



Manual 2

Resource package and documentation of Lived experiences

Introduction

The Tridal project of the Institute for Psychological Health has the principles of psychosocial rehabilitation at its core. This approach aims at improving the quality of life of persons living with chronic mental illness, as well as their caregivers and family members. Over time, and through activities at the centre, Tridal aims to help our Shubharthis develop cognitive skills, which are usually affected by the very nature of schizophrenia, as well as emotional and social skills. The goal is to help people live and work as independently as possible in the community.

Decades ago, the tried and tested method of dealing with chronic psychosis would be to place people with these conditions in long stay institutions where they would be isolated from the community, and looked after. Food, clothing and shelter were covered in most places, but persons with mental illness showed long term effects of institutionalization, and found it difficult to seek integration back into community living, even after their symptoms abated and they went into remission.

The Institute for Psychological Health has always been committed to reduce the burden of stigma associated with mental illness. The process of psychosocial rehabilitation of Shubharthis helps reduce prejudice against them in the community, and fosters better understanding and empathy about their condition. For the Shubharthi, this approach focusses on providing empowerment, ensuring social inclusion, building coping skills, and ensuring ongoing support. Fostering hope, and building skills are two general aims of any rehabilitation effort, and this is also true of Tridal. The various activities in their daily routine at the center would help build life skills, work skills and social skills.

Cook and Jonikas of the Center on Mental Health Services Research and Policy, Department of Psychiatry, University of Illinois at Chicago College of Medicine (Psychiatric Services, 2020) highlighted how the pandemic gave a new boost to the delivery of rehabilitation efforts. They write, “Before the pandemic, our field faced significant and growing workforce shortages of psychiatrists, social workers, psychologists, and counselors. An exception to this was a rapidly expanding workforce of certified peer specialists, or people who have recovered from mental illness and use their lived experience, plus skills learned in formal training, to deliver services and supports.” IPH has always relied on the support of well trained volunteers to pick up the load of mental health service delivery, and this

manual highlights how it is possible, with well planned investment of time and energy, and sharing of resources, to create a thriving ecosystem of psychological wellness in any community mental health centre.

This Manual, which is essentially a Resource Package, lists for the readers and users of this resource, a large number of ways in which these goals can be achieved. Developed countries such as the United States have agencies such as the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR) which was established in 199, and is housed in the Administration for Community Living, under the U.S. Department of Health and Human Services. The agency focusses on enabling people living with mental illness, and emphasizes the contributions of people with disabilities to the entire research or development process, from the identification of research or development questions through dissemination. In India, resources such as these are not yet available and it is left to individual agencies, institutions and support groups to work out the best combination of interventions.

This manual attempts to share Tridal activities not merely as a top-down dissemination of resources curated over the years, but stresses on individual tailoring each resource to Shubharthi needs, and also documenting Shubharthis' reactions and comments on these activities where relevant.

Theoretical underpinnings

A lot of the work at Tridal has been built organically around emerging models as the practitioners there drew on their reading, knowledge about neuropsychology, rehabilitation and used an inclusive, empathic approach to integrate all these streams of science into practice. But this manual is an attempt to spell out, for the first time, the nuts and bolts of these efforts, so that they can be replicated by other centres.

Manuals 2 and 4 will get into the research referencing and scientific support for schizophrenia rehabilitation, but the practices and processes reflected in this manual are in fact a reflection of these bodies of knowledge. Schizophrenia is a condition that can best be described as a thought disorder, although it certainly impacts affect, social behaviour, and perceptual experiences as well. Over the years, the Matrics battery has been used as a

baseline for evaluations of cognition in persons suffering from psychosis, and it was this same logic that was applied to various activities at Tridal from the outset.

Some examples of domains of cognition.

If one looks at faculties that are affected by the disease process of schizophrenia, it becomes clear that persons suffering from the illness have difficulties with these activities, not only during the course of the illness, but also after, when the process of a slow recovery is being attempted.

Speed of processing is affected. This means that as facts are placed before Shubharthis over the course of time, it is difficult for them the process these all at once, and they need to think through each step, which leads to more time and sometimes more errors.

Attention or vigilance is definitely compromised. Not only divided attention, where one has to focus on multiple tasks at the same time, but even simple attention where the same task has to be done with focus and without distractions, becomes difficult to accomplish.

Verbal fluency, verbal learning and working memory are other domains which are hit in the illness process. This affects new learning of verbal material and also processing of previously well learned material when it needs to be produced at a particular speed and held in the memory for even a short span of time.

Reasoning and problem solving becomes a challenge for persons who have been through episodes of schizophrenia. Naturally shifting set while solving problems and goal direction are also compromised, which makes day to day tasks difficult for a person with schizophrenia.

Finally, *social cognition* suffers due to this condition, which means that persons with schizophrenia may find it difficult to express emotions while interacting with others, manage their own emotions and also understand what the other person is experiencing.

Other social skills that need to be trained in include resilience when faced with complex situations, sharing, turn taking while communicating with others, etc.

Most of the group activities, film discussions, games etc that are planned for Shubharthis also attempt to build self esteem and encourage empathic understanding. This is a collection of activities that we have actually carried out with the Shubharthis, and these are described simply to make them easily replicable. This manual does not claim to be a resource book

for technically perfect rehabilitation programs or activities, but it does provide a short reference list of work done the world over, with a view to design such programs. Each newly established rehabilitation centre is encouraged to pick up these activities as you see fit, in the early stages of your work, then graduate to activities designed based on other, more sophisticated technical references as well as your own body of experience with your Shubharthis.

The next few pages outline some activities and games which the IPH team has devised for Shubharthis over the years. Users of this manual can feel free to pick up any activity which seems to fit the purpose in your mind, since these are not arranged by levels of complexity, etc. They are merely classified broadly into the domains you wish to augment in your Shubharthis. When you actually carry out the activity, you will naturally find some Shubharthis doing very well, and some lagging behind.

At IPH, we have carefully planned these activities in order to ensure stimulation of the particular cognitive and psychosocial function which need to be boosted in Shubharthis. The theoretical underpinning presented earlier have given you a broad framework for the same.

Based on our practical experience and needs, we have usually conducted these activities on the days when there is less production work. This engages the Shubharthis and there is time available for the volunteers to conduct the activity.

When you start a center these are useful pointers, to be used while you are still in the stage of identifying products for your Shubharthis to work on. Manual 1 has already shared our journey towards finalizing viable products through trial and error.

