

TITLE : I Admire You Because.....

INTRODUCTION

All of us desire to be respected, valued and appreciated . While we recognize this need in ourselves, we may overlook the fact that others have the same need. Giving a person a positive remark or recognition in other ways does wonders for that person's self esteem and self-worth and also empowers others to speak positively about us. This session aims at making students appreciate the good qualities of other students in their class.

1. Objectives : By the end of the session, the students will be able to:

- Realize that everybody has positive features.
- Learn to speak positively about others and support them.

2. Time : 70 Minutes
(Two continuous periods)

3. Life Skills Being Used : Empathy, Self Awareness, Critical Thinking, Interpersonal Relationships, Effective Communication.

4. Advance Preparations : 1. Cards (size of a notebook sheet) made out of chart paper –as many as the students in the class, 2. A box to contain the cards, 3. Glue stick or pins to stick/pins the cards.

5. Linkages : Please see Contents

6. Methodology : Individual exercise, Discussion, Brainstorming



7. Process :

Step 1:

Please read the Fact Sheet carefully, and go through this session well in advance before you carry it out with the students.

Step 2:

Greet the students and introduce the topic.

Step 3:

Write a different student's name on each card and put all the cards into a box (if feasible use colourful cards).

Step 4:

Pass the box around – have each student pick up one card and read the person's name silently. If someone gets their own name, ask them to put the card back into the box and pick another card. The student must not disclose the name that they have picked. Ask the students to then write at least **two nice things** about the person against the name on the card describing him e.g. Rahul is very caring and creative. Only truthful, positive things must be written – so ask them to think for some time. Ask them to put the cards back into the box.



Step 5:

Repeat this exercise **3 times** so as to collect at least **six positive** characteristics about each person. Ensure that no student gets his own name card at any time.

Step 6:

Pass the box around and collect all the cards and pin them on a wall/board – with the caption: **“Someone admires you.”** Ask the students to go around the class room and read the cards.

Step 7:

Use the following questions to open up the **discussion** and link the discussion to the students themselves.

- Was it easy to write something positive about your peer in the group?
- How did you feel reading about yourself? Did you learn something new about yourself?

Expected Responses:

- Yes, it was easy to write for most but for some I found it difficult. I felt nice reading so many good things about myself, I didn't know people notice / remember even small things about me, Yes I learnt that I am considered polite and soft spoken, I am considered helpful, I learnt that people appreciate me for the things that I take pride in – honesty, politeness, helpfulness, respectful behaviour,

Note for Teachers:

State that most people are able to recognize some admirable qualities in other people. Appreciating them for these qualities gives them an incentive to nurture such qualities and inculcate some more qualities! Similarly when people are able to recognize what we consider as our good qualities and behaviour, we feel pleased and happy. We must try to make it a habit to acknowledge the good qualities that others possess. That way we create a “win-win” situation! Students may find it difficult to think and write positive qualities about each other. Encourage them to think critically.

Step 8:

Now discuss the following with the students

- Have you ever expressed your admiration for the people you love and care about?
- Did they feel good after knowing that you noticed their good qualities?
- Did you feel good in making them happy?
- Do you feel good when people say something positive about you?

Note for Teachers:

- All of us like to be praised. But we rarely bother to praise or thank somebody for what they are or do. A pat on the back always inspires students to do better and achieve more. If you look back at your own self you will see that praise has always worked better than criticism.
- Ask the students to beware of false praise and flattery. Only genuine admiration has a positive impact. Deep in our hearts we can always tell the difference.
- Family relationships can become much stronger if we learn to express our love and affection through **Effective Communication** which is positive.
- This exercise also raises the self esteem of a person. The student realizes that s/he is also appreciated by her/his peers and will strive to do better. This improves **Inter Personal Relationships**.
- The final outcome of this exercise is improved **Self-Awareness and Self Esteem**, as the students realize their full potential.
- Also encourage them to think about telling others what they like about them. Ask them to especially do this with their parents, friends, siblings, etc.

Step 9:

Ask two volunteers to read out the story “After some time!” given below.

AFTER SOME TIME.....!

