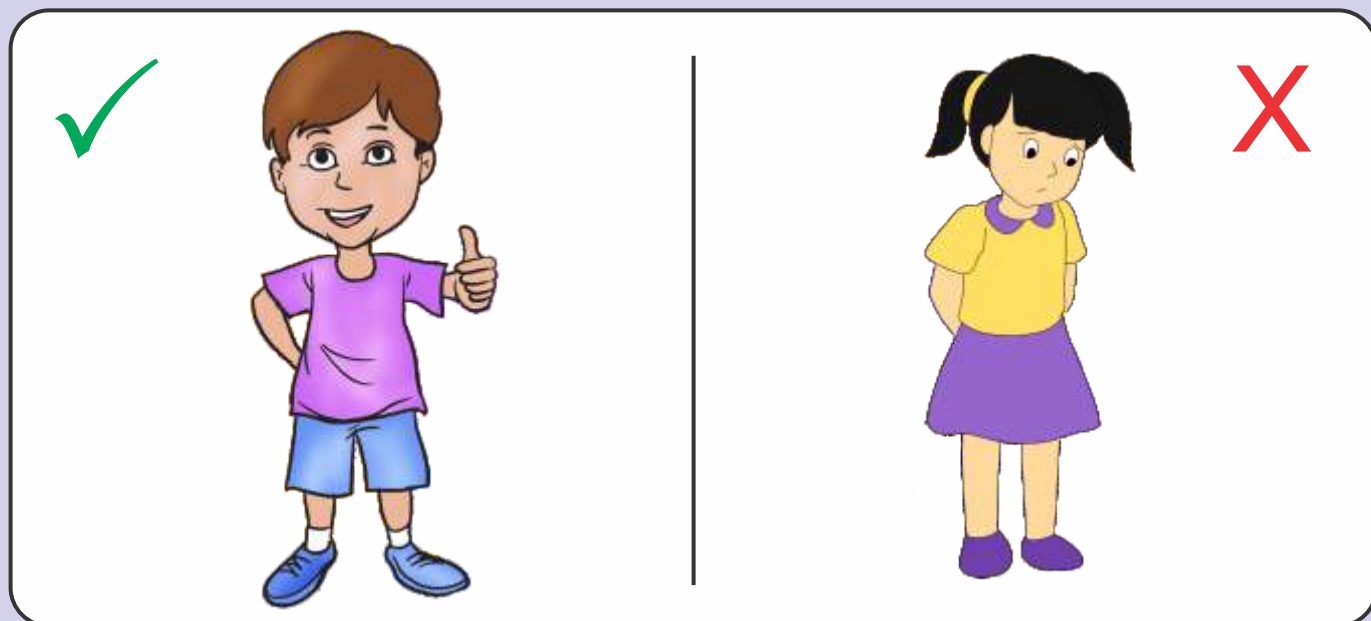
By being mindful, you can enjoy daily activities more, whether it's studying, playing sports, hanging out with friends, or pursuing hobbies. Overall, mindfulness helps one develop a positive attitude, making school life more balanced and fulfilling.



Being Assertive/Confident

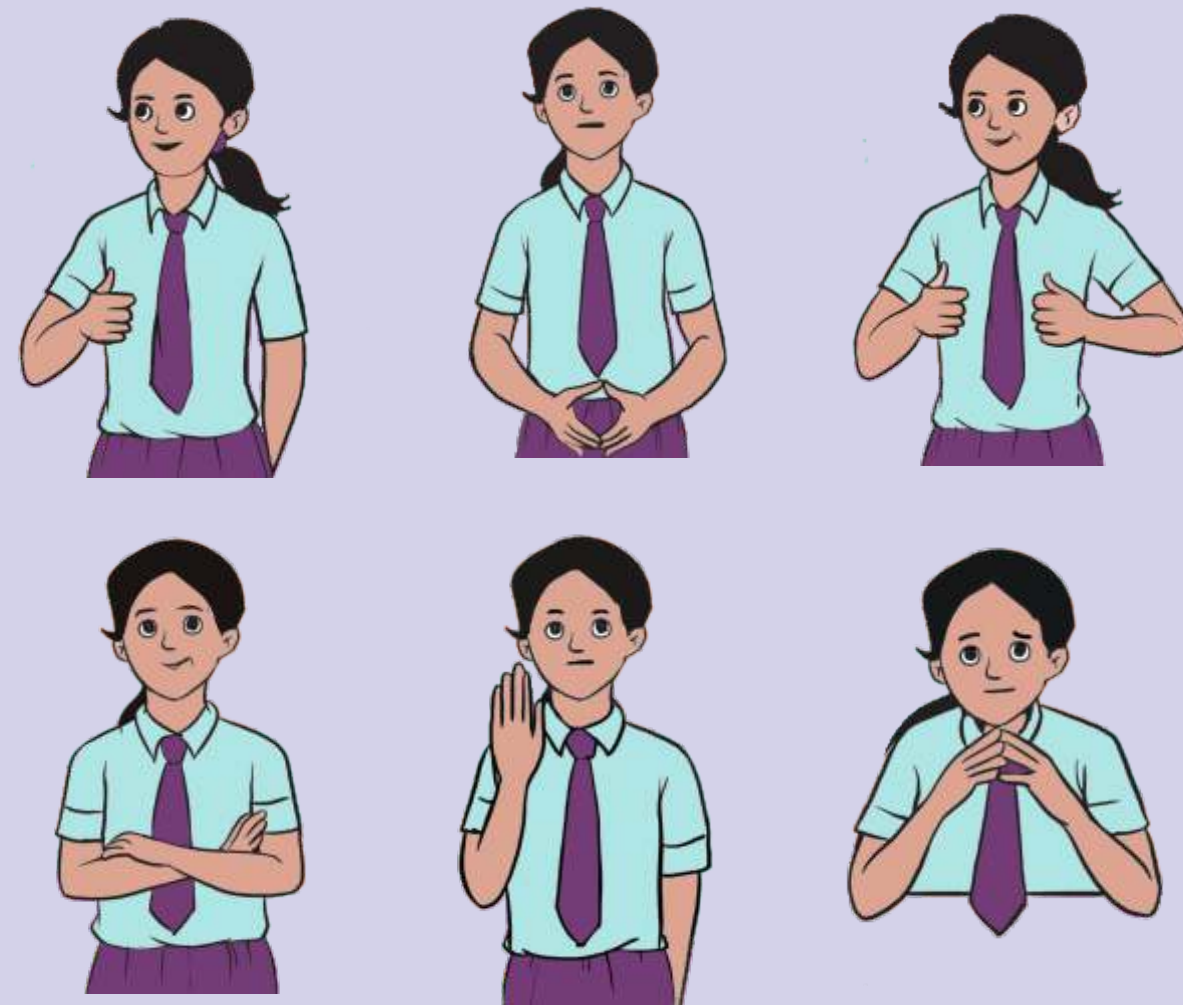
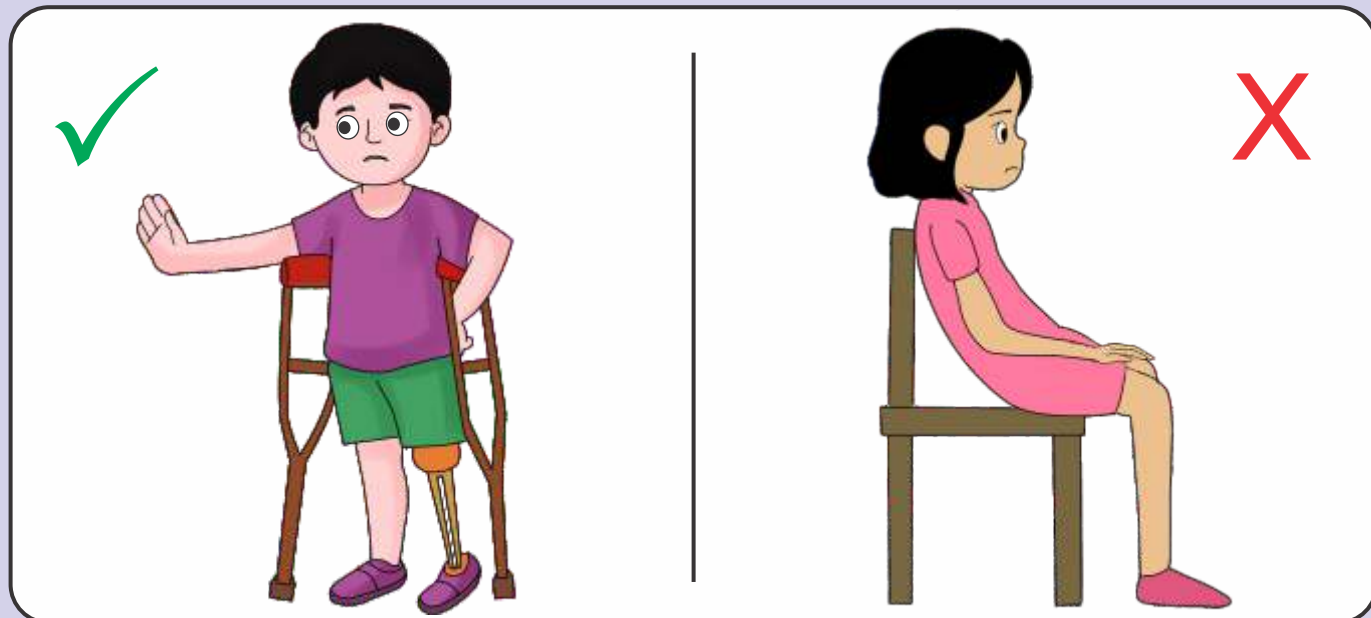
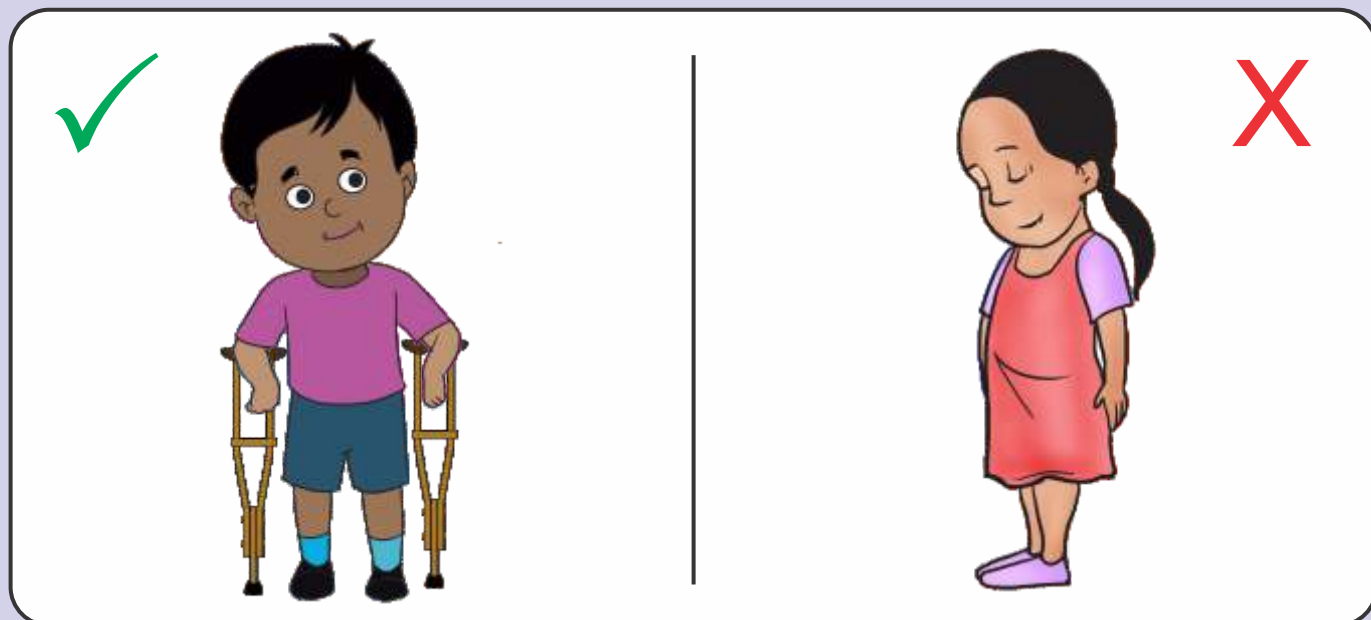
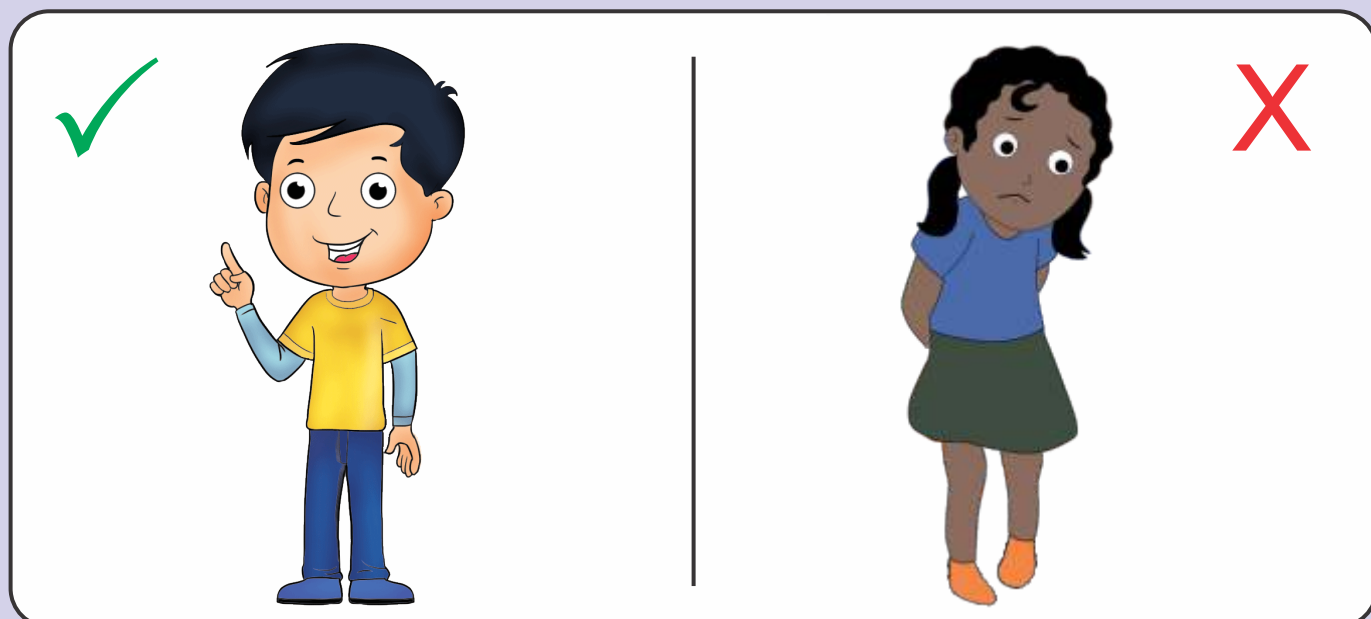
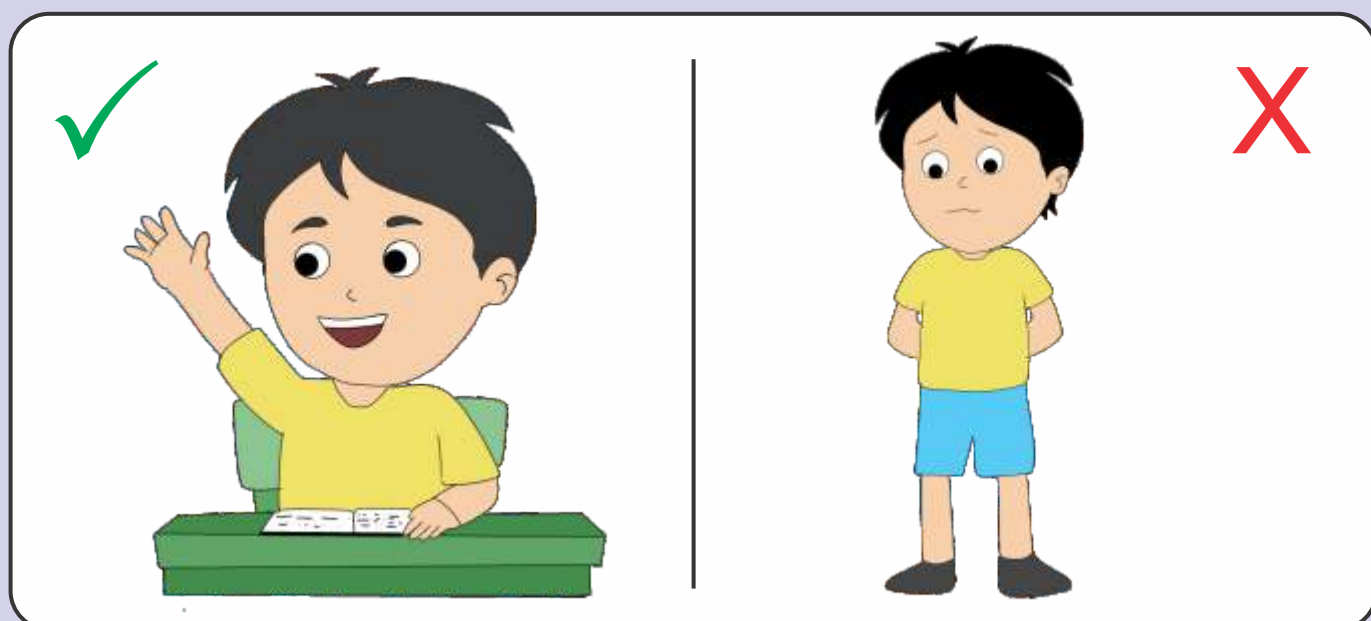


'Assertive' means to express your feelings and views firmly and confidently without insulting the other person or becoming violent.



Being 'confident' means looking sound and sure of what you are saying and doing.

Correct body language helps us to be safe.



If we speak loudly and firmly, look directly at who we're talking to, and sit/stand straight, there is more chance that people will listen to us and believe us.

If we are confident, there is a lesser chance that we will get into trouble.



I Am the Boss of My Body

I am the owner of my body.
Taking care of my body
makes me happy.

- a. Who will always be with you from the day you are born? **Your body.**
- b. Who feels the pain if you get hurt?
- c. If I am hungry, can I ask your mouth to eat for me?
- d. If I feel tired, can your body rest for me?
- e. Can I tell your hand to do my homework?
- f. Can I tell your legs to play football for me?
- g. Who is with you all the time?
- h. Who will come to know that you are hungry, happy or hurt first?



Bully-Free Zone



BE A BUDDY, NOT A BULLY.



- Nobody likes bullying behaviour.
- We must treat others the same way we want them to treat us.