As most of the activities are carried out by forming small groups, these will also be useful icebreakers for Shubharthis to get to know each other, and for volunteers to get to know the group. Increased comfort levels with the group will encourage Shubharthis to come to the center regularly.

Please use your own judgement since different activities may work well in different settings, and we cannot use a one-size-fits-all approach. The heartening fact is that at IPH we have found every Shubharthi doing better at each skill over time, and with some practice and encouragement from other group members.

Speed of processing

Goal: To ensure speed of processing (simple)
Number of Shubharthis recommended in group: Upto 10
Number of volunteers required to lead the group: 2. One to time the game and one to count errors.
Approximate time for which you can run the activity: 5-10 minutes
Process: Make pairs of the participants, they may choose their own friend if they wish.
Material required: 5 packs of playing cards
Instructions: Each member of the pair will take the pack of playing cards, and the other will check if he/she is sorting correctly. The cards have to be sorted into four piles: Spades, Hearts, Diamonds, Clubs. If your partner makes a mistake, you raise your hand and the co-ordinator will note errors. The other co ordinator will have a stop watch running, so they will note who finishes first, second and so on, and in how much time.
Procedure: The volunteer tells the participants how it can be a challenge to process information at speed, but practice always helps. The trick is to keep your eyes on the task, and not get distracted. Do not go too fast or you may make mistakes.
Tips: Create energy in the group by clapping for them, cheering, etc. Next levels, of course, are more difficult.

Goal: To ensure speed of processing (complex)
Number of Shubharthis recommended in group: Upto 10
Number of volunteers required to lead the group: 2. One to time the game and one to count errors.
Approximate time for which you can run the activity: 10 minutes
Process: Make pairs of the participants, they may choose their own friend if they wish.
Material required: 10 packs of playing cards, with different designs on the backs of the cards.
Instructions: Each member of the pair will take TWO packs of playing cards with different designs on their back, and the other will check if he/she is sorting correctly. The cards have to be sorted into EIGHT piles: Spades, Hearts, Diamonds, Clubs one of each kind of the design on the back of the cards. You may keep two index cards above each pile, one with face up to show the suite and one with face down to show the design on the back. If your partner makes a mistake, you raise your hand and the co-ordinator will note errors. The other co ordinator will have a stop watch running, so they will note who finishes first, second and so on, and in how much time.
Procedure: The volunteer tells the participants how it can be a challenge to process information at speed, but practice always helps. The trick is to keep your eyes on the task, and not get distracted. Also, one has to process TWO bits of information here, not one, so the task is more difficult. Do not go too fast or you may make mistakes.
Tips: Keep reminding the participants that they have to pay attention to TWO aspects of the cards, the front and the back. Create energy in the group by clapping for them, cheering, etc.

Attention

Goal: To build simple attention (Level 1: multiple languages)
Number of Shubharthis recommended in group: Upto 10
Number of volunteers required to lead the group: 1
Approximate time for which you can run the activity: 10 minutes
Instructions: Now I may call out a number in any language: English, Marathi, Hindi (you can add the local language of the area). I am going to call out numbers in a random order. This means any number can come at any time, there is no order to my calling out, so you have to listen very carefully. Once you hear the number, think: “Did I hear number 5? Or पाच?” If you did, then tap on the table/on the floor next to you (depending on the seating arrangement, whether the Shubharthis are around a table or on a mat on the floor.) Remember, the number may have 5 in it, but it could be 5, 15, 25, 35, पाच , पंधरा, पंचवीस, पस्तीस, पंचेचाळीस / पैंतीस, पचास, पचपन and so on!! So listen very carefully.
Procedure: The volunteer tries to underline the importance of paying attention. He/she praises every Shubharthi who got the task right. Create energy in the group by clapping for them, cheering, etc. The activity can be made exciting by speeding up the task once they all start getting it right. Then of course we move up to the next level.
Advantages: This activity is a good ice breaker. It is simple and easy to understand, so it builds confidence even among the lowest functioning members of the group.
Tips : Try to encourage some group bonding by • Cheering up the good performers • Gently teasing the ones who miss the cue • Add some fun and laughter towards the end by “dodging” them with numbers like 50, 55, 500! • Getting pairs to become buddies where the strong can support the weak by nudging the less attentive Shubharthi to tap quickly if they are missing out.

Goal: To build focused attention (Level 2: multiples of five)
Number of Shubharthis recommended in group: Upto 10
Number of volunteers required to lead the group: 1
Approximate time for which you can run the activity: 10 minutes
Instructions: Now I am going to call out numbers in a random order. This means any number can come at any time, there is no order to my calling out, so you have to listen very carefully. Once you hear the number, think: “Did I hear number 5? Or पाच? Is the number I heard a multiple of 5? Like 25, 50, 85 etc? Remember, the number can end with a five or a zero.” If you heard such a number, then tap on the table/on the floor next to you (depending on the seating arrangement, whether the Shubharthis are around a table or on a mat on the floor.)
Procedure: The volunteer tries to underline the importance of paying attention. Also keeping the attention focused so that multiples of 5 ending in a zero are not missed. He/she praises every Shubharthi who got the task right. Create energy in the group by clapping for them, cheering, etc. The activity can be made exciting by speeding up the task once they all start getting it right. Then of course we move up to the next level.
Advantages: Shubharthis realize that this task is not as simple as it seems. They may get the numbers ending in 5 but miss the ones ending in a zero. So they begin trying to focus harder. Also, they will realize that amongst them, some are mastering this task easily and others find it hard. This will help encourage mutual support and reminders to each other, building group bonds.
Tips: Cheer up the good performers, encourage them to share what made them successful. Ask them to teach others, nudge others towards the right response.

