



January 18, 2020

## ANGER FREE ZONE

Dear Parents,

A joyful learning environment and happy school can do wonders for the holistic development of our children. A learning abode like a school must be devoid of any kind of negativity so that we can contribute to make our world a better place for our children, by infusing positivity in everything around them. Negativity in mind triggers us to get angry which is one of the most prevalent behavioral problem nowadays and is detrimental to fitness. We all understand that long term effects of uncontrolled anger include increased anxiety, high blood pressure and headache.

Thus, we are committed to make MSMS an "Anger Free Zone" and teach children the value of "freedom from anger".

Some of the simplest measures undertaken for making our school an anger free zone include genuinely smiling at each other, talking to everyone calmly, no corporal punishment, practising breathing exercises, practising mindfulness, giving a few minutes to self, guiding students to recognize and accept different emotions, considering other views, not holding a grudge, be forgiving, showing mutual respect, finding solutions, doing physical exercise, practising listening, sharing with adults, penning down your thoughts, counting 1-10 in a difficult situation.

We firmly believe that this initiative of ours will help our students in developing Affective Skills and in eradicating emotions like Fear, Disrespect, Humiliation and Hurt, which are the by-products of anger. It will help our children to become more mentally active and emotionally wealthy.

We also endeavour to provide a joyful learning environment at MSMS, through plethora of activities and various kinds of sports activities, Yoga and Art-Integrated classes.

We expect you to reiterate our teachings and practices at home and contribute in making our society a better place to live in.

Warm Regards,

Ruchika Sukhija  
Officiating Principal

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### ☆FOOD FOR THOUGHT

- "Anger and tolerance are the enemies of correct understanding." ~ Gandhi
- Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires.'
- If you are patient in one moment of anger, you will escape the hundred days of sorrows.
- Anger is a punishment we give to our-self for somebody else's mistake.
- You will not be punished for your anger, you will be punished by your anger.
- A moment of patience in a moment of anger prevents a thousand moments of regret.
- When anger rises, think of the consequences.
- Anger is your biggest enemy. Control it!
- Anger says : "I can destroy the whole world" , Peace says : "Not when I work inside you."
- For every minute you are angry, you lose 60 seconds of happiness.
- The more anger you hold in your heart towards the past, the less capable you are of loving the present.
- Control your anger, it's only one letter away from danger.
- A fool gives full vent to his anger, but a wise man keeps himself under control.
- Anger is momentary madness, so control it or it will control you.
- If you don't control your temper, your temper will control you.