Jitender had brought home a novel from his friend. He sat down excited by with it as he had been wanting to read it for a long time. As he turned a page, engrossed in the story, Meena, his little sister who was very sick, came with a fairy tale book under her arm and said “Brother, will you read out a story to me? And look at my new frock! How do I look in it?”



Jitender replied, “No, no, not just now”, **after some time!”** And he continued reading.

Meena just stood there, looking at the lovely picture in the book.

After a long pause she said “But there is a lovely picture and the story looks so exciting, I am sure you will enjoy reading it.”

Jitender answered “OK, but . . . **after some time**. Leave me alone, now”.

But she didn’t go away, she still stood there quietly, like a good child, and after a long time, she said again “Brother how do I look in this frock? Look at this frock that has both pink and blue- both my favourite colours in it!” She then put the book down next to him, and said,

“Well, whenever you get time, just read it to yourself only . . . and read it loud enough so I can hear, too. And tell me how I look!”

“Yes, yes”, he said, **after some time!**”

For a long time he had forgotten to read the story. Today, he started reading the story . . . loud enough so that she could hear for Meena was no more. She had breathed her last a few days ago

Suddenly his mother called to him to come to the condolence ceremony of his sister, Meena.

But Jitender continued reading looking at his sister’s photograph and saying “Oh sister you are beautiful! You look so pretty! Let me read out the story to you- “Once upon a time, there was a little girl ...”



He was reading to himself, but loud enough! Maybe loud enough for her too!. Maybe she is listening. !

Thanks the students. Now ask the class: “ Why was Jitender reading aloud to the photo?”

Expected Responses:

- He was missing his sister, he realized the importance of emotions .
- He realized the importance of relationships and giving appreciation.
- He was feeling guilty, he wanted to reach out to his sister.
- He was sorry he did not appreciate her when he could have

Note for Teachers:

Applaud the answers. State that though this is a sad story, it has very important messages for us. State that giving time and listening respectfully are also signs of appreciation. The right time to reach out or respond with appreciation and care is NOW. The story uses the death of the sister but can't we reach out to people who are also going to be with us? Should we keep saying "After some time" to people who need our appreciation now?. They are most important to us – and providing appreciation NOW is one way of showing our caring.

Sometimes we may not receive the appreciation that we need from our elders or even friends. At such times we can make our needs clear to our elders and friends. Also we can provide appreciation to our own selves! Patting our own back is one such method. Providing "Jaddu ki Jhappi" to our friends constantly underlines the fact that we appreciate and value them.

Step 10:

Now ask each student to face their partner next to them (of the SAME SEX) and give a "**Jadoo Ki Jhappi**", ("Warm magical hug") to each other and say something nice. Tell them that even **scientific research** is pointing out the value of hugs (see Internet article) in improving mental health of people. This concept became very popular after the movie "Munnabhai MBBS". It helps to spread warmth and appreciation and a "feel good" feeling. Ensure that it is only done between two persons of the SAME sex.



Notes for Teachers:

Studies have revealed that many adolescents (and, in fact, adults too), experience at times feelings of "worthlessness". They feel that they have no good qualities, that they are of no use to anyone, that they are not loved, and no one will miss them if they "go away". Activities such as this are crucial to convey to them that EVERYONE has SOME GOOD QUALITIES, and identify these through their peers. They get the message that they are loved.

State that - "**No matter what, each one of us is unique and worthy of love, warmth and regard. Let us all start by loving our own self first.**"

Key Messages:

Highlight and repeat the following to the class:

- All of us have some good qualities.
- Our good qualities are recognized by others and they may secretly admire us for these.

- Praising others for qualities that we genuinely admire, results in better Interpersonal Relationship.
- We can learn about ourselves from others also.

Ideas for Learning More:

- Tell the students to make cards on their family members expressing what they love about them, and then present it to them. Encourage the students to share their experience of this.