Toilet Rules for Superstars



- Always flush the toilet after use and make sure everything goes down properly.
- Keep the toilet clean by not leaving any trash on the floor.
- Be mindful of your surroundings and avoid making a mess in the toilet area.
- Be a bathroom superhero - save water by turning off the tap when you're done washing your hands.
- Don't flush feminine hygiene products like pads, tampons, or wipes - they can clog the toilet and cause a major mess.
- Respect other people's privacy and personal space.
- If you see any leaky taps, inform your teachers.
- If you see someone being mistreated or bullied in the bathroom, tell a teacher or trusted adult immediately.
- If someone tries to enter your stall, yell "NO" loudly and tell a trusted adult immediately.
- Keep your writing on paper, not on the walls - the sweeper doesn't want to read your poetry!

We All Deserve Respect

Here is something to ponder upon.
Did you know that elephants grieve their dead?



Elephants are known for their remarkable **empathy** towards sick, dying, or dead elephants. They stay near or guard them and even revisit the carcass, covering it with dirt, leaves, or branches. If these magnificent creatures can respect their dead peers, shouldn't we show respect for the bodies of those who are still alive?

Let's create a culture of **respect** in our school. Writing vulgar or inappropriate messages on the toilet walls hurts everyone. Let's show respect for ourselves and our peers by using our words to build each other up, not tear each other down.

Remember, the things we write have a lasting impact on those who read them. Let's work together to make our school a **respectful and positive** place for everyone.

Pranks vs Bullying: Understanding the Difference

Learn to Identify and Stop Harmful Behavior

A **prank** is a harmless, playful act intended to make someone laugh, typically involving a surprise or trick that is meant to be funny, such as hiding a friend's phone or setting up a fake spider to scare them.



Bullying is intentional and repeated behaviour meant to harm, intimidate, or belittle someone. It can take physical, verbal, or emotional forms, and often involves a power imbalance between the bully and victim, causing significant psychological and emotional harm.

Pranks are meant to be harmless fun, while bullying is intended to cause harm and exert power over someone. The key difference is intent. It's important to **recognize the distinction and intervene** if necessary to prevent harm.



Physical Punishment Is Not Discipline: It's Abuse

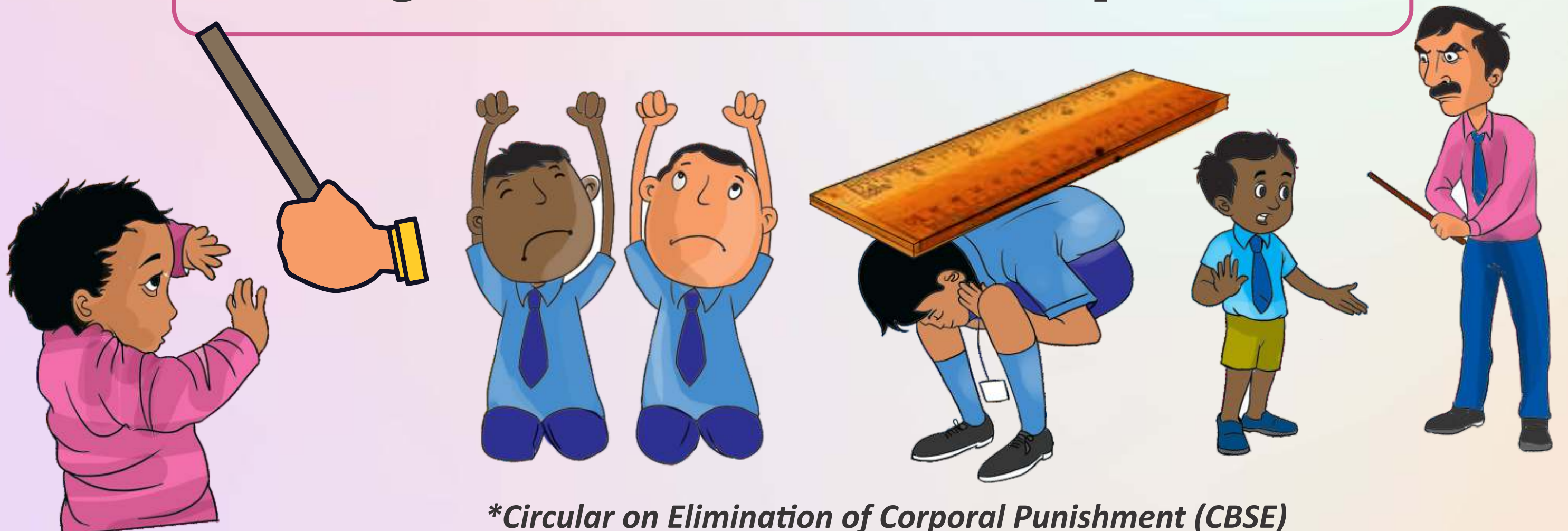
We hold the key to young hearts and minds,
A chance to shape the future of humankind.

But when we choose violence as a tool,
We send the message that aggression is cool.

Let's model love, empathy, and respect,
Towards the young ones, we aim to protect.
Creating a safe space for them to grow,
Where fear and violence will never show.

Corporal punishment, a harmful act,
Attacks a child's dignity, that's a fact.
Its effects can last a lifetime through,
Leading to violence towards others anew.

Love and gentleness are the way to go,
Rewards and fear are sad shows.
Let's break the cycle of violence and abuse,
Creating a world where love and respect infuse.



**Circular on Elimination of Corporal Punishment (CBSE)*

Child Rights My Rights = Your Rights

Children are also citizens. They, too, have rights called child rights.

Every child is born with child rights, and no one can take them away.

Rights cannot exist without responsibilities and duties.

Individuals below 18 are considered children/minors/juveniles, while those between 13 to 19 are teenagers, and those between 15 to 24 or 34 are youth.



I have the right to a good quality education that lets me learn, do my homework, read books, and participate in class.

I have the right to play, have fun, do sports and relax.
I should include everybody in my activities and games.

I have the right to be cared for and protected, and
I must respect others and show care for them.

I have the right to try new things and make mistakes, and
I should learn from my mistakes and not repeat them.

I have the right to eat healthy and enough
food, and I should ensure not to waste food.

I have the right to freedom of religion and thought, and I
must respect the religions and thoughts of other people.

I have the right to good health care, and I can keep myself
healthy by taking care of myself when I am old enough.

I have the right to a clean and safe environment and
should find ways to keep my surroundings clean and safe.

I have the right to special care and support when I need it,
and I should use every chance to be the best person I can be.

I have the right to be protected from abuse and harm,
and I should show care for others and not bully others.

I have the right to be taken seriously and share views and
ideas. I must also listen to others and respect their opinions.



Child Rights and Our Constitution



Children are also citizens. They, too, have rights like other citizens. They also have special rights called child rights. Every child in the world has one thing in common - their rights.

The right to identity (Articles 7 and 8).

The right to equality (Article 14).

The right against discrimination (Article 15).

The right of minorities for protection of their interests (Article 29).

The right to education (Article 28).

The right to an opinion (Article 12 and 13).

The right to privacy.

The right to be protected from violence (Articles 19 and 34).

The right to be protected from armed conflict (Articles 38 and 39).

The right to be protected from exploitation (Articles 19, 32, 34, 36 and 39).

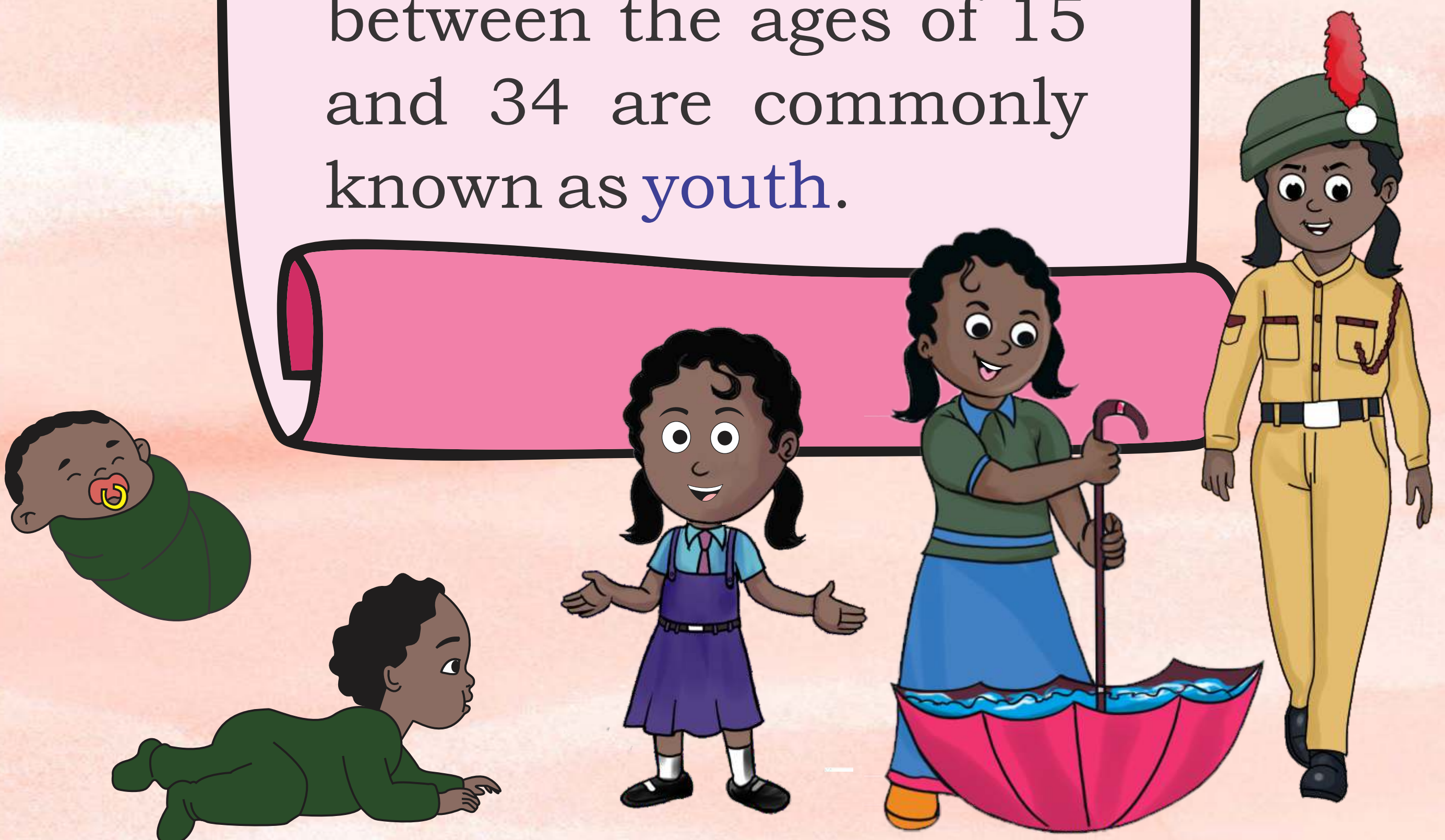
The right to be protected from any hazardous employment till the age of 14 years (Article 24).



Age of a Child



Any person who has not yet reached the age of 18 is considered a **child**. The age range of 13 to 19 is typically referred to as the **teenage** years, while individuals between the ages of 15 and 34 are commonly known as **youth**.

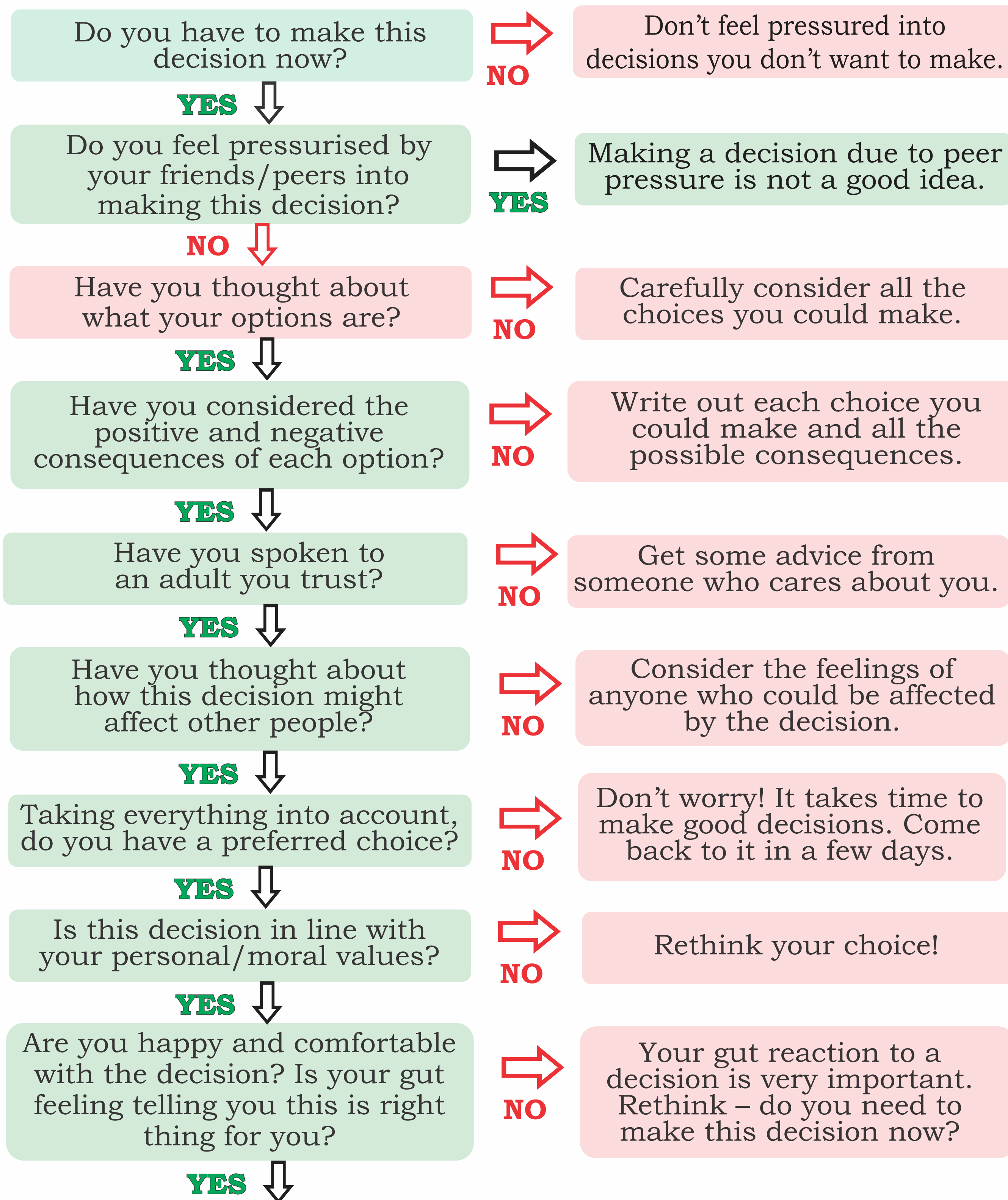


Decision Making

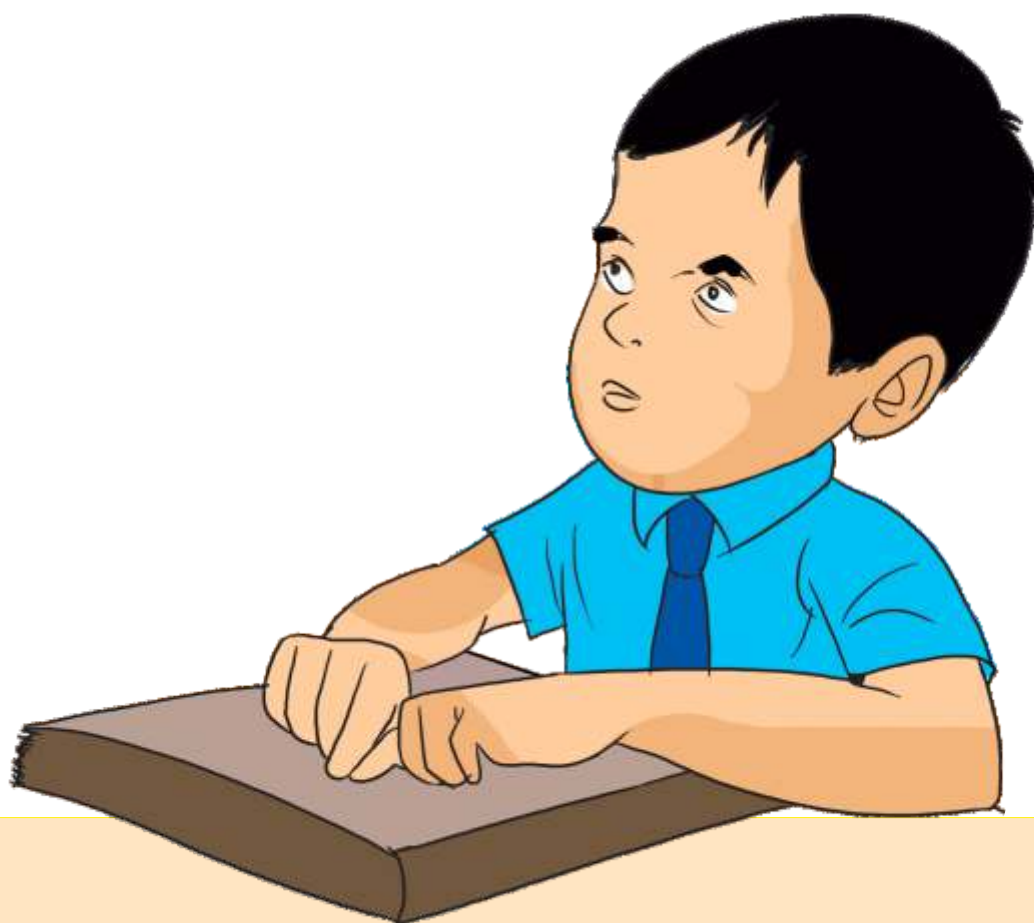


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Here is a flowchart that shall help you in making decisions.



After following this chart, your decision may differ from what you initially wanted. But going through different options is a good idea. This way, you can make better decisions objectively and rationally.