Goal: To build focussed attention (Level 3, multiples of 5: any language)
Number of Shubharthis recommended in group: Upto 10
Number of volunteers required to lead the group: 1
Approximate time for which you can run the activity: 10 minutes
Instructions: Now I may call out a number in any language: English, Marathi, Hindi (you can add the local language of the area). As before, I am going to call out numbers in a random order. This means any number can come at any time, there is no order to my calling out, so you have to listen very carefully. Once you hear the number, think: “Did I hear number 5? Or पाच? Is the number I heard a multiple of 5? Like 25, 50, 85 etc? Remember, the number can end with a five or a zero. And of course, they could be in any language!” If you heard such a number, then tap on the table/on the floor next to you (depending on the seating arrangement, whether the Shubharthis are around a table or on a mat on the floor.)
Procedure: The volunteer tries to underline the importance of paying attention. Also keeping the attention focused so that multiples of 5 ending in a zero are not missed. The Shubharthis are also reminded that they have to listen carefully for numbers in all languages. The volunteer praises every Shubharthi who got the task right. Create energy in the group by clapping for them, cheering, etc. The activity can be made exciting by speeding up the task once they all start getting it right. Then of course we move up to the next level.
Advantages: Shubharthis realize that this task is not as simple as it seems. They may get the numbers ending in 5 but miss the ones ending in a zero. Or they may miss the number because it was announced in a local language. So they begin trying to focus harder. Also, they will realize that amongst them, some are mastering this task easily and others find it hard. This will help encourage mutual support and reminders to each other, building group bonds.

Goal: To build complex/divided attention (Level 4, multiples of 2 or 5)
Number of Shubharthis recommended in group: Upto 10
Number of volunteers required to lead the group: 1
Approximate time for which you can run the activity: 10 minutes
Instructions: Now listen very carefully. This game is not as easy as it sounds! I am going to call out numbers in a random order. This means any number can come at any time, there is no order to my calling out, so you have to listen very carefully. The numbers to look for are multiples of 2, like 2, 4, 6,.....14, 22, 46, basically even numbers, and also multiples of 5, which means numbers ending in 5 or zero. Once you hear the number, think: “Did I hear number 5? Is the number I heard a multiple of 5? Like 25, 50, 85 etc? Remember, the number can end with a five or a zero. Did I hear an even number? A number like 4, 8, 32, etc.?” If you heard such a number, then tap on the table/on the floor next to you (depending on the seating arrangement, whether the Shubharthis are around a table or on a mat on the floor.) Remember, you have to look out for multiples of 2 AND multiples of 5, so please pay careful attention!
Procedure: The volunteer tries to underline the importance of paying attention to more than one element. Also keeping the attention focused so that multiples of 5 ending in a zero are not missed. Nor are even numbers missed. He/she praises every Shubharthi who got the task right. Create energy in the group by clapping for them, cheering, etc. Sometimes, offhand, issue a “warning” to make the Shubharthis more alert, saying..... “okay, listen carefully now”.
Advantages: Shubharthis realize that this task is not as simple as it seems. They may get the numbers ending in 5 but miss the ones ending in a zero. Or miss the even numbers. So they begin trying to focus harder. Also, they will realize that amongst them, some are mastering this task easily and others find it hard. This will help encourage mutual support and reminders to each other, building group bonds.

Goal: To build divided attention (Level 5, multiples of 2 or 5: any language)
Number of Shubharthis recommended in group: Upto 10
Number of volunteers required to lead the group: 1
Approximate time for which you can run the activity: 15 minutes
Instructions: Now listen very carefully. This game is not as easy as it sounds! I am going to call out numbers in a random order. This means any number can come at any time, there is no order to my calling out, so you have to listen very carefully. The numbers to look for are multiples of 2, like 2, 4, 6,.....14, 22, 46, basically even numbers, and also multiples of 5, which means numbers ending in 5 or zero. Once you hear the number, think: “Did I hear number 5? Is the number I heard a multiple of 5? Like 25, 50, 85 etc? Remember, the number can end with a five or a zero. Did I hear an even number? A number like 4, 8, 32, etc.? Did I hear it in any other language? पंधरा, पंचवीस, or पैतीस, पचास” If you heard such a number, then tap on the table/on the floor next to you (depending on the seating arrangement, whether the Shubharthis are around a table or on a mat on the floor.) Remember, you have to look out for multiples of 2 AND multiples of 5, so please pay careful attention!
Procedure: The volunteer tries to underline the importance of paying attention to more than one element. Also keeping the attention focused so that multiples of 5 ending in a zero are not missed. Nor are even numbers missed. He/she praises every Shubharthi who got the task right. Create energy in the group by clapping for them, cheering, etc. Sometimes, offhand, issue a “warning” to make the Shubharthis more alert, saying..... “okay, listen carefully now”.
Advantages: The Shubharthis who get this task right can be praised and they enjoy the limelight. Others strive for it!
Tips: Make the Shubharthis aware that they will be “dodged” by pushing in Hindi and Marathi names of numbers in between. Keep it fun by making it like a game, and light hearted. Drop the activity when it becomes too much for Shubharthis.

Goal: To build divided attention (Level 6, multiples of 5. Raise your hand only if the number is said in English.)
Number of Shubharthis recommended in group: Upto 10
Number of volunteers required to lead the group: 1
Approximate time for which you can run the activity: 15 minutes
Instructions: Now listen very carefully. This game is not as easy as it sounds! It needs you to listen carefully and yet sometimes hold back your response. It is called response inhibition and it is not easy. Let us see who gets it! I am going to call out numbers in a random order. The numbers to look for are multiples of 2, like 2, 4, 6,.....14, 22, 46, basically even numbers, and also multiples of 5, which means numbers ending in 5 or zero. BUT...you have to raise your hand ONLY if the number is said in English!!!! Once you hear the number, think: “Did I hear number 5? Is the number I heard a multiple of 5? Like 25, 50, 85 etc? Remember, the number can end with a five or a zero. Did I hear an even number? A number like 4, 8, 32, etc.? Did I hear it in any other language? पंधरा, पंचवीस, or पैतीस, पचास?” If I heard it in Hindi or Marathi, I do not raise my hand. Pay careful attention, okay?
Procedure: The volunteer tries to underline the importance of paying attention to more than one element and also with holding a response if the word is not English! The volunteer admits that the task is complex, and praises every Shubharthi who got the task right. On occasion, issue a “warning” to make the Shubharthis more alert, saying..... “okay, listen carefully now”.
Advantages: The Shubharthis who get this task right can be praised and they enjoy the limelight. Others strive for it!
Tips: Admit willingly that the task is a little hard, so ease up if it gets too much for the participants.

Goal: To build divided attention (Level 7: Multiples of 5, or number ending in 7)
Number of Shubharthis recommended in group: Upto 10
Number of volunteers required to lead the group: 1
Approximate time for which you can run the activity: 15 minutes
Instructions: Now listen very carefully. This game is not as easy as it sounds! I am going to call out numbers in a random order. The numbers to look for are multiples multiples of 5, which means numbers ending in 5 or zero. And also numbers that end in 7, like 1, 47 etc. Once you hear the number, think: “Did I hear a number ending in 5 or zero? Then you also have to think, “did it end in a 7?” In BOTH cases, you have to raise your hand.
Procedure: The volunteer tries to underline the importance of paying attention to more than one element at the same time! The volunteer admits that the task is complex, and praises every Shubharthi who got the task right. On occasion, issue a “warning” to make the Shubharthis more alert, saying..... “okay, listen carefully now”.
Advantages: The Shubharthis who get this task right can be praised and they enjoy the limelight. Others strive for it!

