

With the aim of helping our students sharpen their Emotional Intelligence, STANDING TOGETHER- Counselling Department of Kothari International School organized a workshop for Grades 6 to 8 on the Topic “**Understanding Emotions.**”

**During the course of the session, the following were highlighted:**

- Feelings & Emotions
- Building the Emotional Vocabulary
- Building Emotional Awareness
- Expressing the Emotions

# Understanding Emotions

Inside-Out

By-

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