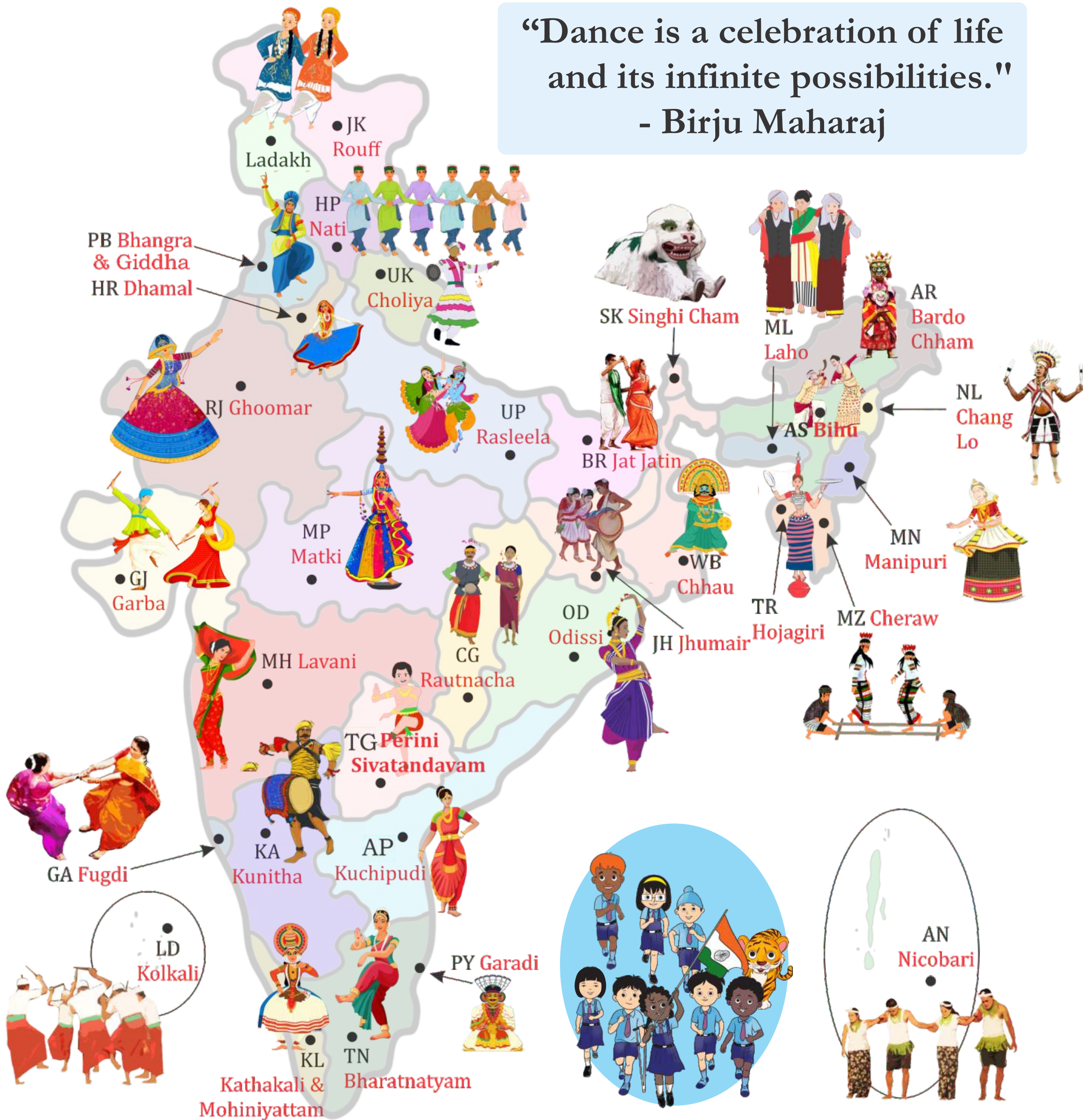
**When everyone is
included, everyone wins.**



**UNICEF Gender Policy 2030*

Dance Forms of India

"Dance is a celebration of life and its infinite possibilities."
- Birju Maharaj



Andhra Pradesh - AP
Arunachal Pradesh - AR
Assam - AS
Bihar - BR
Chattisgarh - CG
Delhi - DL
Goa - GA
Gujarat - GJ
Haryana - HR
Himachal Pradesh - HP
Jammu and Kashmir - JK

Jharkhand - JH
Karnataka - KA
Kerala - KL
Lakshadweep Islands - LD
Madhya Pradesh - MP
Maharashtra - MH
Manipur - MN
Meghalaya - ML
Mizoram - MZ
Nagaland - NL
Odisha - OD

Pondicherry - PY
Punjab - PB
Rajasthan - RJ
Sikkim - SK
Tamil Nadu - TN
Telangana - TG
Tripura - TR
Uttar Pradesh - UP
Uttarakhand - UK
West Bengal - WB

It Is Not Your Fault

When people do wrong, they are afraid,
Because from the right path, they have strayed.
They try to frighten the one they've abused,
The person whom they have used and bruised.

“You will lose love, and you will be blamed,
If someone finds out, you will be shamed.”
This is what they will say to fill you with guilt.
To break all the confidence that you have built.

“It must have been something you said or did,
That made me do the thing we hid.
You broke safety rules. You were careless,
That is why you have got into this mess.

So don't breathe a word, don't tell anyone.
Just come to me and let us both have fun.”
But they're wrong, no matter what they say
You must tell someone. You must try to find a way.

Because they did wrong and they are to blame;
You have only suffered, it is their shame.
It is all their fault, you have nothing to hide,
Do not add to your burden and shrivel up inside.

You break free. Don't listen to a word!
Tell someone you trust! Feel the joy of being heard.
If not the first or second, go on and tell a third.
'Cause then it will stop, and you'll be free as a bird.



Silence is Golden, Except When It's Not

Silence is golden. But when it comes to staying safe from harm, **speaking up** is essential. If someone touches you in an **unsafe** manner, don't stay silent. Speak up and tell a trusted grown-up. Remember, it is **NOT** your fault."

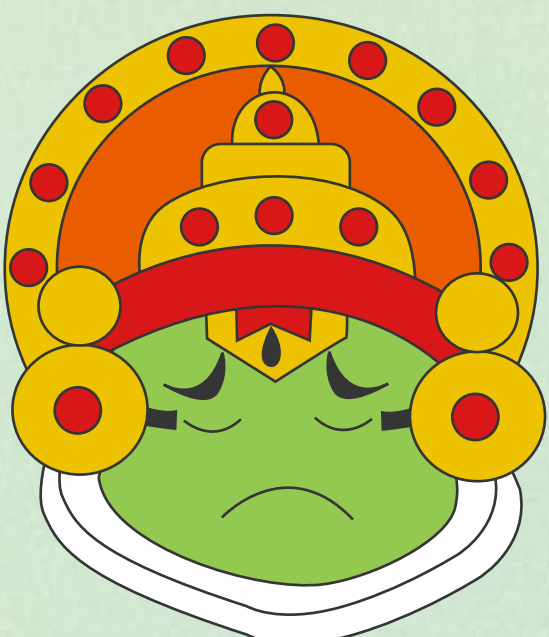


Feelings are my friends

Happy



Sad



Angry



Afraid



Shame



I listen to my feelings. They tell me what is safe and unsafe for me.



Emotions-Feelings

Whether it's a wagging tail, a contented purr, or a warning growl, animals use their bodies to convey their thoughts and feelings to those around them. Recognising and respecting their feelings and body language can deepen our relationships with them and create more meaningful connections with the natural world.

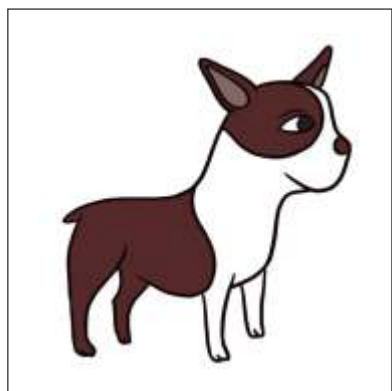
Even people with little experience with dogs can tell what a dog is most likely feeling.



RELAXED



RELAXED



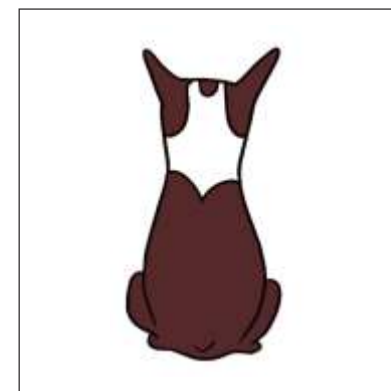
RELAXED



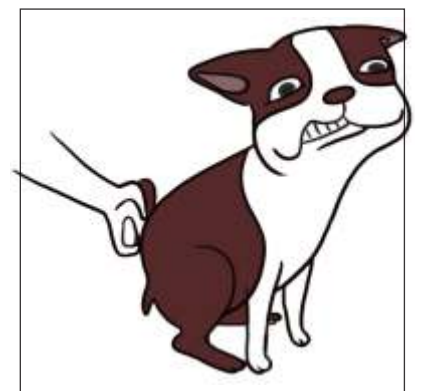
STRESSED



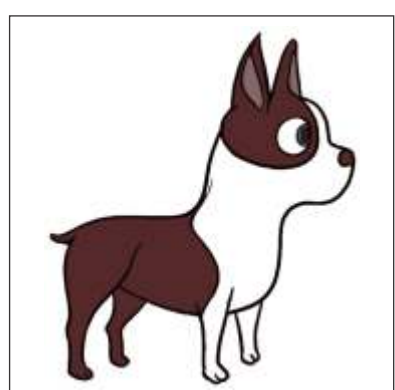
LAZY



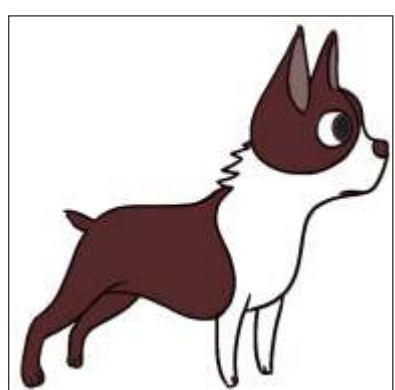
CONFIDENT



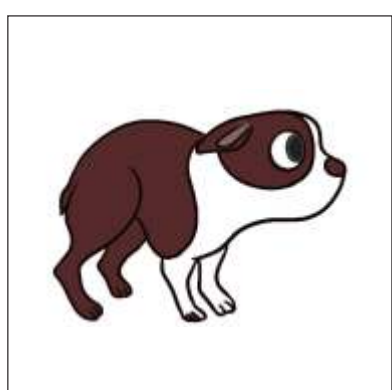
MMMM....



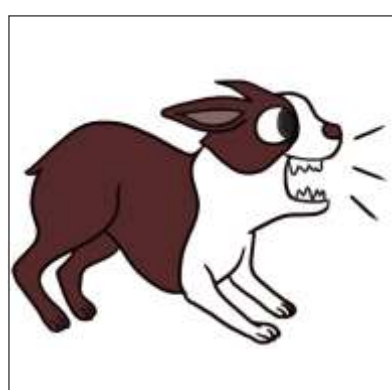
ALERT



SUSPICIOUS



ANXIOUS



THREATENED



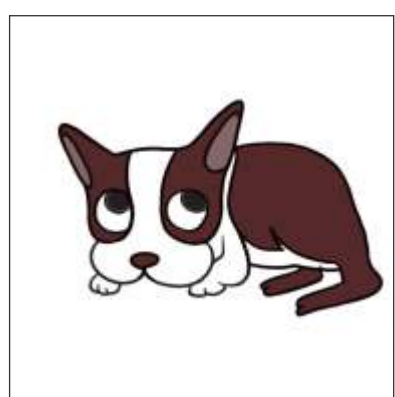
ANGRY



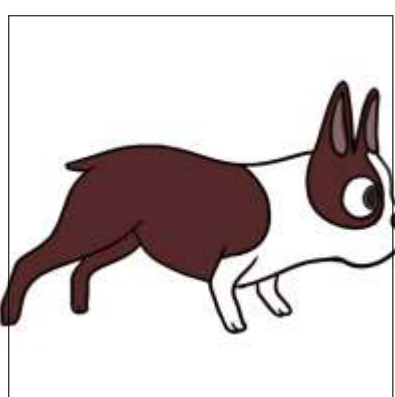
READY



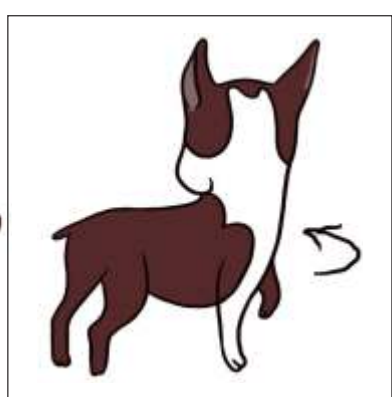
CURIOUS



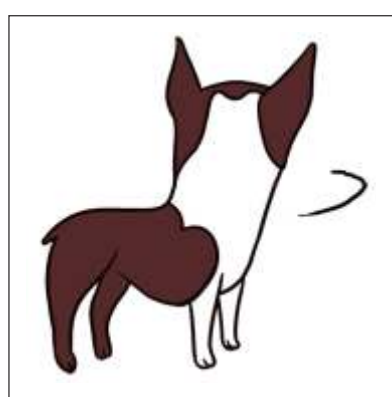
AFRAID



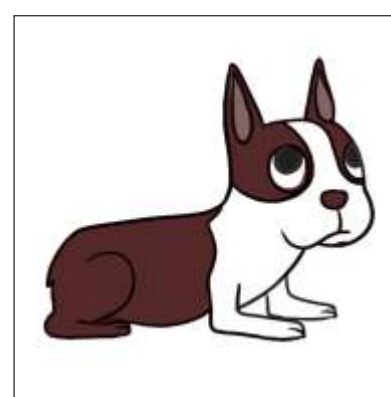
STALKING



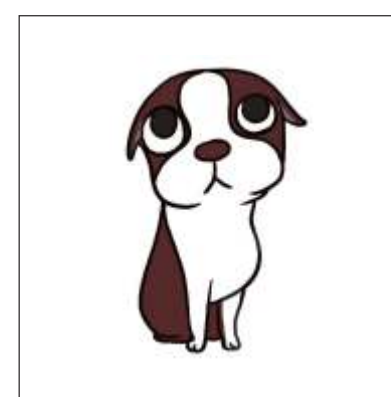
DISLIKE



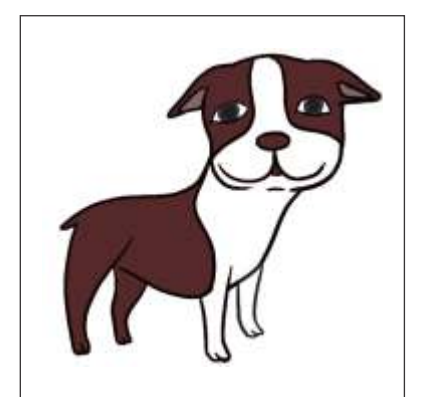
DISLIKE



THINKING



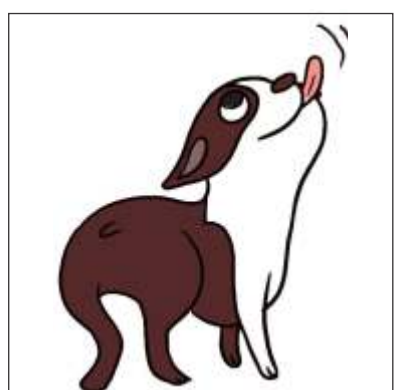
THINKING



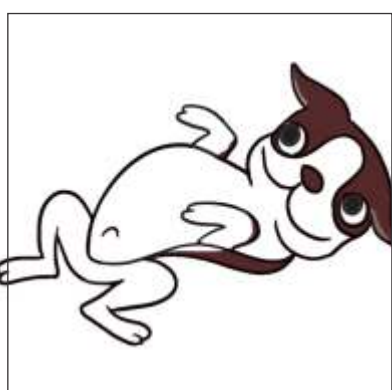
FRIENDLY



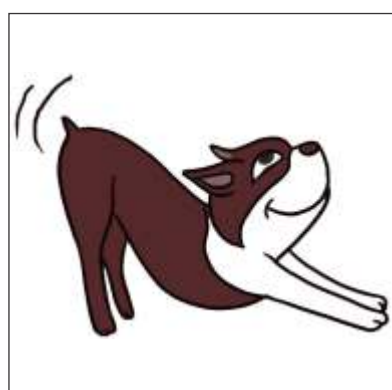
FRIENDLY



FRIENDLY &
POLITE



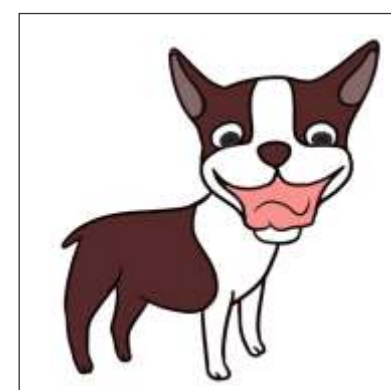
FUN/HAPPY



HELLO/GREETING



HAPPY



PLEASURE/FUN

Earth, The Only Home We Have Ever Known



"Hello there, friend! Do you know about the 17 United Nations Sustainable Development Goals (UNSDGs) to make the world a better place?"



"Sustainability is a mindset, not a destination."