Goal: To build divided attention (Level 8, multiples of 5 or number ending in 7: any language)
Number of Shubharthis recommended in group: Upto 10
Number of volunteers required to lead the group: 1
Approximate time for which you can run the activity: 15 minutes
Instructions: Now listen very carefully. This game is not as easy as it sounds! I am going to call out numbers in a random order. This means any number can come at any time, there is no order to my calling out, so you have to listen very carefully. The numbers to look for multiples of 5, which means numbers ending in 5 or zero. AND also numbers that end in 7, like 27, 107. Once you hear the number, think: “Did I hear number 5? Is the number I heard a multiple of 5? Like 25, 50, 85 etc? Remember, the number can end with a five or a zero. Did I hear a number ending with a seven? Did I hear it in any other language? पंधरा, पंचवीस, or पैतीस, पचास, सात, सत्तावीस?” If you heard such a number, then tap on the table/on the floor next to you (depending on the seating arrangement, whether the Shubharthis are around a table or on a mat on the floor.) Remember, you have to look out for multiples of 5 AND numbers ending in 7, and also these numbers in languages other than English, so please pay careful attention!
Procedure: The volunteer tries to underline the importance of paying attention to more than one element at the same time! The volunteer admits that the task is complex, and praises every Shubharthi who got the task right. On occasion, issue a “warning” to make the Shubharthis more alert, saying..... “okay, listen carefully now”.
Advantages: The Shubharthis who get this task right can be praised and they enjoy the limelight. Others strive for it!

Verbal skills

Goal: To build verbal fluency
Number of Shubharthis recommended in group: Upto 10
Number of volunteers required to lead the group: 1
Approximate time for which you can run the activity : Approximately 15-20 minutes
Instructions: The Shubharthis will sit in a circle. I will play some music and then I will suddenly stop the music and you must pay careful attention. I will call out a letter, and in turn, everybody has to quickly give a word (specify the language) that starts from that letter. You cannot repeat the same word, so pay attention, and point it out if someone has said that word before. If I have said “bangle” you cannot say “bangles” so plural of the same word is not a new word. Okay? Everybody got it? So if I say S, you can say soup, shoes, socks, sweater,.....Or if I say क you can say कमळ, काळा , कावळा , काकडी and so on.
Procedure : Play some lively music in the background. Stop the music and say a single letter loudly. Try to add excitement by clapping loud as you say it to alert everyone.
Advantages : The activity is not as easy as it sounds, and the participants can soon get caught up in the excitement of generating words. Verbal fluency is classically a frontal activity and activating this skill will help Shubharthis in the long run through the rehabilitation process.

Goal: To build verbal learning and verbal working memory
Number of Shubharthis recommended in group: Upto 10
Number of volunteers required to lead the group: 1
Approximate time for which you can run the activity : 20 minutes
Instructions : We will play music, and pass a box around the circle. The box contains names of different categories of things written on chits of paper. If you are holding the box when the music stops, you have to open it, and take out a chit. Read the category out aloud. Eg. “birds”. Then you have to say the names of five birds quickly, before the time is up. If you get stuck, the person sitting after you can help.
Procedure : Make chits with names of categories written on it. These may include: Fruits, flowers, animals, Indian languages, Foreign languages, ornaments, countries in Asia, dry fruits, etc. As you can see from the examples, the categories can be made progressively difficult to challenge Shubharthis further. Stop the music and let the Shubharthi who is left holding the box try to generate words. Once again, since this is a frontal activity they may have difficulties, but their partner can help them along. If a wrong word is given, eg if a bird is named when animals are asked, let the Shubharthis correct the player first; if they miss, the volunteer can step in and object. Let there be cheerful exchanges and challenges, since that will add to the fun.
Advantages : Shubharthis find this activity interesting and keep thinking of things that fall into categories even after the game is over, in order to be able to win the next time! They may also correct each other cheerfully, help others as well, and this adds to group support and camaraderie.

Goal: To build verbal learning and verbal working memory....2
Number of Shubharthis recommended in group: Upto 10
Number of volunteers required to lead the group: 1
Approximate time for which you can run the activity: 20 minutes
Instructions: I will write an eight letter word on the board. eg. alphabet. You have to try to make as many words of fewer letters from this word. eg. three letter words like hat, ate, ape, bet, or four letter words like hate, etc.
Procedure : Write the eight letter word. Let Shubharthis generate as many words as they can think of, and write them all on the board. As they run out of ideas, give clues to other words that they may not have thought of. Some words to use: Distance, Envelope, Bathroom, Platform, etc. If there are two of the same letter in the word, they can use it twice in the smaller word too! Like “boom” or “room” from “Bathroom.”
Advantages: Participants can get quite engaged and excited with this activity and keep shouting out new words for the volunteer to write on the board. This need not be a circular activity and all can sit facing the board, and this generates a sort of group spirit.
Tip: Leave the words on the board after the activity is over, so that the participants can continue to see how many new words they thought of. Move the difficulty level up to ten letter words once they master the task. Eg. everything, generation, difficulty.

Awareness of surroundings, reasoning, problem solving

Goal: To build vocabulary and problem solving skills
Number of Shubharthis recommended in group: Upto 10
Number of volunteers required to lead the group: 1 or if available, 2.
Approximate time for which you can run the activity: 20 to 25 minutes
Instructions: I am going to write the first and last letters of a word on the board. The letters in the middle are put as dashes. You have to quickly suggest words that may fit here. I will write them down.
Procedure : Put down a six letter word to begin with, such as S _ _ _ _ S. The participants have to guess several alternative words, such as Smiles, Stilts, etc and if the word is the correct number of letters, it can be written on the board. If, for example, the participants say “Stories”, you can tell them there is an extra letter and so the word cannot be accepted.
Advantages : The group goes into competitive mode and starts quickly trying to think of more and more words. The game can become quite exciting and in the long run, add to the vocabulary store of the Shubharthis.
Tips: This activity can as easily be run in another language, but because of the phonetic nature of Indian languages, you may want to begin with 4 letter words instead. Eg. क _ _ त , can be करवत (saw), कसरत (exercise)....but if the Shubharthi says कडवट (bitter) we can point out that the last letter is wrong. Or if they say करकरीत (crisp) we can reply that there is an extra letter.

