



**NESTLING  
MINDS**

**Empowering Educators to Build Emotionally Safe, Skill-Rich Classrooms**

## **THE UNFILTERED SERIES**

**Monthly Mental Wellbeing Sessions for Senior School Students (Grades 9–12)**

**Submitted by:** Nestling Minds | **Session Duration:** 45 minutes each

**Frequency:** One session per month

### **1. Background & Rationale:**

Adolescents today are navigating an emotionally complex world academic stress, peer comparison, fear of judgment, digital distractions, and internalized pressure to be “enough.” Yet, many students struggle in silence, with few safe, relatable spaces to explore and express their challenges.

The Unfiltered Series by Nestling Minds is designed to address this gap. It offers a structured space for young people to pause, reflect, and build emotional strength not through lectures or advice, but through empowering conversations grounded in real-life experiences.

### **2. About the Unfiltered Series**

The Unfiltered Series is a thoughtfully curated set of ten 45-minute sessions designed for Grades 9–12, each exploring one key emotional or social challenge relevant to adolescents.

These sessions are:

- ❖ Interactive and reflective
- ❖ Non-judgmental and relatable
- ❖ Research-informed and experience-driven

### **3. Session Format & Delivery**

- ❖ Duration: 45 minutes
- ❖ Frequency: Once a month (excluding exam months, as preferred by school)
- ❖ Group Size: Adaptable for full grade batches or smaller, more intimate groups
- ❖ Mode: In-person (within Delhi/NCR) or virtual
- ❖ Materials Provided: Reflection tools, anchor visuals, optional take-home prompts

### **4. Themes Covered in the Series**

Each session addresses a real and pressing adolescent concern. Below is a list of topics with a short description:

#### **How to Take Rejection (and Still Like Yourself)**

Helps students understand that rejection is a part of life and offers tools to bounce back without losing self-worth.

### **Friendships, Fallouts & FOMO**

Explores peer relationships, the pain of exclusion, and how to build genuine, healthy connections.

### **It's Okay Not to Be Okay**

Destigmatizes emotional lows and teaches students how to recognize, express, and seek help for everyday struggles.

### **Am I Enough? Dealing with Comparison & Perfectionism**

Addresses academic and social comparison, and the pressure to be perfect helping students build authentic self-worth.

### **Setting Boundaries & Respecting Others**

Equips students with the language and confidence to set personal boundaries and respect those of others.

### **Digital Overload: Managing Screen Time & Self-Worth**

Encourages mindful digital use and helps students understand how online spaces affect their emotional wellbeing.

### **Healthy Relationships: Online and Offline**

Teaches what respect, trust, and safety look like in friendships and romantic relationships, both offline and on social media.

### **Building Self-Worth in a World of Judgment**

Encourages students to define themselves beyond marks, looks, or approval and discover what makes them feel truly valuable.

### **Dealing with Academic Stress and Performance Pressure**

Offers practical tools for managing pressure around exams, expectations, and future uncertainty.

### **Finding Meaning and Purpose Beyond Marks**

Inspires students to explore passions, values, and goals that go beyond academic results.

#### **Each session includes:**

- ❖ A warm-up or relatable scenario
- ❖ Real-life examples and discussions
- ❖ Personal reflection or journaling activities
- ❖ Practical tools and take-home strategies

## **5. Expected Outcomes**

By engaging in the Unfiltered Series, students will:

- ❖ Gain emotional vocabulary and confidence to express themselves
- ❖ Build resilience to handle rejection, comparison, and academic stress
- ❖ Learn self-worth practices and self-compassion techniques
- ❖ Develop empathy, respect for others, and personal boundaries
- ❖ Feel seen, heard, and supported in a safe, structured environment

## **6. Implementation Model & Customization**

We propose a flexible delivery model based on your school's calendar. Sessions can be delivered monthly through

- ❖ Back-to-back sessions across grade sections over 2–3 days, or
- ❖ Rotational delivery per session group

We are open to piloting 1–2 sessions before confirming the full engagement.

## About Nestling Minds

Nestling Minds is an Indian mental health initiative led by Ashu Sharma, a counselling psychologist and SEL content designer. We specialize in adolescent wellbeing, social-emotional curriculum development, parenting guides, and teacher training workshops. Our approach is practical, research-aligned, and always contextualized for Indian schools.

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