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Breaking Gender Stereotypes

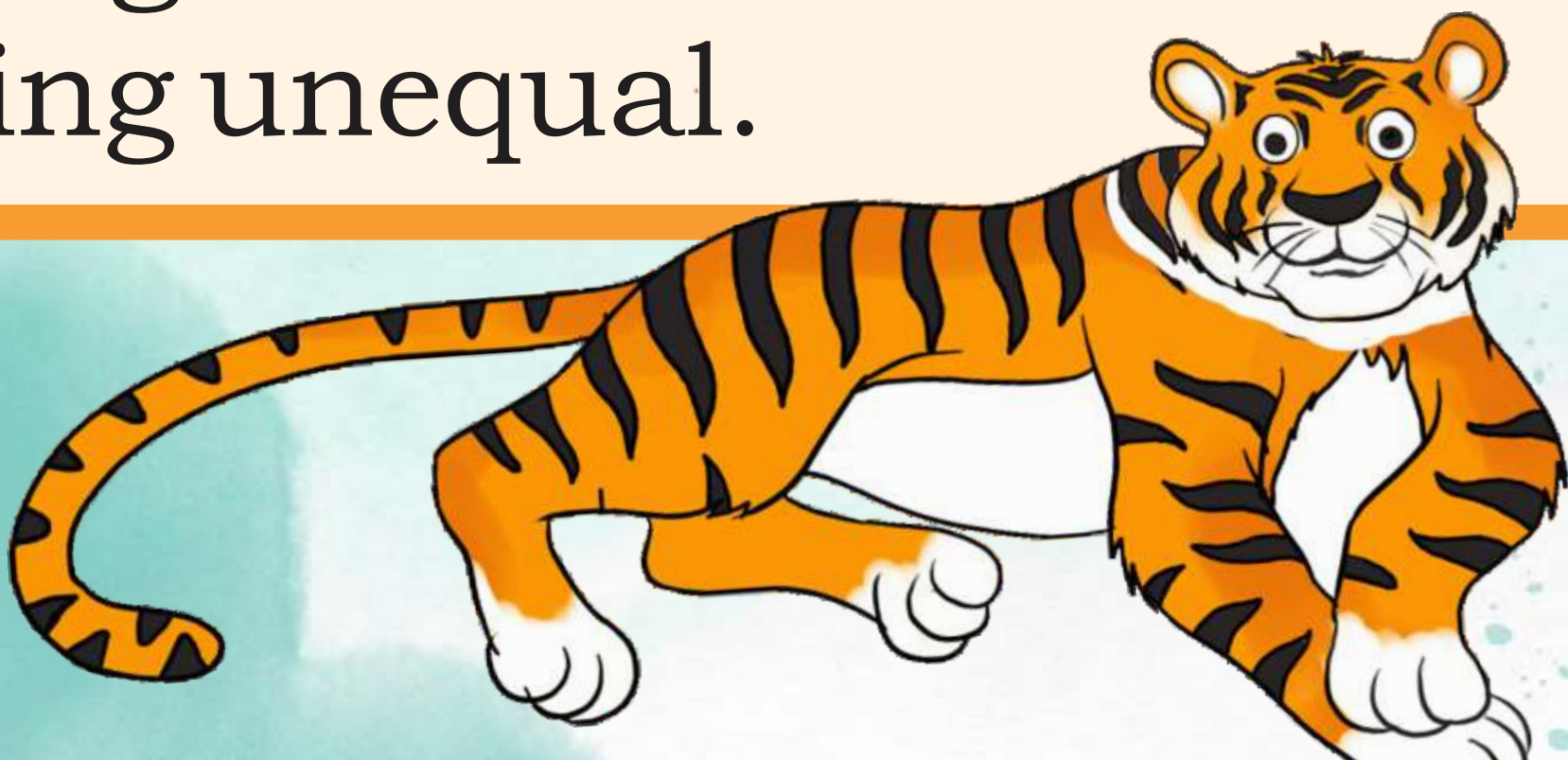


- Gender equality is a universal human issue, not just a women's issue, as it impacts us all.
- Emotions, intelligence, and qualities are not limited by gender, but are shared by all.





- Being born as a boy, girl, or other is not a choice. We are born that way.
- It's natural and okay to be different from each other.
- We do not choose our bodies. Nature has made our bodies.
- Being different does not mean being unequal.



Let us grow up, listen, read, learn,
share, and perform together.



किताबें

किताबें करती हैं बातें
बीते जमानों की
दुनिया की, इंसानों की
आज की, कल की
एक-एक पल की।
खुशियों की, गमों की
फूलों की, बमों की
जीत की, हार की
प्यार की, मार की।
सुनोगे नहीं क्या
किताबों की बातें?
किताबें, कुछ तो कहना चाहती हैं
तुम्हारे पास रहना चाहती हैं।
किताबों में चिड़िया दीखे चहचहाती,
कि इनमें मिलें खेतियाँ लहलहाती।
किताबों में झरने मिलें गुनगुनाते,
बड़े खूब परियों के किस्से सुनाते।
किताबों में साईस की आवाज़ है,
किताबों में रॉकेट का राज़ है।
हर इक इल्म की इनमें भरमार है,
किताबों का अपना ही संसार है।
क्या तुम इसमें जाना नहीं चाहोगे?
जो इनमें है, पाना नहीं चाहोगे?
किताबें कुछ तो कहना चाहती हैं,
तुम्हारे पास रहना चाहती हैं!

कवि: सफ़दर हाशमी



Books

Books speak of times gone by,
Of human life, and the world outside,
Of today and tomorrow, each moment nigh,
Of joy and sorrow, of flowers and mines,
Of victories and losses, love and strife.

Will you not listen to what they say?
For books have stories to convey,
And they wish to stay by your side.

In books, birds chirp and dance with glee,
Fields sway in the breeze, endlessly,
In books, streams hum and sing,
Fairy tales of princesses and kings.

Books have science's voice and might,
And secrets of rockets' flight,
Every field of knowledge is there,
A world of its own, without compare.

Don't you wish to delve within,
Find what's in there, and begin,
For books have much to say,
And they wish to stay with you, day by day.

Poet: Safdar Hashmi



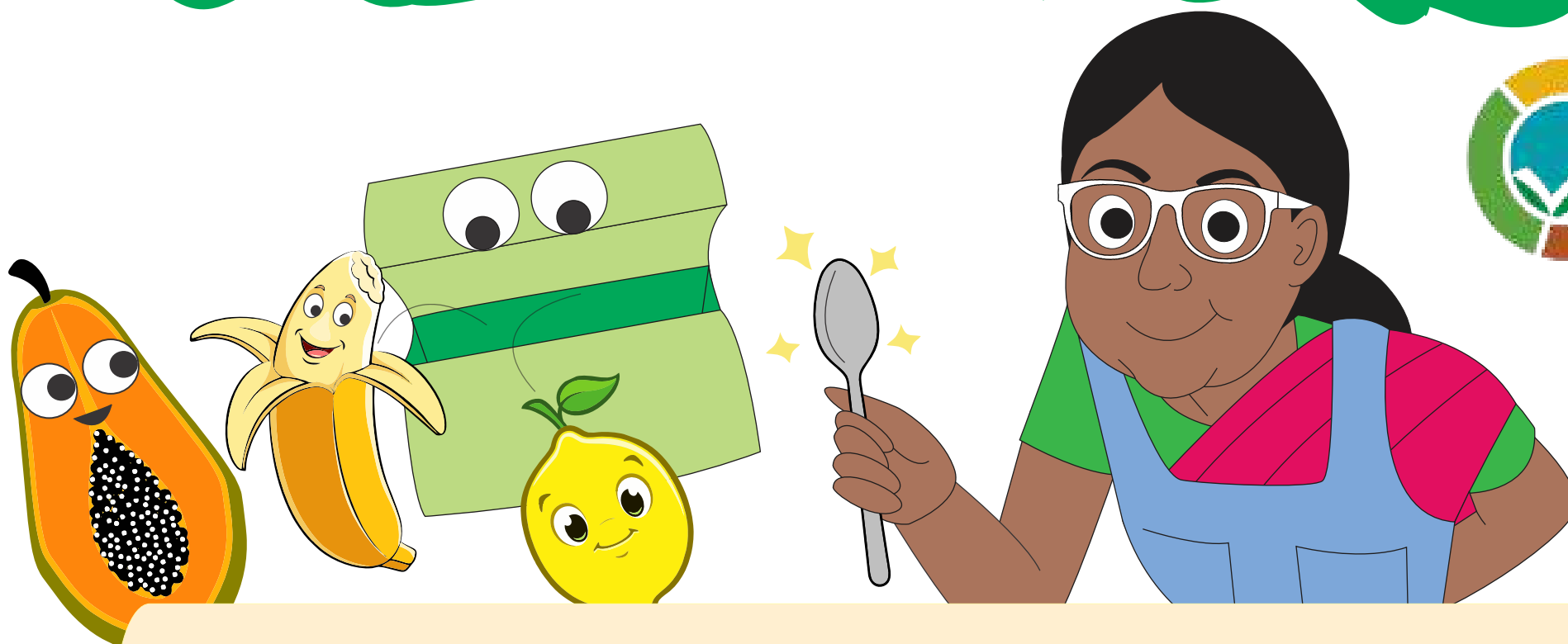
Health is Real Wealth



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Eat Right
SCHOOL



- Chew well for strength and better digestion.
- Chewing food thoroughly is a good habit.
- Eat fruits and veggies for a fulfilling life.
- Less junk food, more movement, fruits and veggies for a balanced diet.
- Finish breakfast, the most important meal of the day.
- Junk food is unhealthy.
- Your diet affects your health.
- Eat to fuel your body, not your emotions.



Healthy Body and Sports Get You Jolly

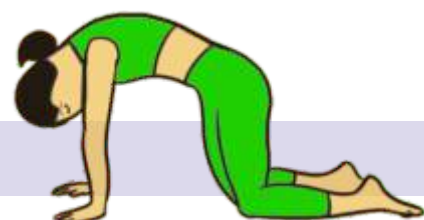
Life is more fun if you play games. | Games lubricate the body and the mind. | Games are nature's most beautiful creation. | Play, have fun and enjoy the game.



****Training and Resource Material: Health and Wellness of School-going Children, under the aegis of School Health Programme of Ayushman Bharat (NCERT)***

**Yoga is the journey of the self,
through the self, to the self.**

Warm-up



Cat
Marjariasana



Cow
Bitilasana



Melting Heart
Anahatasana



Child's Pose
Balasana



Standing Forward Bend
Uttanasana

Stretching



Pyramid
Parsvottanasana



Downward Facing Dog
Adho Mukha
Vanasana



Garland
Malasana



Seated Forward Bend
Paschimottanasana



Bound Angle
Baddha Konasana

Head to Knee
Forward Bend
Janu Sirsasana



Half Lord of
the Fishes
Ardha
Matsyendrasana



Hero
Virasana



Wide-Angle Seated
Forward Bend
Upavistha Konasana

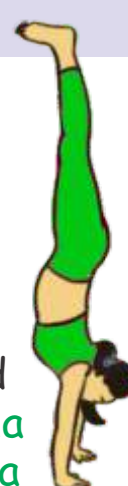
Balance



Tree
Vrikshasana



Lord of
the Dance
Natarajasana



Handstand
Adho Mukha
Vrikshasana



Eagle
Garudasana

Standing Split
Urdhva Prasarita
Eka Padasana



Half Moon
Ardha Chandrasana



Warrior III
Virabhadrasana III



Crow
Kakasana



Extended Hand-
to-Big-Toe
Utthita Hasta
Padangusthasana



Dancing Shiva
Porivrtta Utthira
Hasta Padangusthasana

Strength

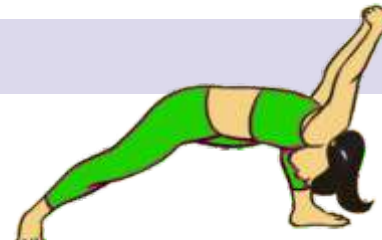
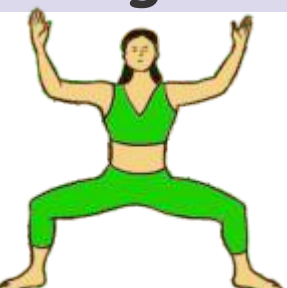


Warrior I
Virabhadrasana I

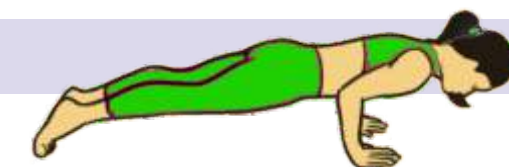
Warrior II
Virabhadrasana II



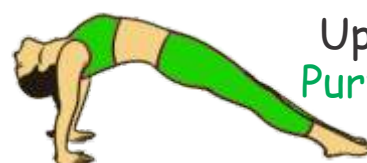
Goddess
Utkata Konasana



Humble Warrior
Baddha Virabhadrasana



Four-Limbed Staff
Chaturanga Dandasana



Upward Plank
Purvottanasana



Chair
Utkatasana



Dolphin
Ardha Pincha
Mayurasana

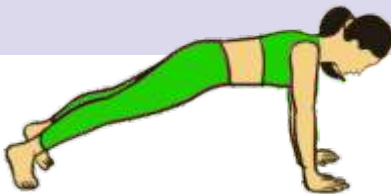


Triangle
Trikonasana



High Lunge
Utthita Ashwa
Sanchalanasana

Core



Plank
Kumbhakasana



Side Plank
Vasisthasana



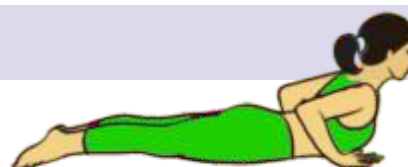
Boat
Navasana

One-Legged
Downward Dog
Eka Pada Adho
Mukha Svanasana



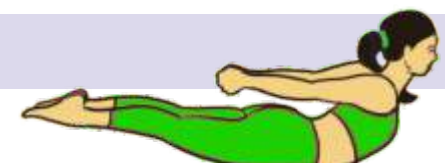
Scale
Tulasana

Backbending



Cobra
Bhujangasana

Upward Facing Dog
Urdhva Mukha
Shvanasana



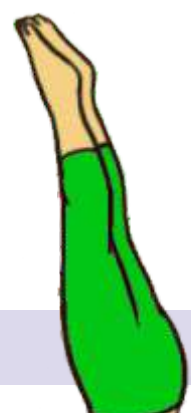
Locust
Sholobhasana



Bow
Dhanurasana



Camel
Ustrasana



Reclining Hero
Supta Virasana



One-Legged King Pigeon
Eka Pada Rajakapotasana



Upward Bow
Urdhva
Dhanurasana

Restorative / Warm Down

Legs Up the Wall
Viparita Karani



Shoulder Stand
Sarvangasana

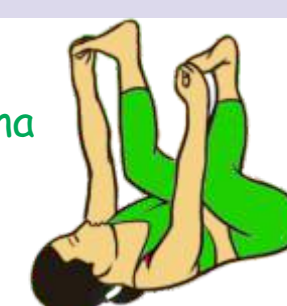


Plough
Halasana

Easy
Sukhasana



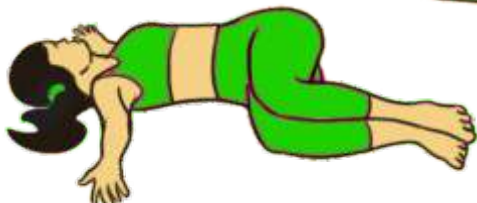
Happy Baby
Ananda Balasana



Reclining Bound Angle
Supta Baddha Konasana



Reclining Hand
to Big Toe
Supta Padangusthasana



Supine Spinal Twist
Supta Matsyendrasana

Half Pigeon
Ardha Kapotasana



Corpse
Shavasana





Celebrating Diversity: The Paralympics



Boccia



Equestrian



Shooting



Canoe



Football 5-a-side



Sitting Volleyball



Basketball



Goalball



Wheelchair Rugby



Athletics



Judo



Swimming



Badminton



Powerlifting



Table Tennis



Archery



Cycling Road



Taekwondo



Cycling Track



Rowing



Triathlon



Wheelchair Fencing



Wheelchair Tennis

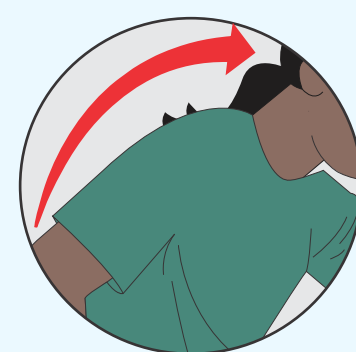




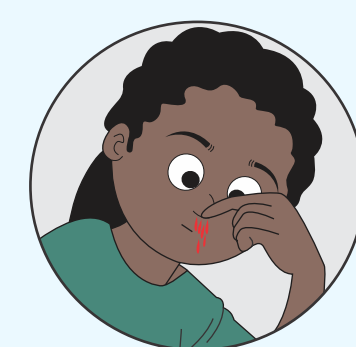
"The Nosebleed Woes!"

During the summer, the air is often drier due to the hot weather, which can cause the nasal passages to dry out and become more susceptible to nosebleeds.

Step 1: Sit upright and lean forward. This way, you reduce blood pressure in the veins of your nose, which stops further bleeding.



Step 2: Gently blow your nose and avoid foreign objects. Blow your nose to clear it of any blood clots. Tissues or handkerchiefs should not be used to stuff the nose because doing so may increase the bleeding.



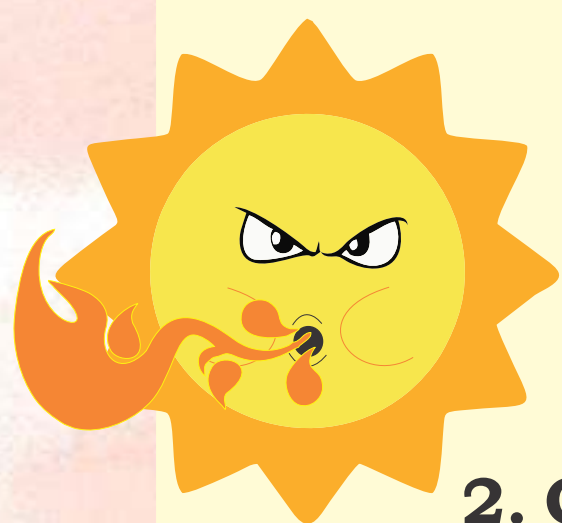
Step 3: Pinch your nose. Use your thumb and index finger to pinch your nostrils shut. Breathe through your mouth. Continue to pinch for 10 to 15 minutes.



Step 4: Take a rest. Rest after a nosebleed to avoid a recurrence. You should avoid sports, running, and other activities that cause your blood pressure to increase."



You can take steps to prevent nosebleeds during the summer:



1. You should **avoid being outdoors** when the heat is at its peak in the late morning and during the afternoon.
2. **Cover** your head with a cap or a stole when outdoors. Also, cover your nose with a handkerchief to avoid hot air drying the insides of the nose.
3. Drink **plenty of fluids and water** in summer to stay hydrated and prevent the nose from drying.
4. Keep the **inside of your nose moist**, as dryness can cause a nosebleed. Nasal saline sprays or gels like petroleum jelly moisten the nasal cavity.
5. **Don't** pick your nose too often, and don't blow or rub it too hard.
6. **Steam inhalation** prevents nose bleeding by moistening and protecting the nasal cavity.

**Training and Resource Material: Health and Wellness of School-going Children, under the aegis of School Health Programme of Ayushman Bharat (NCERT)*



Rabies



Rabies is a preventable viral infection that enters the body through bites and scratches from rabid animals, primarily dogs. It can lead to various symptoms, including hydrophobia, progressing rapidly and becoming fatal if untreated. Monkeys, bats, and other mammals can transmit this disease, but dogs are the primary carriers. Vaccinating dogs is crucial for rabies prevention and remains the most effective strategy.

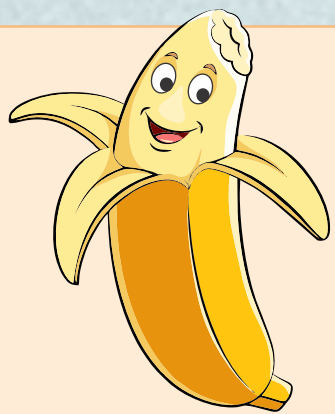
Do not:

- Apply limestone, mustard oil, coffee powder, chillies or cow dung to the wound.
- Tie a cloth or bandage above the bite.

