

Class- 7

Worksheet for ACP

Problem 1- You are part of a close-knit group of friends who are generally kind. However, lately, the group has started "lightly" mocking a classmate, Rohan, who has a stutter and struggles with public speaking. It started as a joke, but now it has turned into a daily routine of social exclusion. You feel a deep "pit" in your stomach every time it happens, but you are afraid that if you speak up, your friends will turn their mockery toward you, leaving you isolated.

A. Describe the conflict happening inside your mind. How does your "mental state" shift between the desire to belong to your group and the urge to Expand your Concern toward Rohan?

B. Define what Being Heroic means to you in this specific, quiet moment. Is it a loud confrontation, or is it a series of small, subtle actions?

C. Based on your own personality (whether you are shy, outgoing, or analytical), describe a creative way you would intervene to change the group's dynamic without losing your friendships.

Problem 2- You are the leader of a science exhibition team. Your team consists of two members who haven't spoken to each other in months due to a personal falling out, and another member who has completely lost their Shraddha (Self-Belief) because they failed their last three exams. They have "given up" and are barely contributing. The exhibition is in five days, and your project is currently a mess of unfinished parts.

A. Before you can lead them, you must check your own mental state. How do you maintain your own Shraddha when everyone around you is failing? What thoughts do you use to keep yourself from getting angry or giving up?

B. You cannot force people to like each other. Describe a creative, psychological strategy you would use to create Harmony just long enough to finish the project. How do you make the "failed" student feel valuable again?

C. In your view, is it more important to have a "Perfect Project" or a "Healed Team"? Explain your reasoning based on your personal values.