FACT SHEET

APPRECIATION

Have you ever counted all the times that you have complained in a day? You are constantly asking yourself, why did this happen to me? Human beings spend most of their time complaining about what they do not have and how they are constantly unhappy. If you think positively, you are appreciative and content with what you have. You know that no matter what situation you are in, you will be able to work around it and be in full control of everything. Sincere faith in yourself means that you do not constantly complain but try to understand the wisdom in what you have and do your best to enjoy it. The three most important factors in attaining happiness are:

- Being appreciative
- Looking at people and situations in a positive light
- Acting joyously



Therefore it is important that one appreciates and praises what one likes in their near and dear ones and also friends.

Praise is a verbal or written form of reward for something positive which has been achieved. It is generally accepted that praise is an important means of motivating anyone.

Value of praise

- Praise is very important, but it should be used carefully.
- Praise can improve self-esteem, self-reliance, autonomy, achievement and motivation.
- Praise should be seen as encouragement, as part of a continuing process.

Effective praise.....

- Can take the form of “appreciation” in which positive feelings are expressed about an individual’s contribution.
- Can take the form of “encouragement” in which we try to build the individual’s confidence to progress with tasks/challenges.
- Shows appreciation of individuals’ characteristics.
- Helps develop self-confidence.
- Is delivered spontaneously in a natural tone of voice.



Jadoo Ki Jhappi !!!



There's something in a simple hug
That always warms the heart;
It welcomes us back home
And makes it easier to part.

A hug's a way to share the joy
and sad times we go through,
Or just a way for friends to say
They like you cause you're you.

Hugs are meant for anyone
For whom we really care,
From your grandma to your neighbour,
Or a cuddly teddy bear.

A hug is an amazing thing -
It's just the perfect way
To show the love we're feeling
But can't find the words to say.
It's funny how a little hug
Makes everyone feel good;
In every place and language,
It's always understood.
So Here's a BIG one



The Times of India, 23 Sept, 2007

‘Jhappi’ prescribed for stressed-out kids

Dipak Kumar Dash | TNN

Gurgaon: Call it the Munnabhai effect... Experts attending a seminar on stress among schoolchildren prescribed “Jaadu ki Jhappi” from a teacher or a parent as the biggest remedy for the killer stress that leads to increasing incidents of suicide and depression among school children. They said that while not just parents and school teachers even private tutors rush to claim “ownership” of a successful student, the one who does poorly in class is left to fend for himself/herself, causing stress to build up and reach levels where the child is no longer able to handle it.

Geetika Kapoor, a school psychologist said: “There is complete lack of ownership in case of students, who don’t do well in exams. Who is going to own that child and at the end of the day we are losing that child from the education system. School teachers, administration and even parents bring such cases to counsel-

lors as if he/she is a dumping ground for ‘problem’ cases. There is no collective effort to put things right.”

Experts also believe that to boost the morale of students who are not doing well, punishment or neglect only serves to complicate rather than solve the problem. “Punishment as a word should not be used by the teachers, at all. Once you punish any child, you do no good. Rather we should go for negative reinforcement like withdrawing certain privileges which are being offered to the child,” points out Dr Megha Hazuria Gore, clinical psychologist at Max Healthcare. She adds

that punishment results in lowering the self-esteem of students.

Dr Puneet, another clinical psychiatrist says that there is a greater need of creating conditions and environment where a child could ventilate his views and concerns. “The greater space you provide, there is less scope of the child hiding things,” he adds.

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Internet Articles

TIMES ONLINE

From The Times

December 2, 2006

Schools give lessons in hugging

India's rigidly conservative school system has adopted a touchy-feely approach to counter a rising youth suicide rate by introducing a daily hug to the curriculum.

The Delhi state education board has made it mandatory for students attending 600 government schools to begin their day with a "jaadu ki jhappi", an embrace, to ward off stress.

Children aged 9 to 18 must now give each other and their teachers an affectionate cuddle at morning assembly.

But because of strict moral standards about public displays of affection, the daily drill will be confined to same-gender hugging.

The inspiration for the state's "life-skills education programme" came from Bollywood, the Hindi film industry, whose prolific output has a huge influence on Indian society. In the 2003 blockbuster, *Munnabhai MBBS*, the anti-hero played by Sanjay Dutt, is able to cure all ills with a simple hug.