Do:

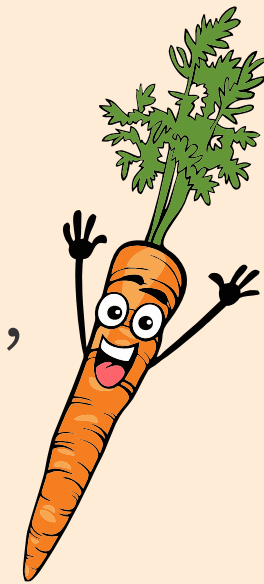
- Wash the wound with soap under running water for 15 minutes.
- Apply antiseptic solution.
- Consult a doctor immediately or rush to the nearest antirabies clinic.
- Complete the course of antirabies vaccination, as advised by the doctor.
- Vaccinate your pets against rabies every year.

Yummy Friends



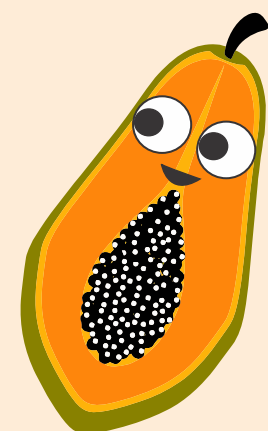
I am a yellow **banana**, tasty and nice,
Eat me regularly; this is my advice.

Meet me; I am a **carrot**, a crunchy treat,
Good for your eyes. I'm very sweet.



Lemon is here, sour if you bite,
drink, lick, or squeeze me. I'm a delight.

Give way; **Papaya** is here to stay,
Good for your stomach. Eat me every day.



I am **spinach**, good for your blood,
I make you strong, the queen of the leafy club.

We are **onion and tomato**; we make your food yummy.
Lots of benefits when we go in your tummy.



I am **bitter gourd**, oh so great!
Good for your health and I control your weight.

I am lean and green. **Ladyfinger** is my name,
Full of minerals and vitamins, a healthy dame.



Mental Health Matters



- The brain is the **most important organ** of our body. Just because you can't see mental illness like you could see a broken bone doesn't mean it's not as detrimental or devastating to a family or an individual.
- Mental health **affects us all**. It's time to have an open and honest conversation about it.
- Let's **end the stigma** surrounding mental health by speaking up and reaching out for help when we need it.
- **No one should feel ashamed** or alone when dealing with mental health challenges.
- Let's create a culture of **compassion and understanding** for those who are struggling with mental health issues.
- You are **not weak** for seeking help. You are brave and strong for taking care of yourself and your mental health.
- Remember, **it's okay to not be okay**. Let's support each other and end the stigma surrounding mental health.



Do you know the difference between a psychologist and a psychiatrist?

**Manual on Mental Health and Wellbeing (CBSE)*



Wash Your Hands



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Wet hands



Apply soap



Rub hands
palm to palm



Lather the back
of both hands



Scrub between
your fingers



Rub the back of fingers on
the opposing palm



Clean thumbs



Wash fingernails
and fingertips



Rinse hands



Dry with a
single use towel



Use the towel
to turn off the faucet



Your hands are clean



I always wash my hands with a soap:

- a.** After going to the toilet.
- b.** Before eating or serving food.
- c.** When I come back from playing.
- d.** After petting or touching an animal.



Be a Hygiene Champion

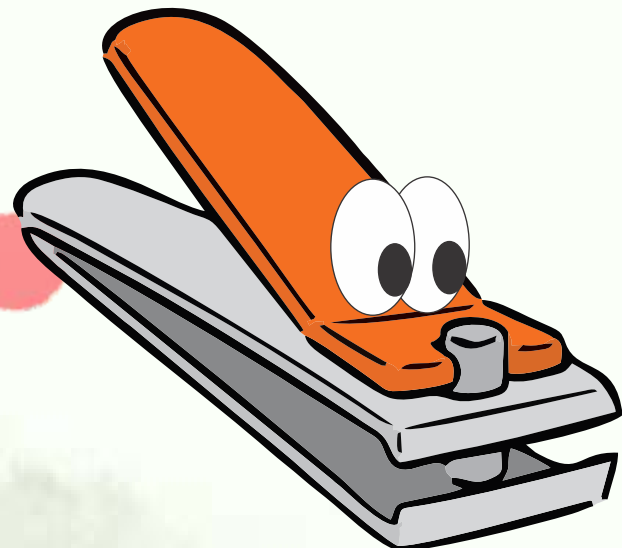


Hygiene means taking care of your body and keeping it neat and clean all the time.



Teeth smart!

You must brush your teeth twice a day - in the morning before breakfast and at night after dinner. Rinse your mouth after eating candy or chocolates.



Nail smart!

Keep your nails clean.
Germs love to live in dirty nails!



Sneezing Smart!

Always cover your sneeze or cough. Use a handkerchief or tissue to cover your nose or mouth when you sneeze. If you do not have a handkerchief, sneeze or cough into your elbow. It is a good habit.



Friends



- A good friend shows respect and acts responsibly.
- A friend is a person who encourages you to do things that are safe and healthy.
- Make friends based on their qualities and behaviours.
- No friendship can exist without responsibilities.



Family



Family is not an important thing.
It's everything.

The memories we make with our
family are everything.

Family is like a tree; it grows roots
and branches that intertwine.

Family is the anchor that holds us
through life's storms.

The love and support of a family is
life's greatest blessing.



Equality, Equity and Parity



Equality means that everyone is given the same opportunities and rights. It applies regardless of race, gender, age, or social status.

Equity involves providing resources and support based on an individual's specific needs.



Parity means equal pay for equal work, regardless of gender.

This means that if two employees have the same job, experience, and duties, they should receive the same salary regardless of their gender.

United We Stand, Divided We Fall

A flock of pigeons flew one fine day,
In search of grains, towards the bay.

"Hey, friends, look! So many grains!"
"Let's gather them all before it rains."

And so they spoke and quickly flew down,
They couldn't notice the trap on the ground.

A hunter had placed a net very cunningly.
He knew that pigeons would come willingly.

As soon as the pigeons landed on the net,
Their feet got stuck, and they started to fret.

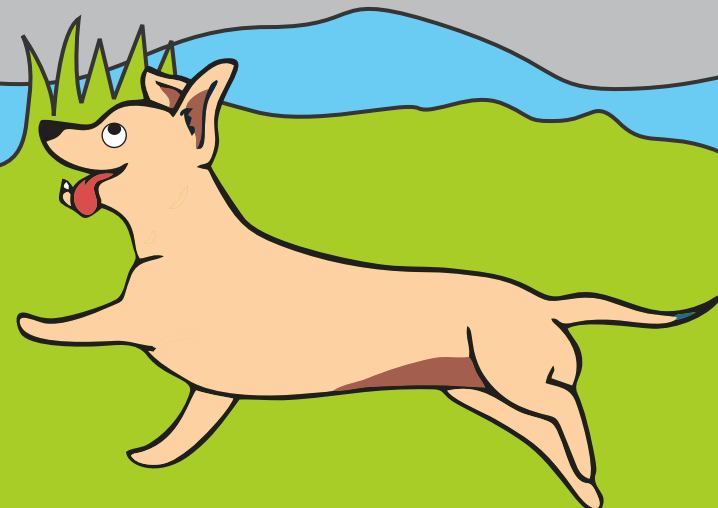
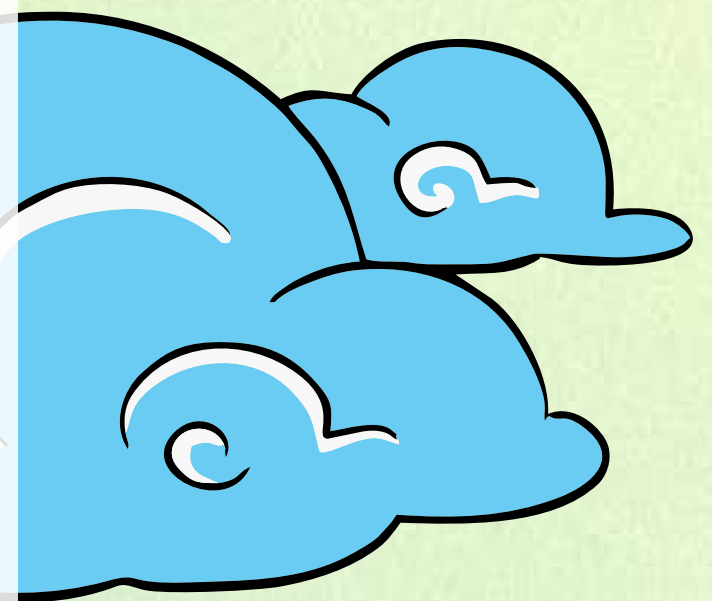
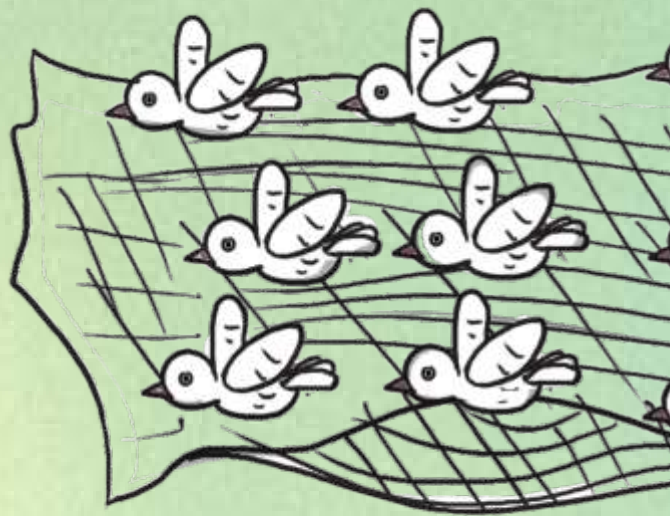
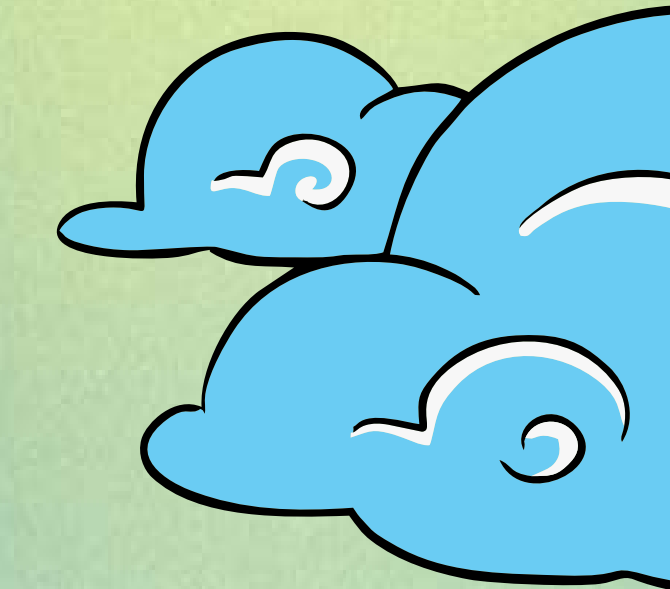
They all cooed and tried to break free,
But the net was strong as it could be.

The pigeon queen made a plan to be free,
"Let's fly together on the count of three."

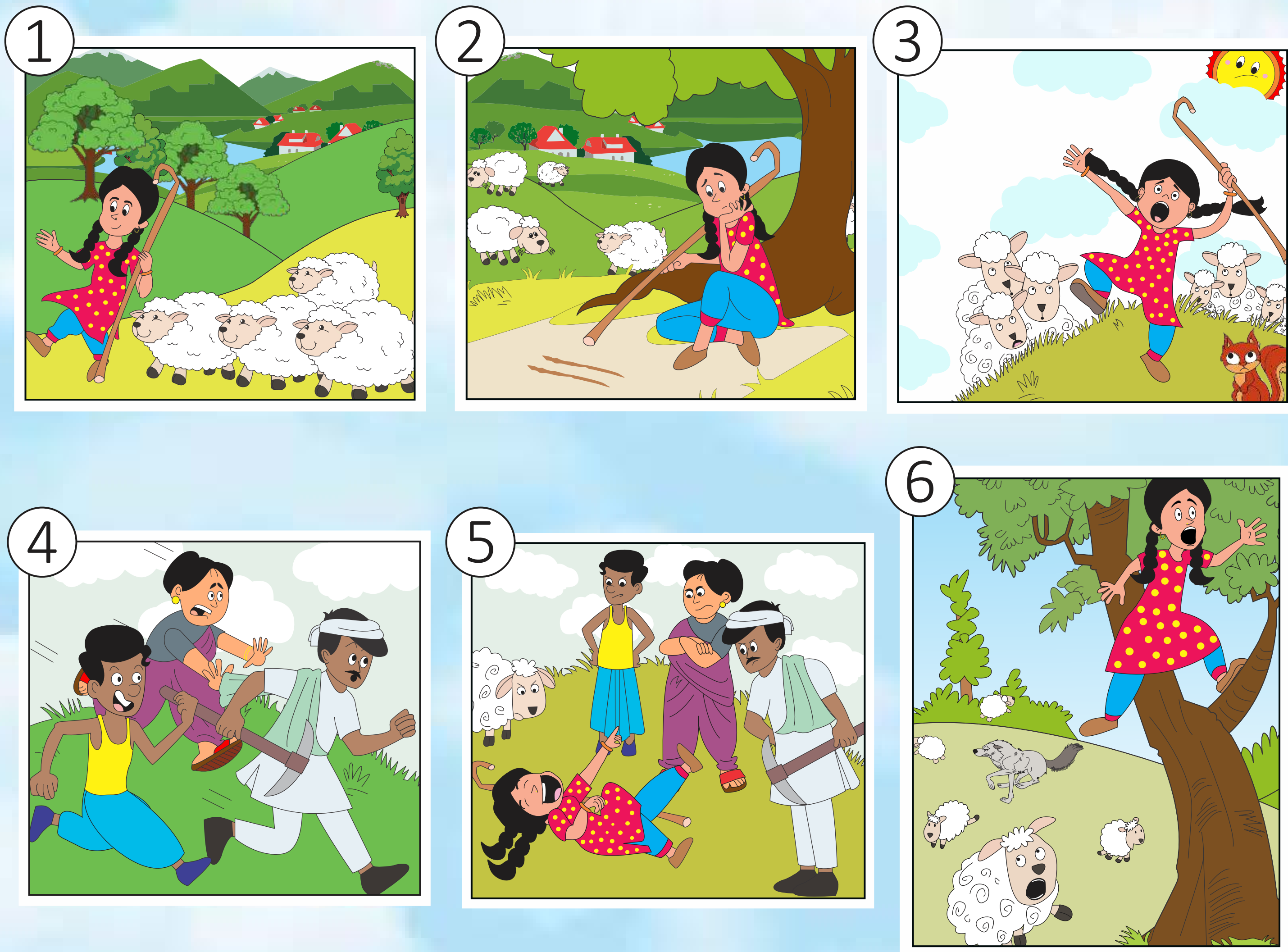
And off they flew into the big blue sky,
The hunter was shocked and started to cry.

They flew to their friends, a colony of mice.
Who cut the net off their feet, all fast and nice.

Remember, whether black or white, small or tall,
United, we shall stand, divided we will fall.



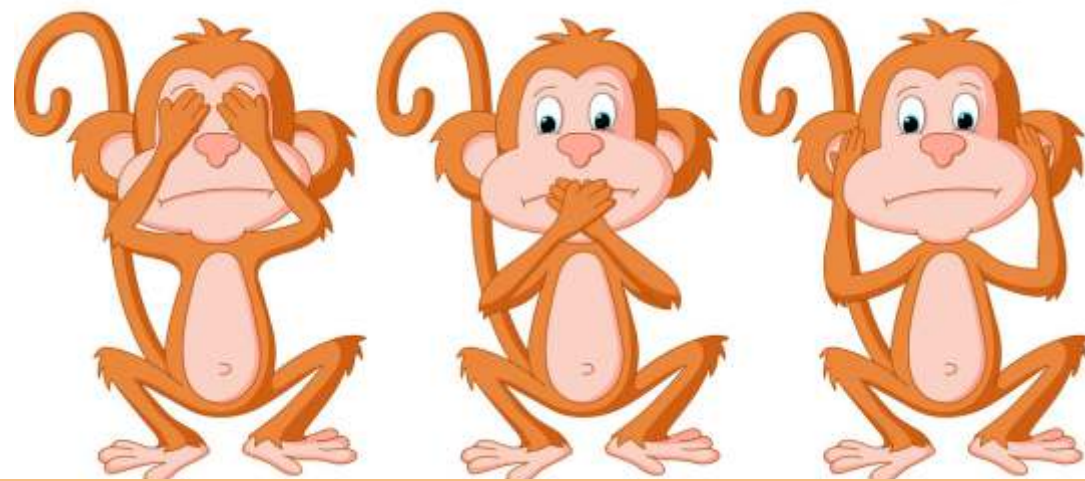
Lying is a Bad Habit



**No one can help you if you lie.
When you lie, no one believes you
and when no one believes you,
how can anyone help you?**



Morals



- We all are born as empty vessels that moral values can shape.
- Family and moral values are central to everything. What we learn becomes part of who we are.
- Moral education has to be an inherent part of the school system.
- Human rights are a moral thing.
- If people are good because they fear punishment and hope for reward, we are a sorry lot indeed.



Pale Blue Dot

“Look again at that dot. That's here. That's home. That's us. On it everyone you love, everyone you know, everyone you ever heard of, every human being who ever was, lived out their lives. The aggregate of our joy and suffering, thousands of confident religions, ideologies, and economic doctrines, every hunter and forager, every hero and coward, every creator and destroyer of civilization, every king and peasant, every young couple in love, every mother and father, hopeful child, inventor and explorer, every teacher of morals, every corrupt politician, every "superstar," every "supreme leader," every saint and sinner in the history of our species lived there-on a mote of dust suspended in a sunbeam.

The Earth is a very small stage in a vast cosmic arena. Think of the endless cruelties visited by the inhabitants of one corner of this pixel on the scarcely distinguishable inhabitants of some other corner, how frequent their misunderstandings, how eager they are to kill one another, how fervent their hatreds. Think of the rivers of blood spilled by all those generals and emperors so that, in glory and triumph, they could become the momentary masters of a fraction of a dot.

Our posturings, our imagined self-importance, the delusion that we have some privileged position in the Universe, are challenged by this point of pale light. Our planet is a lonely speck in the great enveloping cosmic dark. In our obscurity, in all this vastness, there is no hint that help will come from elsewhere to save us from ourselves.

The Earth is the only world known so far to harbor life. There is nowhere else, at least in the near future, to which our species could migrate. Visit, yes. Settle, not yet. Like it or not, for the moment the Earth is where we make our stand.

It has been said that astronomy is a humbling and character-building experience. There is perhaps no better demonstration of the folly of human conceits than this distant image of our tiny world. To me, it underscores our responsibility to deal more kindly with one another, and to preserve and cherish the pale blue dot, the only home we've ever known.”

