

**St. Cecilia's Public School**

**I love my body**

**Class VIII**

**“This is my body, my only body, I give it love respect and gratitude”**

The agenda for this workshop is to make the students understand that we all received a very beautiful and healthy body which should be loved and respected. Moreover, we should respect other's body too. Everyone has to be valued and respected in every sense.

The session started with a small activity where one child has to put a line with his/her pen on his/his hand. 70% students did that and some did with marker too. The rest students denied. Then it was asked to them to draw a line on other's hand, 95% students did it. At first, discussion with the students who did on themselves was held. They were asked to stop any of these activities wherein the body is compromised.

Secondly, the students did it on other's hand too. This was also discussed.

If they love their bodies and they should respect other's body too. This was a very small example lent it left a mark on them that these little things also counts and has to be stopped.

Moreover, we all should protect our precious body from bad touch also. This is no fun to touch or hurt someone one their private parts. Love yourself and respect the world too. Everybody is beautiful and accepted. No one has to cross boundaries to be beautiful/ handsome. The universe accepts all and treats every one equally.