Delhi educationalists, concerned by 20 suicides at schools and colleges last year, compared with just one the previous year, decided to take the film's popular theme literally.

They hope to prevent the kind of situation that led to Khushbu, a student at Subhash Nagar Government Girls' School in Maharashtra, jumping to her death from a rooftop in September after failing a mathematics exam for the fourth time.

An estimated 4,000 students commit suicide in India each year because of exam failure or fear of failure in a society where there is intense pressure to succeed academically.

"Students may try to speak out but no-one is listening to them," Rina Ray, the state education secretary, told *The Times*. "In India there is a cultural barrier to praising and parents do not hug their children. People think it will attract the evil eye so they, particularly girls who are considered to be a liability, can have low self-esteem. We aim to promote a good touch. It is about the power of a warm hug."

The idea has already been given successful trials in some schools in the capital and will now be introduced to the rest of the state.

"Many government schools in India are rigid and boring places but children must want to come to school. The teachers also need to learn to relax a bit," Mrs Ray said.

UNI

Friday, February 15, 2008 15:44 IST

LONDON: When Munnabhai showed what '**Jaadu Ki Jhappi**' can do, we all loved him but no one took him too seriously.

Researchers at the University of California, however, are studying whether the **brain hormone released with soft touches, hugs and love gazes and the bond between a mother and her newborn baby could help patients with schizophrenia, social anxiety and a variety of other disorders.**

Oxytocin, also known as 'love hormone', is associated with pair bonding, including mother-infant and male-female bonds, increased paternal involvement with children, and monogamy in certain rodents, the science daily quoted lead researcher Kai MacDonald as saying.

In humans, the hormone was released during hugging and pleasant physical touch, and plays a part in the human sexual response cycle.

Eye-to-eye communication was critical to intimate emotional communication for all kind of emotions -- love, fear, trust, anxiety, Dr MacDonald said.

The researchers revealed that people with schizophrenia or autism often avoided eye-to-eye gaze, focussed on less relevant areas of the face and abjured meaningful social contact.

Use of oxytocin might act on the brains of schizophrenics, and ultimately increase the level of trust or emotional contact between patient and physician or with patients and significant others.

According to previous studies, oxytocin doses reduced activation of brain circuits involved in fear, increased levels of eye contact trust and generosity.

"A hug or a touch that causes a releases of this hormone might change brain signals," the lead researcher said, adding, "We want to know if oxytocin can also impact social and emotional behavior in patients with psychiatric disorders."

Jaadu ki Jhappi works!

15 Apr 2004, 0640 hrs IST, PURNIMA LAMCHANE, TNN

Believe it or not but apna Munnabhai's onetime antidote for all-type of bemaaris has been given a certificate of approval by a medical foundation. "Talks is tops but a good hug ranks a close second when it comes to allaying the blues," says the Mental Health Foundation after conducting a survey in UK. "Having a hug ranked second for both sexes at 45 per cent for men and 57 per cent for women," says the survey.

This light-hearted research has a very serious message behind it, says Dr Andrew McCulloch of the Foundation.

Dilli has also discovered the magical therapy — talking and hugging — ever since Munnabhai gave it a cult status. "Just talking to someone gives your problem a different perspective altogether. It's a load off your chest. And often works as a catharsis," says Shalu Jindal of the Jindal Foundation.

The 40-minute drive from work finds fashion designer Rina Dhaka talking to her friends "about anything and everything." This helps her fight fear and anxiety which "afflicts all of us at some point," says Rina.

With a motto that says 'I love to love,' entrepreneur Timsy Anand believes in the "magical potion" of just chatting with people. "It just lightens up the mood," says Timsy adding that sharing confidences is "a real healer — it eases away the blues."

For Rina, Munnabhai's jaadu ki jhappi was "bizarre" in the film. But in real life, "it is the most fabulous thing." Rina thanks her stars for being part of the design fraternity where hugging is the "most natural way of greeting."

Timsy gets into the poetic mode while describing the magical touch of the jhappi. "A hug a day, keeps the pain away." She cites the example of the cricket huddle. "The body connectivity makes you share your joys and emotions." designer Gauri Karan sums up the hug to mean just one thing — security.