By, Carl Sagan,
Pale Blue Dot: A Vision of the Human Future in Space

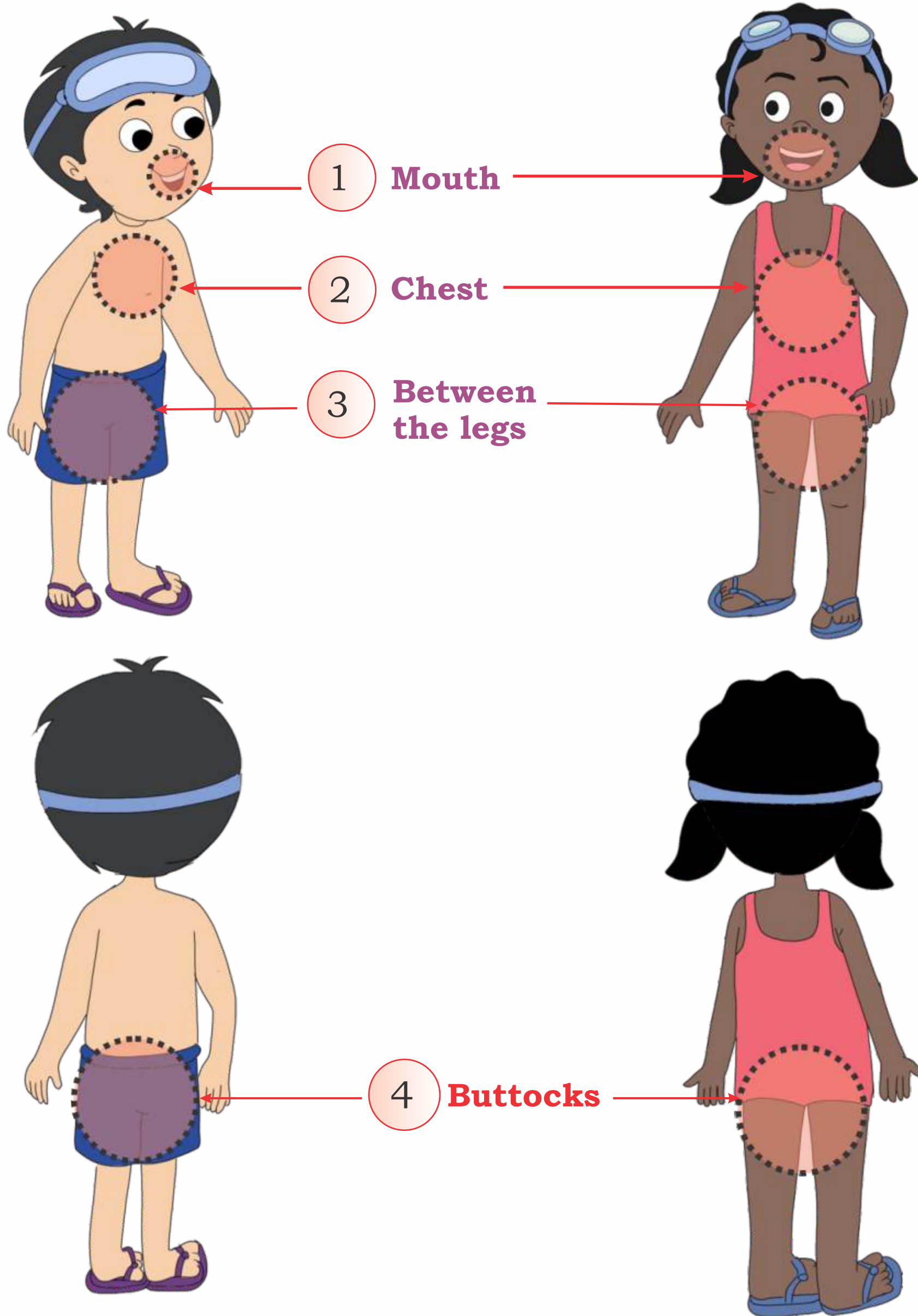


Earth, as seen from about 6 billion kilometres away. This picture was captured by the Voyager 1 spacecraft in 1990.



Voyager 1 spacecraft

Private Parts



- ✓ Everyone has their **private parts**.
- ✓ **Private** means it is only for us.
- ✓ We keep our **private parts** *covered for health, hygiene, dignity and safety.
- * The mouth is the private part that we rarely cover.



Cyber Safety



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To keep my things safe, I use piggy bank or cupboard,
Data I keep safe by using a password with a tricky word.

I never download anything or surf the Internet,
Unless permission to do so from my loved ones, I get.

Strangers exist in both worlds, whether virtual or real.
So, following the Safety Rules is always ideal.

Just like my toothbrush, which I keep changing and never share,
For the safety of my passwords, In a similar manner, I care.

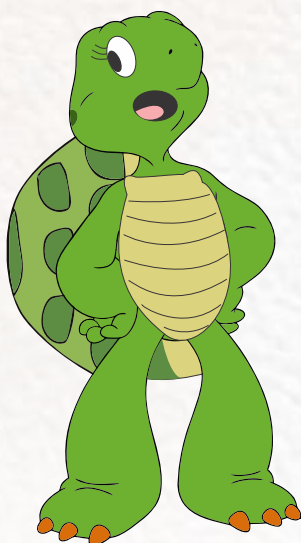
If you must play a game, decide upon three things at the start:
The rules, the stakes, and the quitting time. Be aware! Be smart!



Road Safety



“Driving faster doesn't make you a better driver, it just makes you a faster accident. If you don't wear a helmet, you're a melon waiting to be smashed.”



The 5 Step Safety Rule

If someone touches or tries to touch you in an unsafe way, follow the 5 step safety rule.

Step 1

Scream!

When you scream, everyone gets to know that you are scared, and they will help you.



Step 2

Say, "NO!"

Say "NO!" to the person making you uncomfortable or doing an unsafe thing.



Step 3

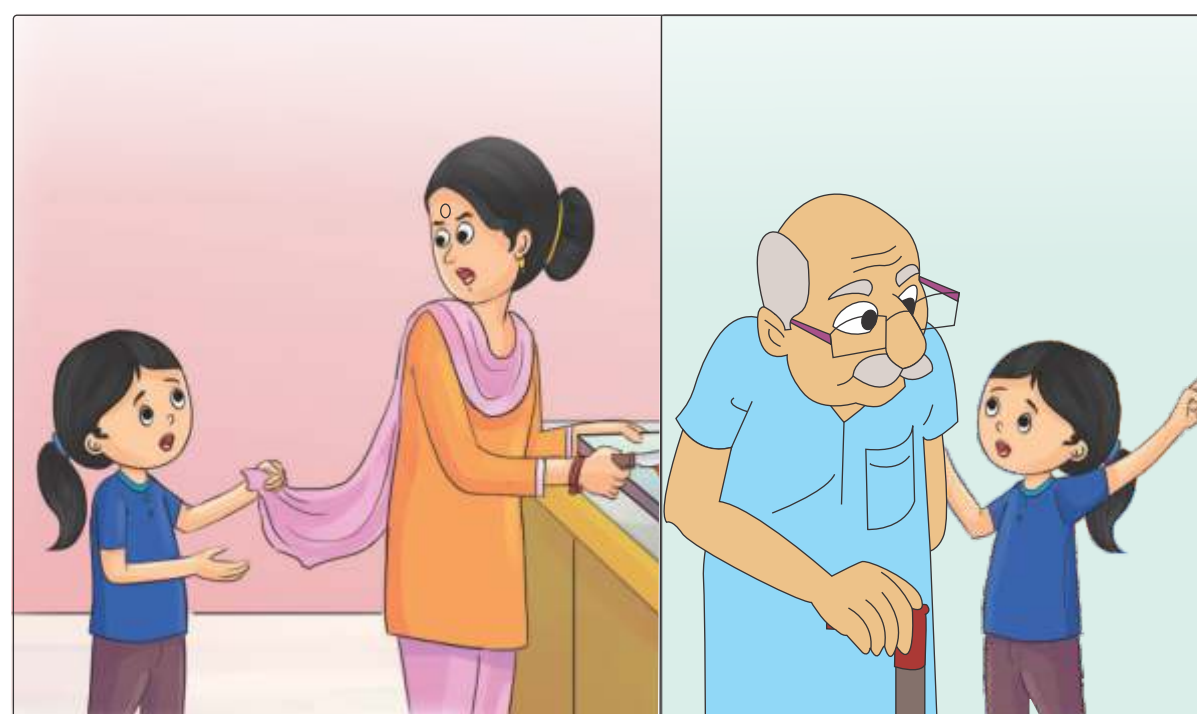
Run!

Run away or get away from the person doing the unsafe thing.

Step 4

Tell

Tell a grown-up whom you love and trust. Tell a loved one about the unsafe touch or look.



Step 5

Keep telling

Keep telling a loved one until they listen to you and believe you. You can tell as many loved ones as you want.



Our School Safety Policy



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Project CACA is being implemented under the school's safety policy. The school strives towards an inclusive and child-sensitive learning environment. Effective measures are taken to establish and strengthen prevention and response mechanisms, support services and strategic partnerships with concerned government and non-government organisations on various issues related to children's safety and well-being. The school continuously builds its capacity and compliance toward a zero-tolerance attitude for child abuse and other safety-related matters on infrastructure, transportation, health, hygiene, personal safety, social and emotional safety, cybersafety, emergency preparedness and disaster management. Children's safety and child rights are inherent in the school syllabus. All the stakeholders, i.e., children, parents, teachers and support-staff, are regularly engaged, sensitised and trained on children's safety, well-being and various related laws.

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State Legal Services Authorities (SLSA): Legal literacy material on child rights-related laws

United Nations Children's Fund (UNICEF): UNICEF Gender Policy 2021-2030

United Nations Sustainable Development Goals, 2030

World Health Organisation (WHO): Life skills education - school handbook on prevention of non-communicable diseases ISBN 978-92-4-000485-6; Partners in Life Skills Education WHO/MNH/ MHP/ 99.2

Helplines and related portals covered for

children, parents, teachers and support staff

Police 100, Fire 101 | Ambulance 102 | Single emergency 112 | Railway Police 189 | Childline 1098 | NALSA 15100 | NDRF 9711077372 | NIMHANS 080-26995201 | Food adulteration 1800-11-4000, 1915 | Organ Donation/NOTTO 1800-11-4770 | Consumer Protection 1800114000/14404 | Generic Medicine 1800-180-8080 | Mental Health 8376804102 | Drug de-addiction 1800-11-0031 | POCSO E-Box 9868235077/ 1800115455 | www.ncpcr.gov.in | Air pollution (Delhi & NCR) www.cpcb.nic.in | Cybercrime - www.cybercrime.gov.in | Transgenders Certification - www.transgender.dosje.gov.in | Online complain under, POSH Act- www.shebox.wcd.gov.in | Child Labour - pencil.gov.in

Pledges undertaken by

children, parents, teachers and support staff

Abuse prevention | Anti-bullying | Blood/Organ donation | Climate change | Health | Hygiene | Road safety | Safe driving | Water preservation | Carbon footprint reduction and various pledges on **unified online pledge platform Govt. of India** <https://pledge.mygov.in>

क्या आपको कोई परेशान कर रहा है, बताएं, कौन और कैसे ?
Tell us how you are being harassed ?

चित्र चुनें / Select Picture (S)

खेल मैदान / दुकान / सड़क
Playground / Shop / Road

स्कूल / ट्यूशन
School / Tuition

ब्लैकमेल
Blackmail

स्कूल बस / ट्रेन इत्यादि
In School Bus/ Van/ etc

परिवार सदस्य / रिश्तेदार / अन्य
Family Member/ Relative/ Others

इंटरनेट / फोन
Internet/ Phone

Box 2: नाम / Enter your name

Box 3: मोबाइल / Phone number

Box 4: ई-मेल / Your email

Box 5: घटना का संक्षिप्त विवरण दर्ज करें / Enter brief description of incident

95196

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[Case Sensitive]

6 नीचे बटन दबाएं / Click on Submit

POCSO-E-Box

POCSO E-Box इन आपके साथ है, हम NCPCR है



The Bharat Scouts and Guides



Who Let the Dogs Out?



- A pet is not a toy; don't get one just because your friend has one.
- Cute pictures on social media don't show the hard work behind owning a pet.
- Pets need your time, including regular walks, training, and vet appointments.
- Get your pets vaccinated every year to keep them healthy.
- Keep pet dogs on a leash during morning and evening walks.
- Don't keep breeds from Siberia and Europe in India, as they may have health issues in a tropical climate.
- Adopt indie dogs instead of shopping for breeds.

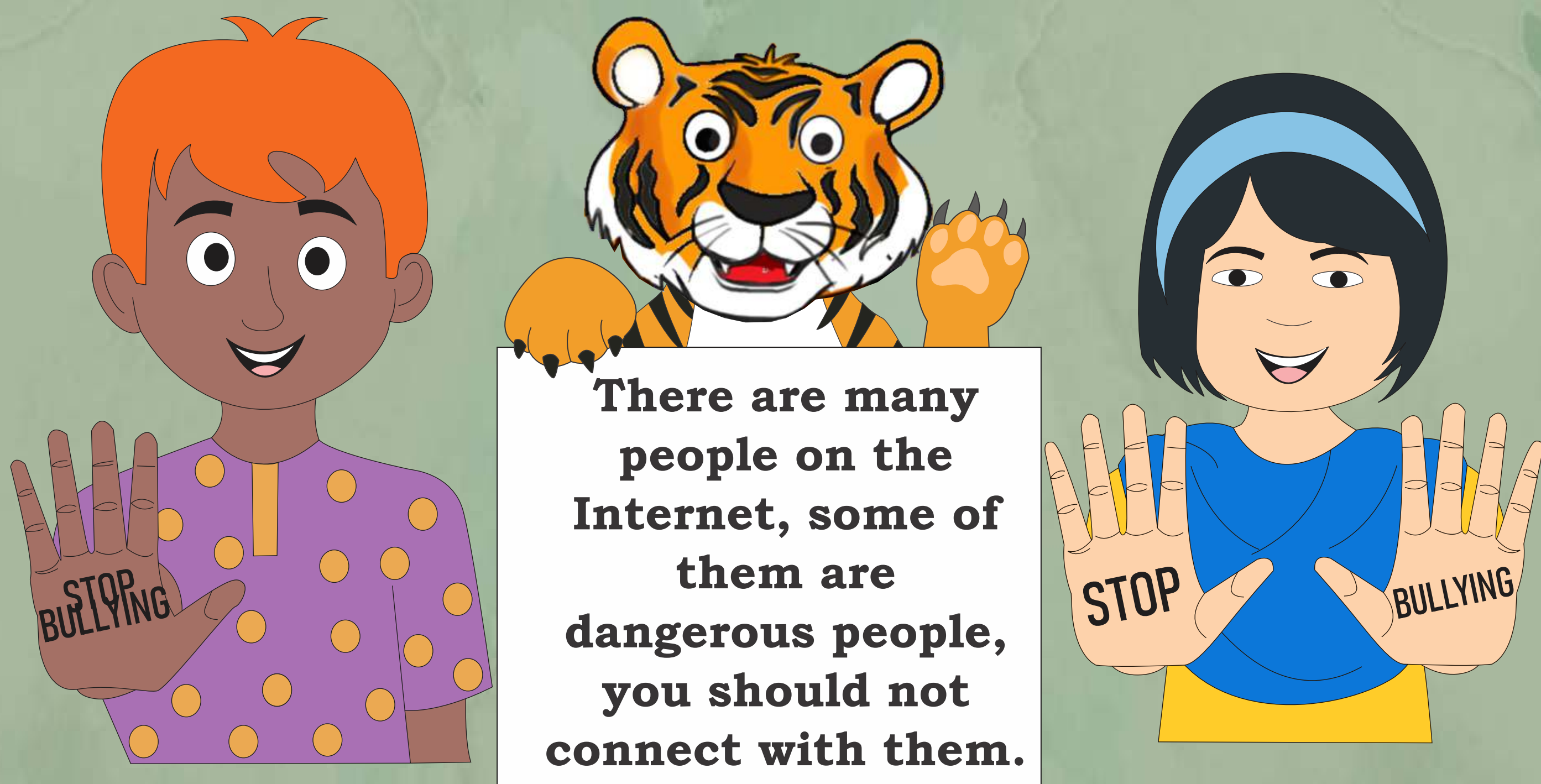


"The question is not, 'Can they reason?' nor, 'Can they talk?' but rather, 'Can they suffer?'"

- Jeremy Bentham

Cyberbullying Facts

According to several surveys conducted in India and across the globe, almost half of children in India reported cyberbullying, whereas only 2 out of 10 children globally reported the same.



Be careful of bullies. They can exist in the real as well as the virtual world.

Strangers in the Cyber World

Remember! Strangers exist in the real and virtual worlds, so rules for safety with strangers are applicable in both worlds. Whenever you plan to go out with your friends, keep a check on them. Watch out for each other – for instance, while crossing the road, be in a group or at least in pairs (buddy). Avoid hanging out in a new place. Keep your eyes open! Observe your surroundings. Be Alert. Look out the window if you are travelling in a vehicle and see where you are going. Keep your ears open! Remove earplugs.



Be a **Buddy**
Not a **Bully**



Cyber Hygiene

1. Cyber: Relating to information technology/ the Internet and virtual reality. Virtual means something that does not exist physically.

2. IT Act: An Indian law applicable to people and organisations using the Internet, smartphones and computer-related things.

3. Fake News: False stories that appear to be accurate or true news are spread on the Internet or using other media. For example, fake forwarded messages on WhatsApp spread many rumours.

4. Trolling: Cyber-bullying a person online by making repeated and persistent harassing comments or threatening remarks about him or her.