Goal: To build vocabulary, logical reasoning and working memory Level 1
Number of Shubharthis recommended in group: 10 or more
Number of volunteers required to lead the group: 2
Approximate time for which you can run the activity : 25 to 30 minutes
Instructions: This game is a little hard, so listen carefully. I am going to keep a six letter word in my mind, and just put the dashes on the board. You can guess ANY six letter word, and I will put down only those letters that <u>you have got correct in the right place</u>.
Procedure : Choose a six letter word which does not have repeated alphabets, such as Worker or Garden. Keep it written for your own reference. Now write six dashes on the board, and have the Shubharthis guess ANY words that have six letters. Remember they have no cues to go by at the start. If the alphabet in their word is in your selected word, then write it down on the appropriate dash. Eg. If your word was Worker and if the participant says “temper”, put down E and R in the last two dashes. Now they have more to go by, but less words to guess, since some letters are already in place. So now, for example, they say “writer”, you can only write an additional W in the first space.
Advantages : This activity is really challenging, and keeps the Shubharthis on their toes. Initially they find it difficult but once they get the hang of it, it gives them to confidence to also try other similar “apparently difficult” tasks.
Tips: 1. There is a second level to this activity which is presented next, but do not attempt that till this level is mastered. 2. Please evolve other means to help Shubharthis, eg. listing letters which are definitely eliminated. That will shorten activity time, and make it less challenging.

Goal: To build vocabulary, logical reasoning and working memory Level 2
Number of Shubharthis recommended in group: 10 or more
Number of volunteers required to lead the group: 2
Approximate time for which you can run the activity : 25 to 30 minutes
Instructions: This game is a little hard, so listen carefully. I am going to keep a six letter word in my mind, and just put the dashes on the board. You can guess ANY six letter word, and I will put down only those letters that <u>you have got correct in the right place</u>. If you have given a word which has the right letters but in the wrong place, I will just put those letters on the board at the side, so you should keep in mind that those letters can be included, but <u>elsewhere in the word</u>.
Procedure : Choose a six letter word which does not have repeated alphabets, such as Worker or Garden. Keep it written for your own reference. Now write six dashes on the board, and have the Shubharthis guess ANY words that have six letters. Remember they have no cues to go by at the start. If the alphabet in their word is in your selected word, then write it down on the appropriate dash. Eg. If your word was Worked and if the participant says “temper,” put down E in the second last dash. But if they say “Forced” you can put the O and the R and the D in their correct places. Now they have more to go by, but less words to guess, since some letters are already in place. So now, for example, they say “writer,” you can only write an additional W in the first space. If the Shubharthis guess a word that has the correct letters but which are not in the expected place, they can be “stored” by the volunteers by writing them at the side on the board. Eg. if they say “Kettle”, the K and the E are correct but not in the expected place, so they can be written at the side for further use.
Advantages : This activity is really challenging, and keeps the Shubharthis on their toes. Initially they find it difficult but once they get the hang of it, it gives them to confidence to also try other similar “apparently difficult” tasks.

Social cognition and Group co ordination

Goal: To build group co ordination - Level 1
Number of Shubharthis recommended in group: Upto 10
Number of volunteers required to lead the group: 1
Material required: Digits typed in bold on large stiff white cards.(Approx one foot sq.)
Approximate time needed for the activity: 20 minutes
Instructions: I will read out a number in English and in Marathi (or any other local language of preference). Listen to it very carefully. If possible, you can even try to memorize it. Then you will get a bunch of digits written on cards. You have to take the pack of cards and arrange numbers so that they represent the number that was read out for you.
Procedure: Let nine people from the group step forward for the first iteration of this activity. Give them the set of cards with a number 0 on one, 1 on the second, 2 on the third and so on till number 9. Then ask them to stay ready and call out a nine digit number. Eg. Forty eight crore, fifty lac, seventy nine thousand two hundred and sixty one. There should be no repeat digits. अठ्ठेचाळीस कोटी पन्नास लाख एकूण ऐंशी हजार दोनशे एकसष्ट.
Advantages: The first level of the game allows them to arrange the digits in order. The second level is tougher so you will build up the activity.
Tips: The additional goal of the activity is to build group co ordination, co operation, etc. Encourage members to help one another, eg. let them explain things to their team rather than volunteer stepping in.

Goal: To build group co ordination - Level 2
Number of Shubharthis recommended in group: Upto 10
Number of volunteers required to lead the group: 1
Material required: Digits typed in bold on large stiff white cards.(Approx one foot sq.) More than one set depending upon number of teams.
Approximate time needed for the activity: 20 minutes
Instructions: I will read out a number in English and in Marathi (or any other local language of preference). Listen to it very carefully. If possible, you can even try to memorize it. Then you will get a bunch of digits written on cards. Your group has to take the pack of cards and arrange numbers so that they represent the number that was read out for you. You will be timed for this game. The team that finishes first wins.
Procedure: Give the sets of large placards with numbers to both groups. For level 2 of the activity we wish to make it competitive, so add to the excitement by saying which group is going faster. Also remind them that too much rush will lead them to make errors. The volunteer can use a stop watch and note how long each group takes.
Advantages: The activity is quite challenging and the Shubharthis will build more skill with practice. It is mainly a group co ordination activity but will also help build working memory and attention.
Tips: Now over and above the co operation aspect in level one of the activity, we have added on competition too! They learn from this activity that as they compete with another group, their own in-group co operation will improve.

