

# Tanushree session report

23/9/2024

- Mindfulness Meditation
- Addressing social activity
- Social media & screen time

26/9/24

Arohee & Tanushree combined session (activities)

- Cognitive activities to enhance sensory processing

7/10/24

- Activity Mikado sticks game for concentration, fine motor skills, patience and strategy, stress reduction, and improving social interaction.

10/10/24

- Self Esteem Worksheet

14/10/24

- Social media addiction worksheet
- Tracking social media time daily worksheet

18/10/24

- Explored study techniques
- Communication skills
- People management