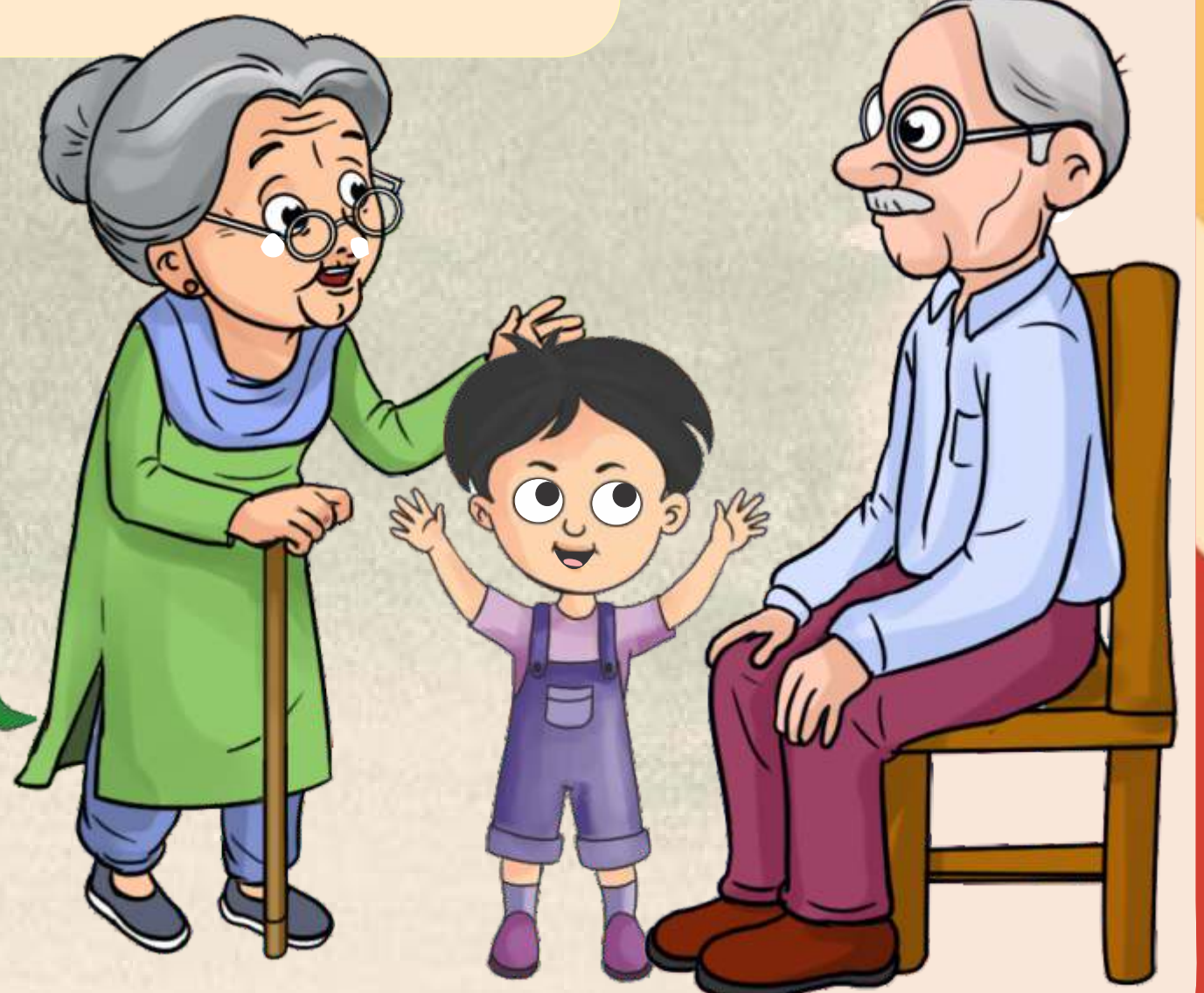
Our Safety Circle



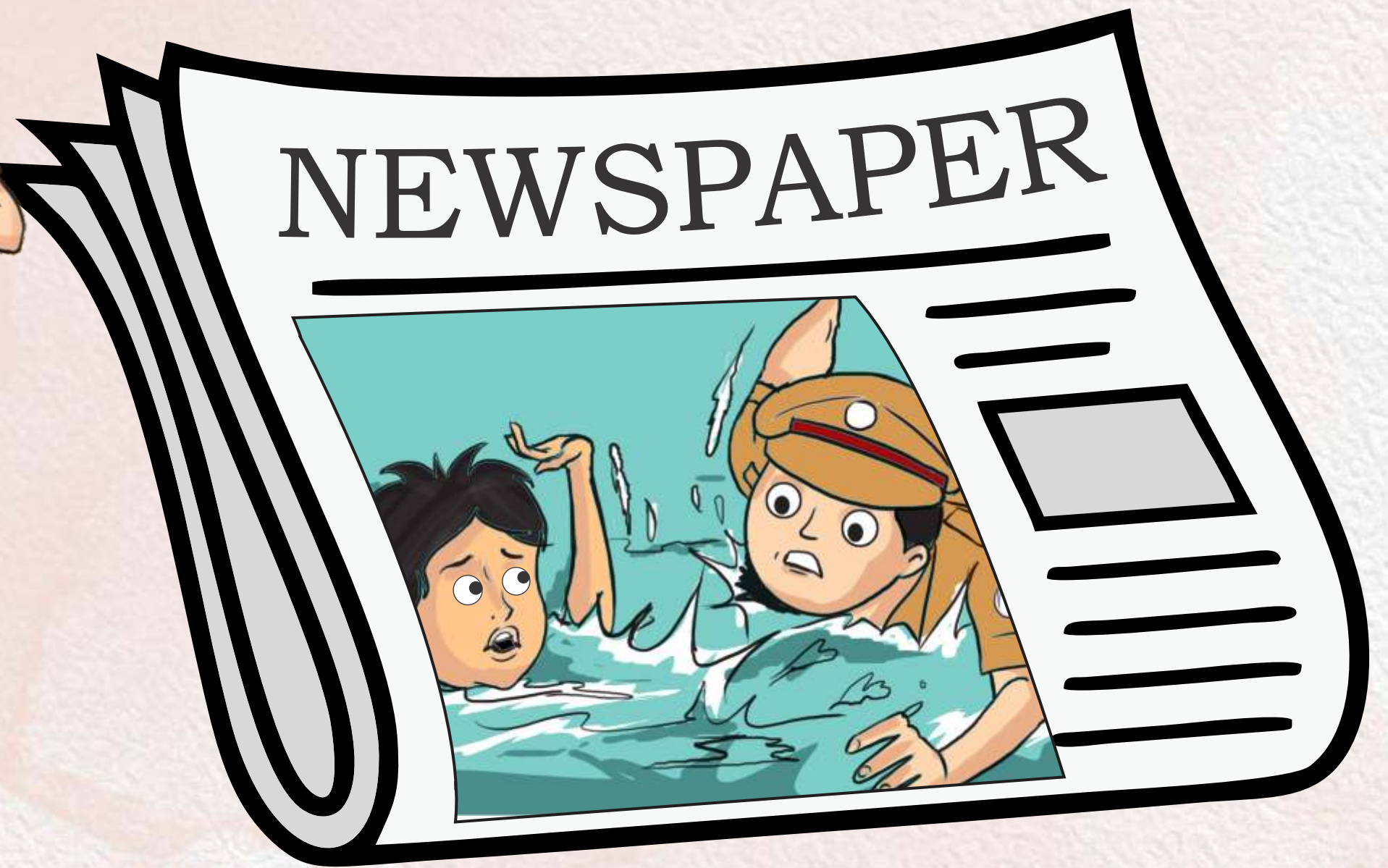
PARENT TEACHER MEETING



Our loved and trusted ones are our **MUMMY, PAPA, GRANDPARENTS** and **TEACHERS**. They do their best to keep us happy, healthy and safe. We should always tell them if any touch or look makes us feel **SAD, ANGRY** or **SCARED**. We should never keep any secret from them.



Police are there to
Help us be Safe!



Police are there to Help Everyone be Safe!





Tring-tring

Tring-Tring, Tring-Tring, goes the phone.

Ten (10), Nine (9), Eight (8). You're not alone.

Ten (10) Ninety-Eight (98). Just dial it, dear.

Call them. You'll find that help is near.



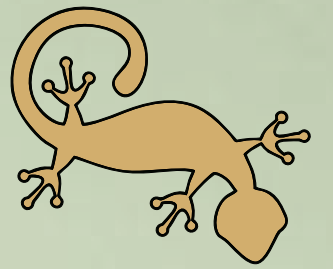
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**POCSO Rules Gazette Notification 2020 (Ministry of Women and Child Development, GOI)*

Preventing Child Abuse



1. Do not tell stories to the younger children that creates a negative image of police for them.
2. Do not use Corporal Punishment.
3. Children learn many things by imitating the people around them. So, Do more, Tell less.
4. Make sure that the family is able to spend some time together everyday.
5. Encourage children to be empathetic towards each other.



It is okay to be SCARED and BRAVE to tell when you are scared of something or someone.



SECRETS

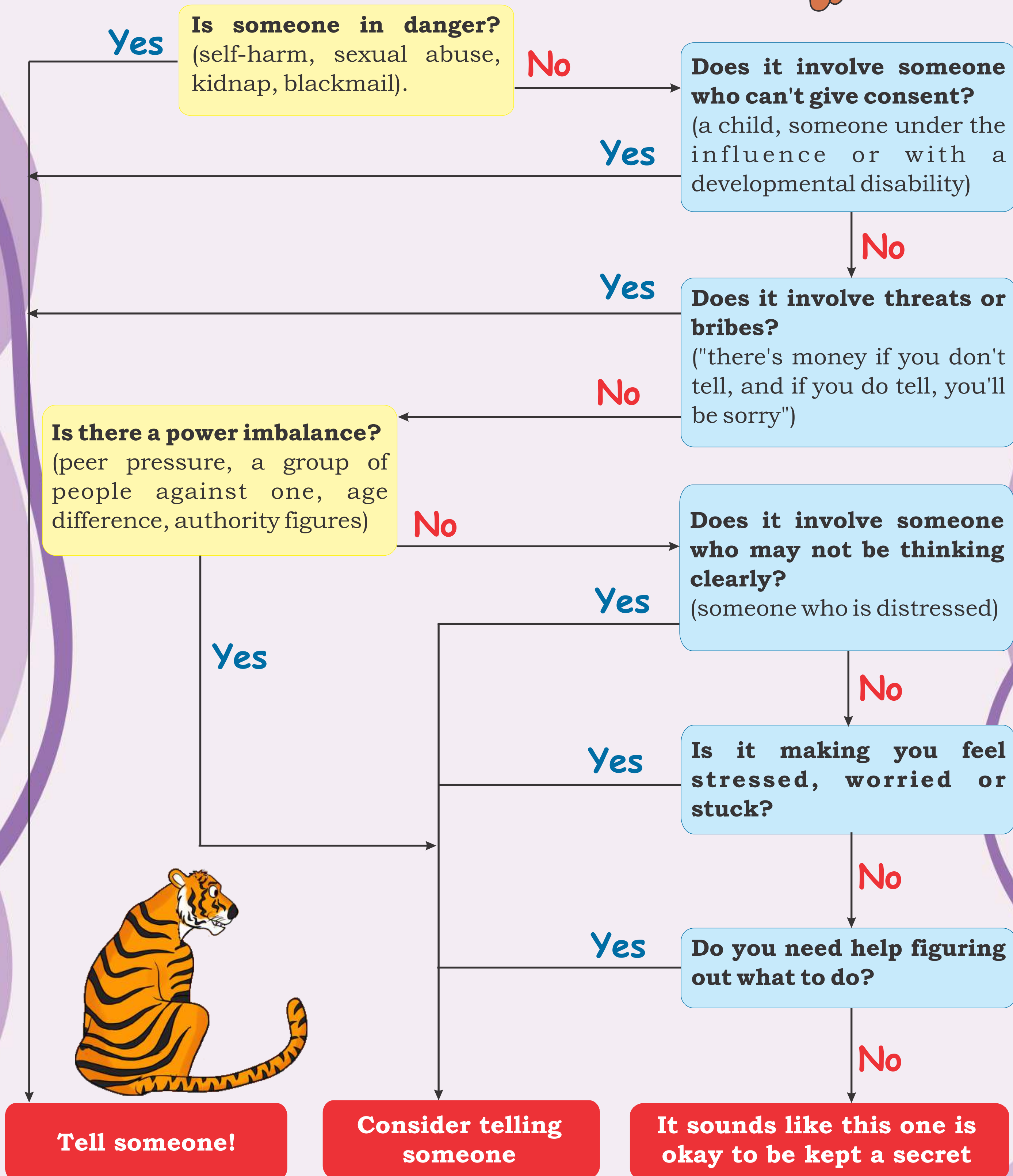


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- A **SECRET** that makes us SAD, GUILTY or ASHAMED is an unsafe secret.
- A **SURPRISE** is a **SECRET** that we tell later, like a surprise birthday gift.
- Keeping secrets is not safe for children. It is not a good habit.

When to Tell a Secret?



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A Message From Santa



A stranger can be a man or a woman, old or young. They can wear any dress or uniform. They are someone whom you do not know. They are a person you have not seen or met before. A person, like the ice-cream seller on the street - from whom your mummy buys ice-creams for you - is a stranger. The balloon seller who comes to your locality every Sunday is a stranger. The person who comes to your house to deliver food is a stranger. A person you are talking to on the phone may also be a stranger. Most strangers are good and want to keep children safe and happy. Still, there are safety rules that you have to follow with strangers.



Rule 1. You should not take any gifts from strangers.

Rule 2. You should not go anywhere or be alone with a stranger.

Rule 3. A stranger should not touch, hug or kiss you.

Rule 4. You should not play any secret games with a stranger.

Ask your parents, grandparents and teachers to let you know who is a stranger for you.



Smokers don't grow old...they die young.



You are a fool if you think smoking is cool.



Non-Smokers' Lungs



Smokers' Lungs

Myth or Not?



Passive smoking is not as harmful as active smoking.

Myth

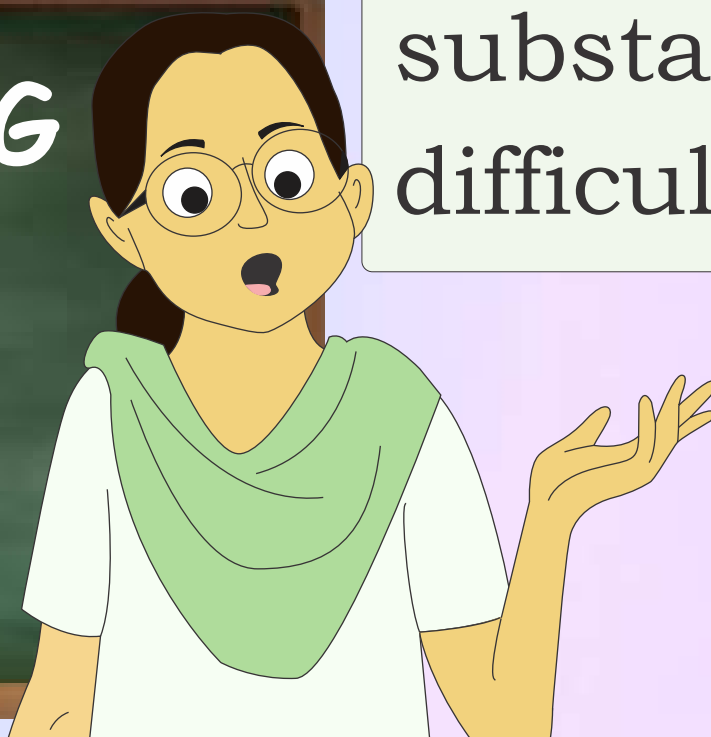
Passive smoking is in fact more harmful to health. Exposure to passive smoke can lead to various health issues in both adults and children.



Substance Abuse: Terms to Know

Substance abuse occurs when an individual continues consuming these substances despite the substance causing an increase of difficulties in day-to-day life.

COUNSELLING SESSION



When a substance is taken repeatedly, the body becomes habitual of its constant presence. This state of decreased sensitivity is known as **Substance tolerance**.



When a person's body adapts to the substance and hinders the functioning of their daily life, it is known as **Substance dependence**. At this stage, the individual feels they cannot function normally without using the substance. The dependence can lead to **Addiction**.



Hugs and Kisses



Sometimes when we are happy with our **loved and trusted grownups** like papa, mummy, grandparents and teachers, we kiss them on their cheeks or forehead.



Sometimes when our loved ones are happy for us, they kiss us on our cheeks or forehead.



Your **mouth** is a special type of private part because you usually do not cover it. But no one, not even your loved ones or best friends, should kiss you on your mouth or any other private part. Also, you should not do the same. It is **unsafe**.



Sometimes, our loved ones hug us and sometimes, we hug them. We hug them when we are **happy, scared or sad**.



Emergency



It's important to remember that in **emergency** situations where there are no trusted adults around, we can ask strangers for help but should stay where there are lots of people around and not go anywhere alone with the person who is helping us.

The emergency number 112 quickly connects you to fire, police, and ambulance services.

Things you should remember to keep yourself safe and healthy:

- a. Your parent's phone numbers.
- b. Your blood group.
- c. Your allergies.
- d. Last tetanus shot.

Emergency - Fire



Burns can cause symptoms such as blisters, pain, peeling skin, and redness.

There are three degrees of burns:

First-degree burns affect the outer layer of skin and cause pain and redness.

Second-degree burns affect the outer and lower layers of skin, causing pain, redness, swelling, and blistering.

Third-degree burns go through the skin and deeper tissues, resulting in charred skin that may be numb.

Treatment depends on the severity of the burn.

Mild burns can be treated with skincare products such as aloe vera cream.

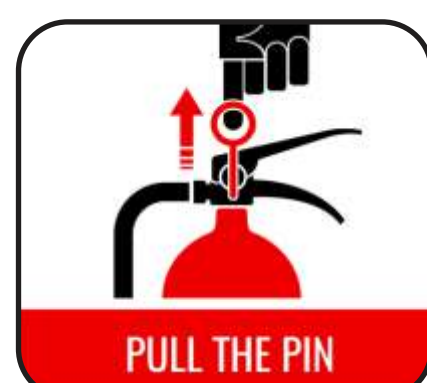
Action Plan:

1. Hold burned skin under cool (not cold) running water or immerse in cool water until the pain subsides.
2. Do not put any ointments, butter or other remedies on the burn.
3. Do not break any blisters that have formed.
4. Cover with a sterile, non-adhesive bandage or clean cloth.
5. For all other types of burns, a doctor's advice is a must.

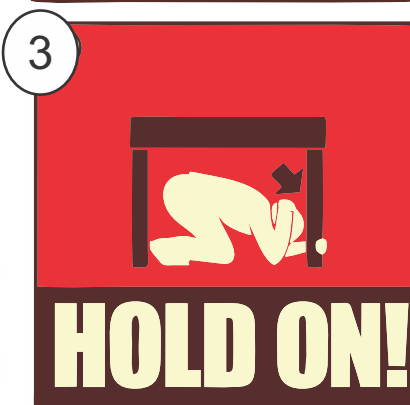


Remember, second and third-degree burns are **emergencies**.

- Before using a fire extinguisher, sound the fire alarm and identify a safe evacuation route.
- Fire extinguishers are placed in corridors, large rooms, labs, and vehicles.
- Portable fire extinguishers are used when the fire is confined to a small area.
- Once the fire alarm is sounded and a safe escape route is confirmed, use the fire extinguisher from a safe distance to put out the fire.
- Remember to use the acronym PASS: Pull the pin, Aim at the base of the fire, Squeeze the handle, and Sweep back and forth until the fire is out.