Goal: To build group co ordination - Level 3
Number of Shubharthis recommended in group: Upto 10
Number of volunteers required to lead the group: 2
Material required: Digits typed in bold on large stiff white cards.(Approx one foot sq.)
Approximate time needed for the activity: 20 minutes
Instructions: I will read out a number in English and in Marathi (or any other local language of preference). Listen to it very carefully. If possible, you can even try to memorize it. Then you will get a bunch of digits written on cards. You have to take the pack of cards and arrange numbers so that they represent the number that was read out for you. Then one of you hold each digit and stand, so that someone looking at your lineup can read out the number!!! This game involves forming yourself into a straight line according to the number presented written in alphabets, and called out to you; with one Shubharthi holding one digit. You all have to arrange yourself in the right order.
Procedure: Let nine people from each group step forward. Give each of them a card, one each with a number 0 on one, 1 on the second, 2 on the third and so on till number 9. Then ask them to stay ready and call out a nine digit number. Eg. Forty eight crore, fifty lac, seventy nine thousand two hundred and sixty one. There should be no repeat digits. अठ्ठेचाळीस कोटी पन्नास लाख एकूण ऐंशी हजार दोनशे एकसष्ट. The volunteer starts the stop watch to note down the time taken by the group to form the number in line . Please see that each Shubharthi gets a turn to be part of the group.
Advantages: You can even take this activity to level four, where there are multiple teams.
Tips: Here we have added on a spatial element, where each member is in effect a number! So they have to arrange, not the cards, but themselves. This adds on a difficulty level which they learn to contend with.If you decide to go to level 4 of this activity, we will now have the spatial challenge, plus competition between groups and co operation within the group. So you can decide to go to this level only once you feel the Shubharthis are ready.

Goal: To build imagination woven in with group work
Number of Shubharthis recommended in group: Upto 10
Number of volunteers required to lead the group: 2
Approximate time needed for the activity: 30 to 40 minutes
Instructions: This activity is really different from the others we have been doing all these days. It will give you a chance to act! Each of you will be given a “character” that you have to play. Please sit together and plan what happens between these three people, and then act that out for us all to see. Then we will discuss what happened in the skit.
Procedure: Shubharthis are formed into the groups of 3 . Each group gets the names of the characters they are supposed to play (e.g. a lady, a beggar and a policeman/policewoman). Each group is given about 15 minutes to create a skit as interaction between these 3 people. Then they have to enact it in front of the group. Volunteers can move around and listen to the plan taking shape, and help if required. In other repetitions, you can give other characters such as (Judge , Police, Thief) (Actress, hero and director), (an alcoholic the spouse and a neighbour) etc.
Advantages: This activity is a big step up in terms of demands from the Shubharthis and helps tap into their imagination. It also helps create a lot of energy, excitement and fun! With the Shubharthis consent, the volunteers may even record the skit in order for the Shubharthis to play back and enjoy later.

Planning and working memory

The activities in this section are higher level functions which can slowly be ramped up as the Shubharthis settle into their routine at the center. There is an element of Mindfulness to these activities, and they make a good addition to the routine after some other part of the activity schedule such as Yoga, prayers, relaxation, etc.

Please choose and manage these as per your understanding of your Shubharthi group.

Goal: To build awareness of surroundings
Number of Shubharthis recommended in group: Upto 10
Number of volunteers required to lead the group: 1
Instructions: I am going to ask you to imagine you are in a particular place. Close your eyes, relax and once I tell you the place, begin to imagine it in your mind's eye. Then I will add on an instruction and you have to carry it out and tell me what you experience.
Procedure: The Shubharthis are asked to settle down in a circle, either in chairs or on the floor on a mat. They have to calm their minds, close their eyes, and then you tell them to imagine they are in..... THEIR KITCHEN “Keep your eyes closed. Tell me what do you think you can smell?” Let them brainstorm. If they are stuck, give a little nudge. “You are making morning tea. Do you smell ginger if you are putting in some? Is the milk boiling? Can you smell it?” “Okay, cooking lunch.....what do you smell?” What are some of the noises you can hear.....water flowing from the tap, crackle of the <i>tadka</i>.....”
Tips: You can carry out the same with different settings to be imagined. Eg. A garden, A hospital, A hotel.

Goal: To build imagination with “in the mind’s eye” exercises.....1
Number of Shubharthis recommended in group: Upto 10
Number of volunteers required to lead the group: 1
Instructions: I am going to ask you to imagine a place which you are very familiar with. Close your eyes, and make a list of the things you are likely to SEE around you. When we open our eyes, I will ask each person to share what they thought of.
Procedure: All Shubharthis sit in a circle. Either on chairs or on a mat. They close their eyes and maintain silence for 30 seconds to a minute. Then the volunteer says “Imagine you are on a crowded railway platform. You are standing with your back to a pillar so that nobody bumps into you. But your eyes are open (keep them closed for the exercise but imagine that they are open as you stand on the platform.) Think of what you an see around you. Hold on to the thoughts, and when we open our eyes I will ask you what you saw.”
Tips: As you give them about a minute or two to imagine the scene, you can give a few tips in a quiet tone. Eg. Who all are there? What are they doing?

Goal: To build imagination with “in the mind’s eye” exercises.....2
Number of Shubharthis recommended in group: Upto 10
Number of volunteers required to lead the group: 1
Instructions: I am going to ask you to imagine a place which you are very familiar with. Close your eyes, and make a list of the things you are likely to SEE around you. When we open our eyes, I will ask each person to share what they thought of.
Procedure: All Shubharthis sit in a circle. Either on chairs or on a mat. They close their eyes and maintain silence for 30 seconds to a minute. Then the volunteer says “Imagine you are in a hospital. Although your eyes are shut now, in your imagination, inside the hospital premises, your eyes are open. Think of what you can see around you. Hold on to the thoughts, and when actually we open our eyes I will ask you what you saw.”
Tips: As you give them about a minute or two to imagine the scene, you can give a few tips in a quiet tone. Eg. Who all are there? What are they doing?

Goal: To build imagination with “in the mind’s eye” exercises.....3
Number of Shubharthis recommended in group: Upto 10
Number of volunteers required to lead the group: 1
Instructions: I am going to ask you to imagine a place which you are very familiar with. Close your eyes, and make a list of the things you are likely to SEE around you. When we open our eyes, I will ask each person to share what they thought of.
Procedure: All Shubharthis sit in a circle. Either on chairs or on a mat. They close their eyes and maintain silence for 30 seconds to a minute. Then the volunteer says “Imagine you are in a crowded wedding venue. There are festivities happening all around. Your eyes are open in your imagination inside the wedding venue, though they are closed now for the exercise. Think of what you can see around you. Hold on to the thoughts, and when we actually open our eyes I will ask you what you saw.”
Tips: As you give them about a minute or two to imagine the scene, you can give a few tips in a quiet tone. Eg. Who all are there? What are they doing?

Additional tip:

You can conduct all the three above exercises once again, but in new variations you can ask the Shubharthis

- What can you hear around you? (In the mind’s ear!)
- Are there any smells that you notice?

