

HPD

HPD stands for holistic personality development, which is a program that aims to develop a child's physical, emotional, moral, social, psychological and spiritual attributes.

The goal of HPD is to provide a personalized learning environment for each child, taking into account their skills, abilities and feelings.

GOALS FOR HOLISTIC PERSONALITY DEVELOPMENT

CLASS-1

1. Communication Skills

- a) Eye contact while talking
- b) Clear and correct language
- c) Taking turns
- d) Paying attention
- e) Ending conversation politely

2. Confidence

- a) Give responsibility to each child
- b) Create a job chart for the class
- c) Praise the child often
- d) Allow them to express their feelings

3. Health and Hygiene

- a) Teaching hand hygiene
- b) Food safety
- c) Infection control

4. Kindness and Helpful Nature

- a) Roleplays
- b) Stories

5. Discipline

- a) Make rules for the class
- b) Get a consensus on consequences of broken rules
- c) Rewards for following the rules

CLASS - II

1. Building Self Esteem

- a) All about me collages
- b) Be thankful activities
- c) Feel good notebook/chart
- d) Positive notes games

2. Developing Curiosity

- a) Science experiments, nature walks, making a class museum
- b) Nature walks
- c) Class museum

3. Care for Elders

- a) Grand parents day
- b) Talk by a Senior Citizen
- c) Visit to old peoples home

4. Truthfulness andHonesty

- a) Circle time with open ended stories
- b) Role-plays with situations to be honest vs dishonest

5. SportsmanSpirit

- a) Talk about sports man spirit
- b) Experiences on the playground to display it
- c) Praise for a child displaying it
- d) Winners to congratulate the losing team for playing the game well

CLASS –III

1. Attitude- Positive andAssertive

- a)Each class makes a puppet
- b) Enacts one situation everyday to show a positive attitude, through out the year

2. Innovative Mindset

- a) Help children find new uses for articles
- b) Find new ways to solve problems
- c) Invent new things

3. Ethical Treatment of Animals

- a) Pet day
- b) Role play to show respect to animals
- c) Information about PETA and phone numbers to call in case they find an animal in distress
- d) Visit to animal shelter
- e) Talk by an animal lover

4. Concern for others

- a) Roleplay
- b) Stories
- c) Circle time

5. Etiquette

- a) Demonstration on good table manners
- b) Telephone etiquette

CLASS - IV

I. Leadership

- a) Making charts for the class with sayings like 'yes I can', 'it's not a problem it's a challenge', 'Never give up', 'I may fail, but I'll learn from my mistakes', 'I will always do my best'.
- b) Partner games, group games with each child getting a chance to be leader.

2. Problem Solving

- a) Brain storming
- b) Reflecting
- c) Breaking down a problem
- d) Open ended problem solving experiences
- e) Use of vocabulary like think, idea, solve. Encourage children to use it.

3. Gender Sensitivity

- a) Etiquette
- b) Manners
- c) Polite behavior with regards to the opposite gender

4. Dress Sense

- a) Neatness
- b) Appropriateness

5. Respect

- a) Define respect
- b) Three ways to complement elders, peers, juniors
- c) Design bumper stickers to show respect
- d) Create a recipe for respect with appropriate ingredients

CLASS –V

1. Interpersonal Relationships – Group discussions on

- a) Use of appropriate greetings
- b) Willingness to join activities
- c) Understanding concept of fair and unfair
- d) Using conflict resolution strategies effectively
- e) Understanding and displaying appropriate non-verbal signals

2. Networking Abilities

- a) Keeping in touch with peers
- b) Planning activities with other
- c) Asking for and offering help to others

3. Team Work

- a) Open to expressing thoughts and feelings
- b) Listening to others views
- c) Accept responsibility and delegate
- d) Express appreciation

- e) Accept mistakes
- f) Behaving equal to others

CLASS - VI

1. Courtesy

Suggested Activities

- i) Table manners role play in class.
- a) Washing hands before eating
- b) Pulling out chair for someone, pushing your own chair in.
- c) Chewing with mouth closed
- d) Using napkins
- e) Offering compliments about the food.
- f) Proper topic for conversation
- g) Serving and offering food to others.
- h) Not taking food from others plate.
- i) Waiting for everyone to be served before eating.
- j) Helping clear the table.
- k) Offering thanks to the host.
- ii) Similarly role plays for sneezes and cough etc.

