

The Thinking Lab

Where Curiosity Meets Solutions



Counsellor's Newsletter

At DYPIS, we believe in nurturing young minds not just to learn, but to think, question, and solve. In line with this vision, a special session on Problem Solving and Critical Thinking was recently conducted for our learners, turning the classroom into an interactive Thinking Lab.

The session was designed to challenge learners to think beyond the obvious, make connections, and approach real-world problems with creativity and logic. Through engaging activities, puzzles, and group challenges, students explored how to:

- Break down problems step by step
- Think from different perspectives
- Collaborate and communicate effectively
- Reflect on their thinking process

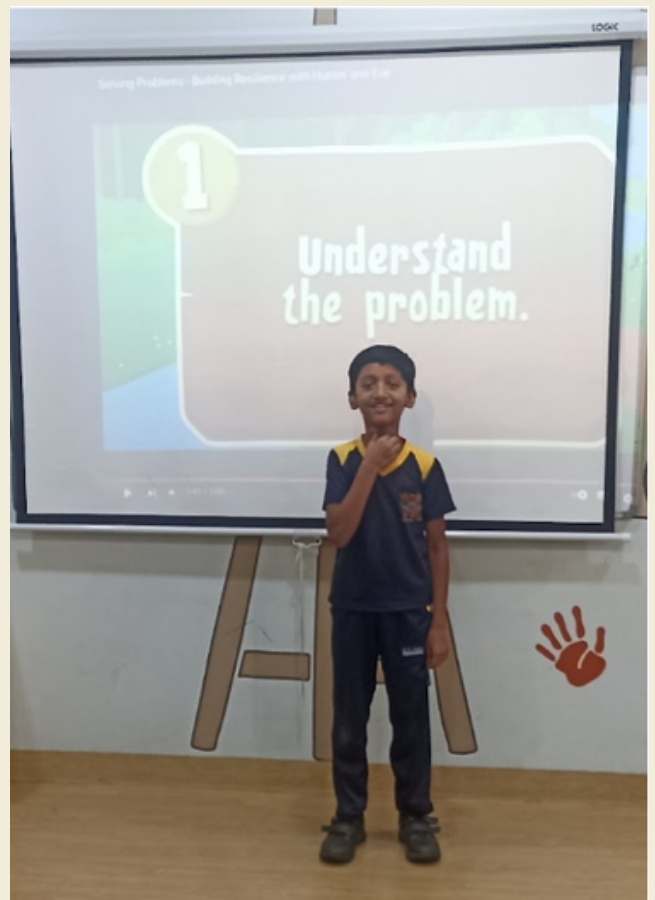
Whether it was decoding logic riddles, solving real-life scenarios, or participating in team-based challenges, the learners demonstrated enthusiasm, curiosity, and impressive reasoning skills.

The session not only enhanced their analytical thinking but also encouraged a mindset of growth, resilience, and innovation – key life skills in today's ever-evolving world.



During the session, learners actively explored the concept of problem-solving by focusing on three key aspects: understanding the problem, finding effective solutions, and reflecting on the process. These stages were emphasized to help students develop a structured approach to tackling challenges. One of the highlights of the session was a collaborative task that required learners to work in teams to solve a complex and real-life problem.

This activity not only encouraged teamwork and communication but also allowed them to apply their critical thinking skills in a practical context. As they navigated through the task, learners demonstrated the ability to listen, discuss, and make collective decisions, fostering a deeper understanding of how thoughtful collaboration leads to meaningful solutions.



In another activity, the learners were presented with a series of challenges that could only be solved through teamwork and collaboration. Each task encouraged them to communicate, listen to each other's ideas, and work together to find creative solutions. The activity kept them engaged and motivated throughout, as they realized the importance of each group member's contribution. It not only made the learning process enjoyable but also helped reinforce important concepts such as cooperation, problem-solving, and the value of different perspectives in achieving a common goal.



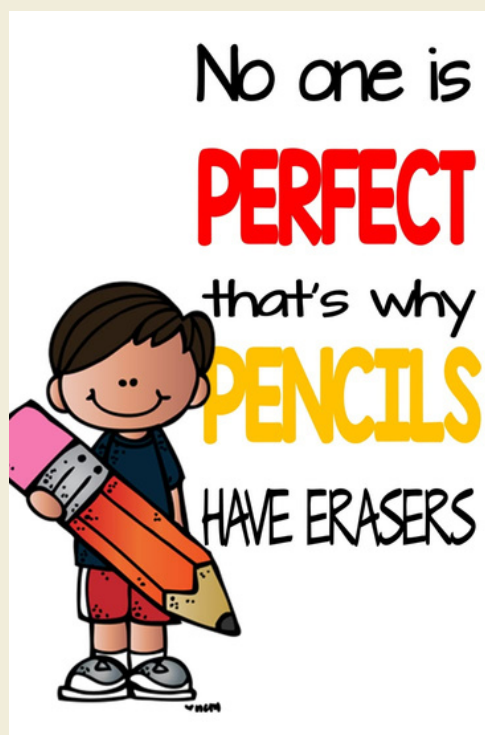
In our session with the higher grade students, we talked about why it's important to have self-control and how to solve problems in a calm and smart way. We started by helping them think about what situations or feelings usually upset or annoy them – these are called "triggers." Once they understood what their triggers were, we shared simple and useful strategies they can use to manage their emotions and reactions better.

We also had a group discussion about what kinds of behavior are okay and not okay in school. This helped students think about how they should act, not just for themselves, but also to show respect for others.



During a fun and meaningful activity, students got a chance to open up and share their real-life experiences. They talked about moments when they felt strong emotions, what they did in those moments, and how they handled the situation. Their honest sharing created a safe space where others also felt comfortable thinking and talking about their own actions and feelings. By listening to each other, the students learned new ways to look at situations, understood different points of view, and built more empathy and respect for one another.

In our wellness sessions, students were immersed in a dynamic learning environment that encouraged them to explore real-life challenges through a variety of interactive and thought-provoking activities. These tasks were carefully designed to spark curiosity, promote out-of-the-box thinking, and build essential problem-solving skills. The collaborative nature of the session helped them not only strengthen their teamwork and decision-making abilities but also boost their confidence to take initiative and share their thoughts openly. Overall, it served as a space where students could experiment, reflect, and grow, developing a mindset that values curiosity, creativity, and thoughtful problem-solving.



<https://in.pinterest.com>

Bibliography

"Thinking and Ideas, 2017"

<https://in.pinterest.com/pin/4222193394834171/>