



## DELHI PUBLIC SCHOOL, SECTOR 45 GURGAON

### Peer Education session on 'Small Steps Big Impact'

#### Actions-Habits-Values-Character-Destiny

A Peer Education session on '*Small Steps Big Impact*' was conducted on 24<sup>th</sup> July'25 for students of Class VIII by the peer educators of Class X. It was designed to promote positive behavioral changes through small, actionable steps that lead to long-term personal growth and achievement of greater goals.

The session began with an ice-breaking activity, which explained the objective of the session – to gain understanding of how everyday choices can shape mental, emotional and social well-being. Topics such as self-discipline, time management, kindness, digital responsibility, and the power of gratitude were highlighted during the course of the session.

Interactive activities, storytelling, role plays and real-life examples were incorporated to make the session engaging and relatable. A special focus was placed on the importance of small acts like helping a friend, taking breaks from screen time and maintain a daily planner, were discussed as building blocks of character and resilience.

Class VIII students were encouraged to share their views and experiences, which helped create an atmosphere of trust and openness. The session also included reflection exercises where students identified everyday actions they could adopt to bring a positive change in their life.

The Peer Educators displayed commendable confidence, leadership and empathy throughout the session. Their efforts were well-received by both students and teachers and the session concluded with a collective commitment to implement at least one step towards the start of a better self -a better tomorrow!