2. Body Language

Suggested Activities

- i) Postures (Demonstration by teacher).
- a) Show confidence through your body movement and position.
- b) Have eye contact but don't stare.
- c) Take up some space (don't crouch)
- d) Relax your shoulders.
- e) Nod when you talk to people.
- f) Smile and laugh.

g) Keep your head up.

h) Slow down a bit

3. Self Confidence

Suggested Activities

i) Recognising signs of low self-esteem and reversing them.

a) Blaming others versus taking responsibility

b) Not expressing your feelings versus letting other people know your feelings in a positive way.

c) Always being busy, versus taking time out for one's hobbies and friends.

d) Depending on others for self-acceptance versus believing in yourself.

e) Hiding body posture versus head up.

CLASS - VII

1. Positivity

Suggested Activities

i) Roleplay

a) Identifying negative thoughts

b) Avoiding black and white thinking

c) Not taking someone's harsh words to heart

d) Replace negative thoughts with positive.

e) Developing hobbies (trying new things)

f) Avoid 'personalising'. (Taking blame for other's misery).

g) Develop optimism.

h) Have fun.

2. Appreciation

Suggested Activities

a) Exercises to develop appreciation.

i) To people who love you

a) Do something thoughtful for them

b) Hug them.

c) Encourage them to try something they always wanted to.

d) Compliment them.

ii) To people who challenge you

a) Listen to what they have to say.

b) Thank them for showing you new ways to look at things.

c) Resist the urge to tell them that they are wrong.

iii) To people who serve you

a) Attire Suggested Activities Smile when you ask them to help you

b) Exhibit patience

c) Praise them.

iv) A talk by a teacher.

a) Dress appropriately

b) your clothes according to needs and occasions.

c) Be particular about clean clothes, learn correct ways to iron clothes.

d) Learn to mix and match

e) Ask someone whose dress sense you admire to help you choose clothes.

CLASS –VIII

1. Respect

Suggested Activities

i) Group discussion, developing recipes for respect, poster making.

a) Definitions for respect.

b) Recipes (Three ways to) to show respect to teachers, parents, friends, strangers.

c) List five synonyms of respect

d) Collect newspaper articles about a person who showed respect and make a collage.

e) List five antonyms for respect.

ii) Etiquette

Suggested Activities.

- a) Presentation on table manners (children will prepare)
- b) Telephone etiquette. (Role play).
- c) Travel etiquette. (Group discussion).

iii) Gender Sensitivity / Age Sensitivity

Suggested Activities

- a) Group Discussions / Debate / Talk on
 - i) Responsibilities of their own group
 - ii) Discuss responsibilities of other age groups (adult, elderly, small child)
 - iii) Gender Roles.
 - 1. Traditional gender roles
 - 2. How they have changed.
 - 3. How genders are different.

CLASS - IX

1.Public Speaking

Suggested Activities.

a) Games

- i) Tell the history of – prepare starter list e,g postage stamps, Zebra's stripes, Ice cream, etc. Each speaker gives an account of history of each item (it need not be true)
- ii) End lines – List of endings 'Just do it', 'Diamonds are forever', 'an apple a day keeps the doctor away', etc. Each speaker tells a story and ends it with the given line.
- iii) Story starters – List of beginning, 'It was a dark stormy night...', 'I wish people would not say...', etc. Each speaker will begin the story with the given line.
- iv) Big fat lie – Speaker says three things about himself / herself, one of them is lie. Others have to guess which one.
- v) News today – Seven events in the school / world, 'who', 'what', 'where', 'why', 'when' and 'how'.

2.Body Image

Suggested Activities.

- i) Defining a positive body image.
- ii) Dissatisfaction with shape, size and how one looks.
- iii) Images that are unrealistically propagated by the media

3. Perseverance

Suggested Activities.

- i) Ask children to get case studies of people like Helen Keller, Mahatma Gandhi, Madame Curie etc
- ii) List easy versus difficult tasks.

CLASS –X

1.Time Management

Suggested Activities.(Discussion / Presentation)

- a) Make & use lists (Schedule, people to call, planner)
- b) Blocking time (Daily basis for each activity).
- c) Organise by priority

2.Conflict Management

Suggested Activities.

- a) Roleplays
 - i) Internal Conflicts.
 - ii) Interpersonal Conflict.
- b) Styles
 - i) Avoidance, Yielding, Competitive, Co-operation, Compromising.

3. Discovering yourself

Suggested Activities.

- a) Make a collage of one's life and achievements.
- b) Listing 10 positive things about oneself.
- c) Asking a friend to list 10 positive things about each individual