Goal: To build an understanding of location, direction and maps.
Number of Shubharthis recommended in group: Upto 10
Number of volunteers required to lead the group: 2
Instructions: “Now we are going to carry out an activity which you will find very interesting. I am going to give you a piece of paper and a pencil. You have to draw a map of how to get here from your home.”
Procedure: The volunteers hand out sheets of paper and pencils. They tell the Shubharthi to draw neatly so that anyone can follow the map. “Please mark all the important places along the route. They can serve as landmarks to others trying to find the place.” Once the task is given, the volunteers can move around the group to help anybody who feels confused or needs some help.
Tips: You can repeat the same activity by asking for a map from the railway station or bus stop to their home, etc.

Goal: To build brainstorming capacities and planning of a complex activity...1
Number of Shubharthis recommended in group: Upto 10
Number of volunteers required to lead the group: 2
Instructions: Whenever we want to celebrate some happy occasion, we know it needs a lot of planning. I am going to give you a paper, and a function to plan. Please brainstorm and decide what you will need to do.
Procedure: Form two groups of the Shubharthis present and ask each group to make a small circle so that they can discuss. The leader of the group will be given a sheet of paper and a pencil. Then the volunteer says “You grandfather is going to complete 75 years of age!” We want to felicitate him, show him our love and respect. Please plan the venue, guest list, the menu and the program. You can also decide what would be a good gift to give him. But you must be able to explain the reason behind each decision to the rest of us. Your time starts now!
Tips: Actually this is not a timed task, so you can give both groups time till they finish. But it is always fun to add a competitive element saying that the other group has almost finished. Volunteers can move around, find out how much planning has happened already and help the groups if they are stuck along the way.

Goal: To build brainstorming capacities and planning of a complex activity..2
Number of Shubharthis recommended in group: Upto 10
Number of volunteers required to lead the group: 2
Instructions : Whenever we want to celebrate some happy occasion, or if somebody is coming over, or we are going somewhere, we know it needs a lot of planning. I am going to give you a paper, and a function to plan. Please brainstorm and decide what you will need to do.
Procedure: Form two groups of the Shubharthis present and ask each group to make a small circle so that they can discuss. The leader of the group will be given a sheet of paper and a pencil. Then the volunteer says “Your little 9 year old niece is going to come and stay with you for the vacation, for about a week or two. You have to decide what activities you wish to plan for her, the food she would enjoy, where she will sleep, and if you want to take her out anywhere. You can also decide on some small gift(s) to give her when she comes, or when she leaves to go home. You must be able to explain the reason behind each decision to the rest of us. Your time starts now!
Tips: Remind the group that it is not how much money is spent, but rather how memorable the occasion is likely to be.

Goal: To build brainstorming capacities and planning of a complex activity...3
Number of Shubharthis recommended in group: Upto 10
Number of volunteers required to lead the group: 1
Instructions: Whenever we want to celebrate some happy occasion, or if somebody is coming over, or we are going somewhere, we know it needs a lot of planning. I am going to give you a paper, and a function to plan. Please brainstorm and decide what you will need to do.
Procedure: Get all the Shubharthis to sit in one large group. We do not want two groups here because we want to teach all to think together and even sort out differences that may arise. The leader of the group will be given a sheet of paper and a pencil. Then the volunteer says “You are going to invite a close friend and his/her family to your place for a meal. You need to plan two simple dishes, to ensure that they enjoy the meal. Plan the menu and then start listing everything you will need to prepare it. Choose the groceries you will buy, any other ingredients you will need, the cooking pans and the serving dishes.....right down to paper napkins, or place mats, or setting for a meal where all are going to sit on the floor and eat, Indian style, because you will need to plan seating for that as well. You have to cater to the habits and the preferences of your guests, their age, their dietary constraints, everything. Plan down to the details, the quantities of groceries and fruits, vegetables you need to buy, the spices you need to prepare, what needs to be served hot, what is to be served cold, everything. Your time starts now!
Tips: Try to ensure that they understand what they are supposed to do, and maybe choose one sweet and one savoury dish. The idea is not to make a rich and varied menu. Even a simple one needs planning and that is what we are trying to train them to do.

Goal: To build ability to enjoy a film and discuss the same in the group.
Number of Shubharthis recommended in group: Upto 10
Number of volunteers required to lead the group: 1
Instructions: We all enjoy watching a film. But it is all the more enjoyable if we can discuss the film afterwards with like minded people. Let us try this activity.
Procedure : Choose an open source short film with a subject that would be of interest to all in the group. Make sure the content is appropriate for the group to watch together. Nobody in the group should feel awkward or disturbed watching the content in the presence of others, or discussing it. Preferably it could be related to mental health and wellness. The language of the film is up to the preferences of the group. Share the link with all the members so that they can preview the film if it is slightly long. If it is very short, it is all right to even show the film to the group and immediately have the discussion.
Tips : Our IPH experience shows that short films work better than full length films. Once the group learns to enjoy the activity, try to move from discussing merely the content, to also looking at editing, direction, soundtrack and other intricacies of the film. Once again, our IPH experience shows that Shubharthi groups adapt marvellously to the activity and show great insight even while carrying out this complex and rather difficult activity. Their comments are always insightful and eye opening, contrary to the oft held belief that this activity may be too hard for them to participate in.

Activities for volunteers

IMPORTANT

It is very essential to the welfare of the group, and sustenance of the activity center, that the Volunteers who are helping the run all the activities, ranging from preparation of products, rating the functioning of the Shubharthis and keeping sharp observation of ups and downs in their functioning, and conduction of the activities listed in this Manual.

If the helpers' well being is not at a satisfactory level, the program can never retain its health. Hence, it is the responsibility of the mental health professionals in charge of the rehabilitation center to sustain the motivation of the Volunteers, ensure that they are functioning at peak levels, and contributing to the well being of the center without burning out themselves.

There is a large body of available literature on the mental health benefits of volunteering. However, there is less published about the other side of the coin, that is the need for mental health upkeep of the volunteers themselves.

In your center, please make sure that there are regular interactions and discussion happening between mental health professionals and volunteers. Also, that volunteers are not overburdened by their duties,, have adequate down time and “fun” interactions, and get an opportunity to share their burdens if at any point they feel overwhelmed, whether it is by their Center duties or life in general.

Here are a bunch of activities that can be “conducted” with and by volunteers for themselves. Let picnics, outings and in house celebrations of small landmarks become a part of center routine. Incorporate some of these activities into the “agenda” for the day!

