

October

Midterm Programmes 2026

13 – 16 Oct (Tue – Fri)

20 – 23 Oct (Tue – Fri)

K1–K3: Sharing
P1–P6: Managing Emotions



"Sharing a joy doubles it, and
sharing a sorrow halves it"
~ old Swedish proverb



Learn to share and manage
emotions this Midterm!

Junior : K1–K3

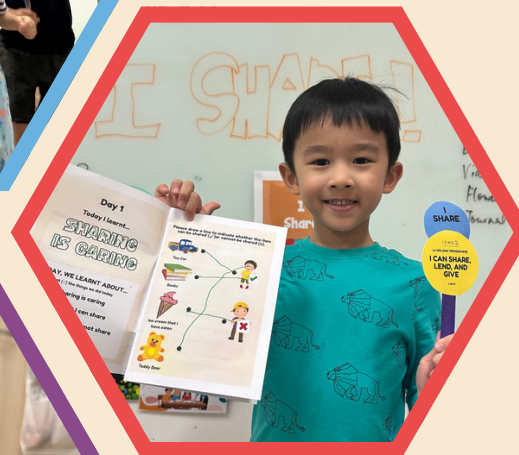
Sharing



10–12PM (2–hr sessions)

Programme Highlights :

- 🤝 What is Sharing?
- 🕒 Taking Turns
- 📖 Lending & Borrowing
- 🍕 Splitting & Dividing
- 📦 Giving Generously



Core : P1–P6

Managing Emotions

10–12:30pm (2.5–hr sessions)

Programme Highlights :

- 🧠 Understanding Feelings
- 🛑 Self-Control & Pausing
- 💡 Healthy Coping Strategies
- 🤝 Empathy & Connection
- 🌈 Resilience & Confidence

