TUESDAY 6 OCTOBER 2026

Understanding each other at LifSkool

Took part	13	Facilitators	2
Where	SDPY Boys High School, Palluruthy	Club	Curiosity Club
Run by	Olimalar Foundation, Aarthi Veerupillai and George P J	Facilitated by	Aarthi Veerupillai and George P J

Input

What went in
We used relationship slides and the short animated films Snack Attack and Purl. We also used a laptop, bluetooth speaker, whiteboard and marker pen.

Time
1 hour

Cost
₹0

Activity

We began by revisiting The Egg Drop Challenge. Why had some designs protected their eggs, and how had the teams worked together? This connected our previous session to interpersonal relationships. We explored how we listen, share ideas and make decisions together.

We explored the relationships in our lives and what strengthens or damages them. The idea of a "relation-ship" helped us talk about trust, listening and respect, and how to work through disagreements.

We changed the pace this time. We watched two short films, Snack Attack and Purl, and came together for circle discussions. We explored misunderstandings, feeling left out and the pressure to change ourselves to fit in. We connected the stories to everyday school situations.

Students practised asking directly before making assumptions and inviting someone to join their group. We closed with a reflection on being themselves and responding to peer pressure. We brought the discussion back to everyday choices in their relationships.

Output

- 13 Student reflections

Outcome

Communication Empathy Interpersonal relationship

Students practised two concrete responses to relationship challenges: asking directly before making assumptions and inviting someone to join their group. This gave them an opportunity to put calm communication and inclusion into words.

(We observed it)

Learnings

The short animated films helped us explore misunderstandings, belonging and peer pressure. The circle discussions afterwards helped connect the characters' experiences to everyday school situations. We will continue pairing short films with time to discuss and practise responses.

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