Create a Logo

Time: 30 minutes

Begin by asking all participants to empty their pockets, purses, and wallets of any objects they have.

Volunteers are asked to place them on the table in front of them. The list may include coins , notes , hair brush , wallet , pen , keys etc. (Everyone will of course be given back their belongings! So one person make a note of things that could be jumbled with others' belongings, eg cash.)

Objects are distributed randomly to four groups, each of which is a “team” and takes on a team name.

Each group has to create their own logo out of what is given to them . They can create a sentence / message that would help amplify that logo.

The One Question

Time : 20 minutes

This icebreaker not only gets coworkers talking to each other, but it also gets them working with one another. Make small teams, pairs or threesomes, depending on the number of volunteers.

The ‘leader’ of each team, decided among themselves, gets to decide the situation their question will pertain to.

For example, situations may include

- babysitting,
- leading the company,
- getting married.

Now the person conducting the activity asks:

“If you could ask just one question to discover **a person’s suitability** for (insert topic here), what would your question be?

That means each person in a two-person team would come up with **just one question** that would help them discover whether or not their partner was suitable to be married to them.

If the topic was babysitting, each team member would have to come up with **just one question** whose answer would help them determine whether or not the person was suitable to babysit their child.

This activity can help demonstrate that crucial questions should be developed properly.

‘Likes’ classification

In this exercise, one person stands up and shares an activity that they like. The activity is written on the board. Everyone on the group who also likes that activity joins the first person and they form a small group.

Then another person can get up and share what they like to do, and another group may form around that activity, which is also jotted on the board.

Soon, everyone in the room has joined one group or another. Let there be freedom to change groups in case you find you like some other activity better!

Eg.

“I like listening to old songs”.

“I like reading biographies”.

The group can then share why they like what they like, how they grew to enjoy that activity and so on.

This activity helps form bonds between volunteers, and shows what they share. They get to know each other better, share hobbies and respect differences.

Picture through instructions

The activity starts with a geometric figure drawn on a sheet of paper. It can be a combination of circles, squares, triangles, straight lines, etc, all of which are easy to name and describe.

Only one of a pair has this in his/her hand, and has to guide the other to draw it on the board. The one doing the drawing cannot ask questions or speak. The one giving instructions can ONLY speak, cannot gesture or step forward to help.

The audience enjoys seeing the figure which emerges, and can ask to see the “original” as well. They can be a lot of laughter and fun as they see the differences, but they too are asked not to step in and help.

Survival

The activity starts with a challenge shared with the group:

A rocket to be sent to Mars and 5 people out of the list of 10 have to be selected .

The volunteers are formed into small groups of three members each. They have to discuss and decide on which 5 people they will pick. In the end they have to stand and explain to the rest WHY they picked these five. The others can challenge their justification or accept it, since they may have different “candidates” listed.

1. A handicapped mason
2. A pregnant homemaker
3. A resourceful corrupt politician
4. A ballet dancer
5. An eccentric agriculturist
6. A menial worker with subnormal IQ
7. A rich arrogant entrepreneur
8. A submissive school teacher
9. An old nurse
10. An aggressive teenager .

All the different combinations that emerge are discussed.

Human knots

Have everyone stand in a circle facing each other, shoulder to shoulder. Instruct everyone to put their right hand out and grab a random hand of someone across from them. Then, tell them to put their left hand out and grab another random hand from a different person across the circle.

Within a set time limit, the group needs to untangle the knot of arms without releasing their hands. If the group is too large, make multiple smaller circles and have the separate groups compete.

This game for team building relies heavily on good communication and teamwork.

The perfect square

Tools Needed: Long piece of rope tied together and a blindfold for each person

Rules: Have your coworkers stand in a circle holding a piece of the rope which has as many knots as the number of persons, tied at equal length.

Instruct everyone to hold their knot & try to remember their location on the rope and then put the rope on the ground. Then each one puts on a blind fold and walks to the corners of the room.

Have everyone take walk a short distance away from the circle. Next, ask everyone to come back and try to hold on to their own knot with reference to the person before and after you.

Form a square with the rope without removing blindfolds. Set a time limit to make it more competitive. To make it even more difficult, instruct some team members to stay silent.

The activity focuses on strong communication and leadership skills. By instructing some team members to be silent, this game also requires an element of trust across the team, allowing team members to guide each other in the right direction

The mine field

The activity requires various handheld objects, and several blindfolds

Find an open space near the training center. Or it can be a large hall indoors.

Mark a walking route. Place the objects , such as big cones, balls, bottles, etc. sporadically across the route but not on the lines . Have everyone pair up, and make one person from each pair put on the blindfold.

The other person must lead their teammate from one end of the walking route to the other end without stepping on the objects or knocking them down, using only verbal instructions. The blindfolded person cannot speak at all. The blindfolded person has to collect as many objects s/he can during a given time of 10 minutes.

This game focuses on trust, communication, and effective listening.

A few tips to end with

The intention of this end note is to share what has been done at Institute for Psychological Health, in the Tridal centre. You have already gone through all the games and activities, team building work, and challenges both for Shubharthis and the volunteers.

Generally activities are planned in advance for a week ahead. We prepare a time table for the week which we declare by Saturday.

Please go through the schedule below. You may plan completely different activities or pick some of these:

We start our group with our Serenity prayer.

Each Shubharthi gets a chance to say the prayer and rest follow him/ her.

After that, just to get everyone active, all do 5 sit-ups.

Next, we ask them to share news. Avoid political news or news describing violence. There can be any major event they have read about, or anything very interesting that they wish to share. There must be at least one sports news.

Then one of the Shubharthis shares a good thought or proverb and its meaning. Each day a different Shubharthi will have their turn.

This is followed by discussion about the thought. Each one will share their views. We feel by doing this everyone is getting chance to express themselves.

After this our sessions start.

Each day has different activities.

A few sessions taken by our volunteers. For some, we have invitees. Or mental health professionals may take up an activity or discussion.

Some examples are listed:

1. Music
2. Sanskrit language practice
3. Abraham Low's tools
4. Spoken English practice
5. Games
6. Film discussion
7. Sudoku
8. Making small words from big words
9. General knowledge
10. . Yoga (twice a week)

Experts may be invited to conduct the following:

1. Art (drawing, painting, mandala drawing and colouring)
2. Drama (expression, voice modulation, eye contact).
3. Skits can be prepared of day to day situations which we usually face
3. Dance
4. Origami
5. Computer