Emergency - Earthquake



Sometimes mother earth suddenly shakes. It is called an **EARTHQUAKE**. Earthquakes, just like floods, bring havoc to places, people and their property. Earthquakes are rare, but they can strike without any warning. The fire department makes safety rules on being safe when an earthquake strikes.

Rule 1. Drop, Cover, and Hold On if you are inside a building.

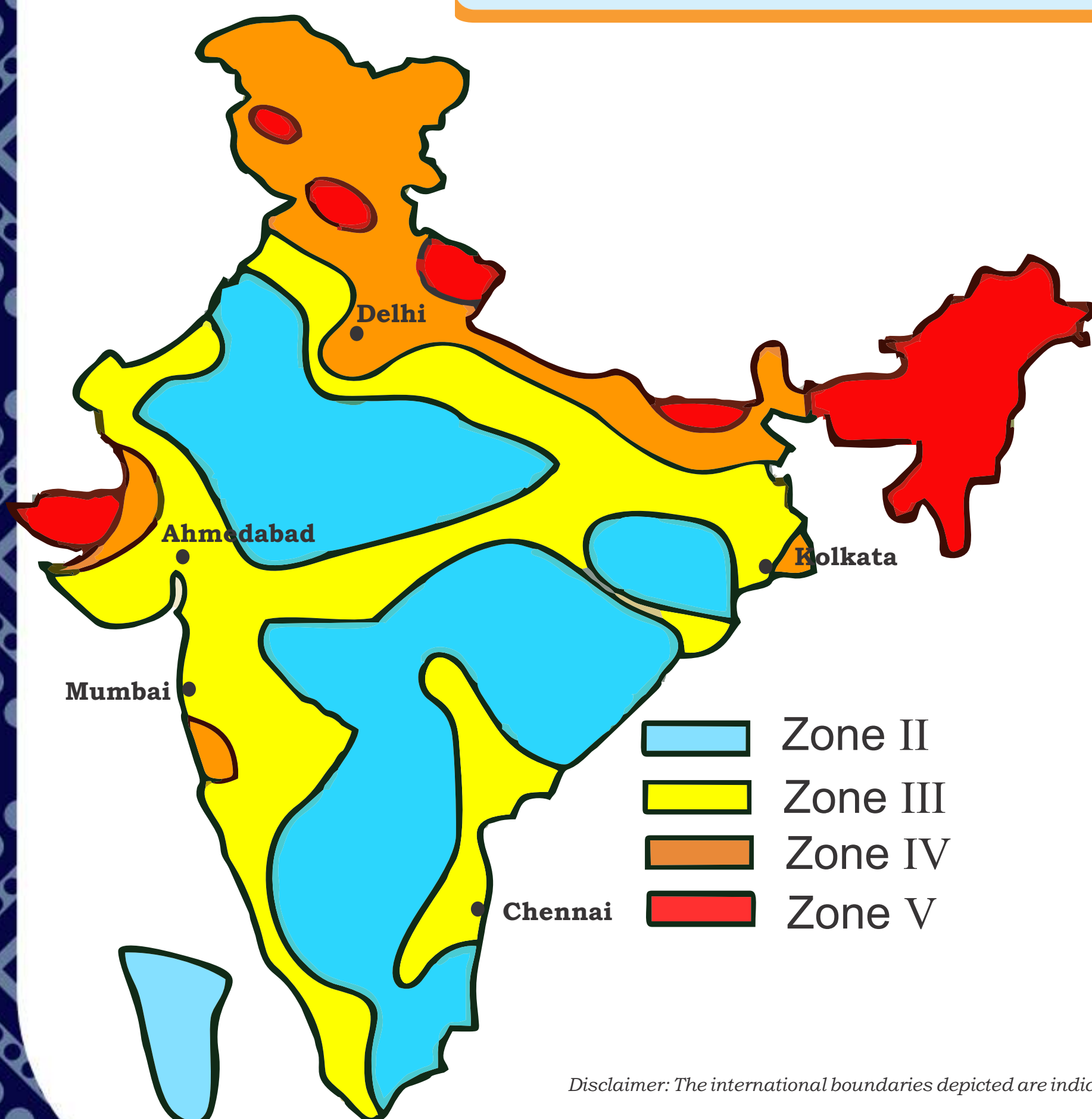
Drop to the ground, take cover under something sturdy, like a desk or table, and hold on to it.

Rule 2. If outside, find an open spot. Find a clear place away from buildings, trees, streetlights, power lines and towers. Drop to the ground and stay there until the shaking stops.

Rule 3. If in a car or a bus, the driver should stop and pull over the vehicle to a clear place.



Here is a map of India. It divides India into various earthquake zones II, III, IV and V. All places falling in zone II are prone to the least severe earthquakes and zone V to the most severe.



The National Disaster Response Force (**NDRF**) **Toll-Free Helpline 9711077372** is for natural calamities like earthquakes, floods, cyclones, tsunamis, etc.

NIMHANS Toll-Free Helpline 080-46110007 provides psychosocial support and mental health services to survivors during disasters.



Disclaimer: The international boundaries depicted are indicative.



Emergency - Floods



Floods happen when land that is normally dry becomes submerged in water due to heavy rain, rapid snowmelt, or overflowing rivers. Floods can cause damage to buildings, homes, and infrastructure and pose a risk to human life and safety.

Do's in a flood

- Switch off all electrical and gas appliances.
- Electrical current can travel through water, so stay away from power lines.
- Move to a higher floor or ground.
- Make an emergency kit and let your friends and family know where you are going.
- Avoid contact with floodwater as it may contain harmful sewage water and other substances.
- If you have to walk in standing water, use a pole or stick to ensure that you do not step into deep water, open manholes or ditches.
- Listen to the radio or television for updates and information.

Don't's in a flood

- Don't walk through fast-flowing water. It can knock you off your feet.
- Don't drink floodwater.
- Don't swim through fast-flowing water, as you may get swept away or struck by an object in the water.
- Don't drive through a flooded area.
- Don't eat any food that has come into contact with floodwater.
- Do not use candles, lanterns, or open flames.
- Never use electrical equipment while standing on wet floors.



Helplines



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Complaint against child labour can be registered by anyone online at <https://pencil.gov.in/>

Emergency Phone Numbers:-

Police	100
Fire	101
Ambulance	102
NDRF (National Disaster Response Force)	9711077372
National Central Emergency Number (police, fire, health and more)	112

NALSA (Helpline 15100): National Legal Services Authority (NALSA)-<https://nalsa.gov.in/>, headed by the Chief Justice of India, provides free legal services to eligible candidates like weaker sections of the society, women, compensation to children under the POCSO Act and more. It organises Lok Adalats for a speedy and amicable resolution of cases. It operates through State Legal Services Authorities (SLSA) and District Legal Services Authorities (DLSA) across India.

One-Stop Centres are being established across the country to provide integrated support and assistance under one roof to women, including girls under 18 years, affected by violence in private and public spaces. The centres are integrated with a Women Helpline. More information about the centres can be found at <http://nari.nic.in/> run by MW&CD, Govt. of India.

SHe-Box <http://www.shebox.nic.in/> is an online complaint management system like POCSO E-Box. It is for sexual harassment of women at the workplace (PoSH Act) and is managed by MW&CD, Govt. of India.

POCSO E-Box <https://ncpcr.gov.in/>

9868235077, 1800115455

क्या आपको कोई परेशान कर रहा है, बताएं, कौन और कैसे ?
Tell us how you are being harassed ?

चित्र चुनें / Select Picture (S)

☐ खेल मैदान / दुकान / सड़क Playground / Shop / Road	☐ स्कूल / ट्यूशन School / Tuition	☐ ब्लैकमेल Blackmail
☐ स्कूल बस / वैन इत्यादि In School Bus/ Van/ etc	☐ परिवार सदस्य / रिश्तेदार / अन्य Family Member/ Relative/ Others	☐ इंटरनेट / फोन Internet/ Phone

2 नाम / Enter your name

3 मोबाइल / Phone number *

* अथवा / और OR / AND

4 ई - मेल / Your email *

यदि आप के पास मोबाइल नं. अथवा ई मेल आईडी नहीं है तो आप इन्हीं एक नंबर पर संपर्क कर सकते हैं :-
9868235077, 1098 (Childline)

घटना का संक्षिप्त विवरण दर्ज करें / Enter brief description of incident

95t9c

Please Enter The Security Code shown in the Text Box Provided.
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6 नीचे बटन दबाएं / Click on Submit

SUBMIT

POCSO E-Box हम आपके साथ हैं, हम NCPCR हैं

Child Helpline 1098 is toll-free no. for children in distress. A child in need or a concerned adult/child can dial 1098 to access its services. It stands for a friendly 'Didi' or a sympathetic 'Bhaiya' who is always there for vulnerable round the clock. It not only responds to the emergency needs of children but also links them to services for their long-term care and rehabilitation. It works for the protection of the rights of all children.

A National Tracking System for missing and vulnerable children (Track Child portal at <http://trackthemissingchild.gov.in>) has also been developed.

SCHOOL SAFETY PLEDGE

We, the teachers, parents and students of
The School

pledge to ensure that our School is a
SAFE, SECURE and HAPPY place for all.



We pledge to support the Head of the School who shall-

- Leave the school building at the end of the school day only after ensuring that no child is left behind inside or outside the school premises.
- Ensure that students, teachers and staff stay back in school for various activities only with her/his permission.
- Meet and interact with all students and teachers regularly and at least once a week.
- Ensure that teachers are sensitive to the needs and concerns of students, especially those in the primary classes.
- Create a healthy, clean and non-threatening environment and curb bullying.
- Carry out evacuation drills regularly.
- Maintain a Suggestion/POCSO Box and check the comments shared by students regularly.



STOP CYBER CREEPS!



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BEWARE

Strangers can exist in the real as well as the virtual world.

Cyber Creeps lie about who they are, pose as a friend, and gain your trust to steal your personal details!

REMEMBER!

1. **NEVER** give away:

- A. Your NAME
- B. Your PHONE NUMBER
- C. Your ADDRESS
- D. Your PASSWORD
- E. Your SCHOOL NAME
- F. Your PARENTS NAME



- 2. **NEVER** agree to meet strangers face-to-face.
- 3. **NEVER** share pictures of yourself.
- 4. **NEVER** respond to troubling emails.
- 5. **NEVER** click on a suspicious link or download something from the internet without the permission from your trusted adults.

BE ALERT! STAY SAFE!



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THINK

BEFORE YOU TALK, CHAT,
UPLOAD, DOWNLOAD, or SHARE!

T - is it True?

H - is it Helpful?

I - is it Inspiring?

N - is it Necessary?

K - is it Knowledgable?



Things I can do when I need to

CALM DOWN



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Ask for help

Aa



Breathe deeply

Bb



Count to 10

Cc



Draw a doodle

Dd



Eat a healthy snack

Ee



Fidget toys

Ff



Gardening

Gg



Hug a trusted or loved one

Hh



Imagine a quiet place

Ii



Journaling

Jj



Kindness to yourself and others

Kk



Listen to music

Ll



Make something creative

Mm



Name a feeling

Nn



Open up

Oo



Play a game or sport

Pp



Question your negative thoughts

Qq



Read a book

Rr



Squeeze a stress ball

Ss



Take a walk

Tt



Use positive words

Uu



Visit a park

Vv



Write a thank you note!

Ww



eXercise

Xx



Yoga

Yy



Get enough sleep

Zz

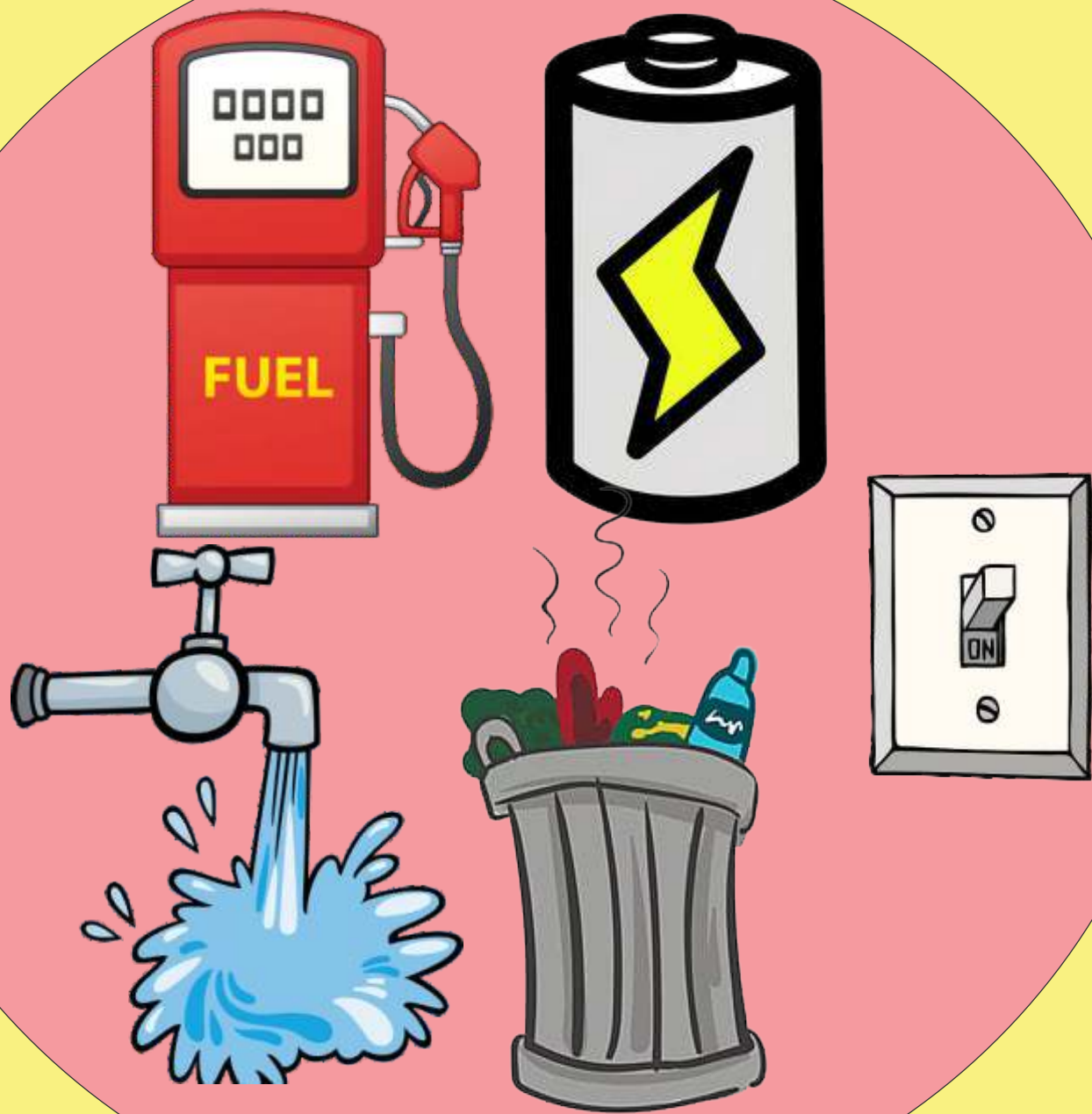
3 R's of Environment



REDUCE



REUSE

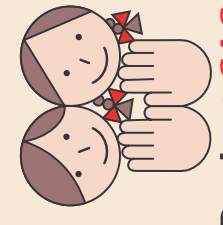


RECYCLE





STAFF ROOM



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As teachers, we are responsible not only for educating our students but also for ensuring their safety and well-being.

Mentor/Advisors/Committee Members

Late Shri. Puran Chand (Mentor): Fmr. General Secretary, Council of Boards of School Education in India (COBSE) | Fmr. Joint Commissioner - Academics, Kendriya Vidyalaya Sangathan (KVS).

Smt. Stuti Narain Kacker (Retired IAS officer): Fmr. Chairperson National Commission for the Protection of Child Rights – NCPCR. | Fmr. Joint & Additional Secretary, Ministry of Information & Broadcasting and Director of the Indian Institute of Mass Communication (IIMC).

Dr. Kiran Aggarwal: Fmr. Co-Chair, Indian Council of Medical Research (ICMR) -Committee on Children Under Difficult Circumstances | Fmr. President, Indian Academy of Paediatrics (IAP), Delhi; EB Member CIAP | Fmr. Member Child Welfare Committee, Delhi.

Dr. Dinesh Kumar: Professor – Dean (Research), NCERT.

Dr. Amit Sen: Senior Child & Adolescent Psychiatrist, Children First, Safdarjung.

Dr. Geeta Chopra: Professor in Delhi University | Activist & Author in the field of Child Rights & Childhood Disability.

Hemlata Suri: Counsellor, Carmel Convent School, Chanakyapuri, Delhi.

Tanuja Sharma: School Counsellor, The Indian School, Muscat.

Dr. Jayanti Banerjee: Faculty Psychology, The Mother's International School, Delhi.

Neha Tyagi: Advocate practising before the honourable Supreme Court, Delhi High Court and Chandigarh High Court

Feedback Request

We hope you liked this Posters Catalogue. Please feel free to give your feedback and suggestions at contentcoordinator@projectcaca.org

RESOURCES

Videos/Supplementary Worksheets/Posters/Booklets embedded as **QR Codes** in the chapters of the workbooks. Page 75 of each workbook is dedicated to the resources in English, Hindi and various regional languages for parents, teachers and support-staff.

CACA Safety Workbooks UKG to Class IX



UKG

My Beginner's Safety Workbook



I

My First Safety Workbook



II

My Second Safety Workbook



III

My Third Safety Workbook



IV

My Fourth Safety Workbook



V

My Fifth Safety Workbook



VI

My Sixth Safety Workbook



VII

My Seventh Safety Workbook



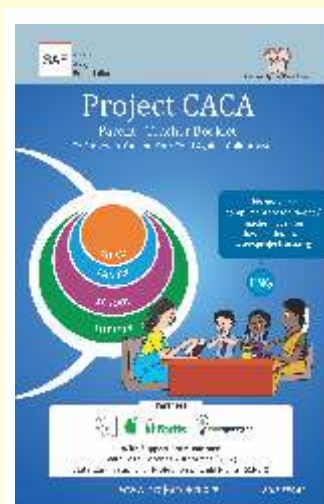
VIII

My Eighth Safety Workbook



IX

My Ninth Safety Workbook



Resources: Parent /Teacher / Support- Staff Companion Booklets.

Webinars: Academic/ Legal/ Psychological for Parents, Teachers & Non-Teaching Staff

Address: EW - 3, Second Floor, Mianwali Nagar, Paschim Vihar, Delhi-110087

Contact No:- 011-40074904, 092054 88402, 092054 88405

E mail: info@projectcaca.org

Website: www.projectcaca.org



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End the Stigma, Raise Awareness