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THE VOICE
December 2019



مدرسة سبرينج دايلز دبي
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Tigger's Tale

Tigger's Tale

Tigger bounded and bounced back into The Hundred Acre Wood, Eeyore's tail still clamped between his jaws, his eyes wide with panic, his mind a jumble of thoughts and fears rushing headlong towards a cliff edge of nightmarish images:

- Eeyore, struggling, his legs waving helplessly in the air, being tied down onto Christopher Robin's workbench.
- Eeyore, pleading, "Promise you won't hurt me. I have a very low pain threshold."
- Christopher Robin, dressed in lab coat, scissors in hand and open, bending over Eeyore saying, "Just one long slit up the middle, stuffing out, and voice synthesizer in and connected to the AI chip behind your ear."



Tigger winced at these thoughts as Pooh and friends came into view close to Pooh's den in the wood. Above the door was the name "Mr. Sanders", although Pooh had no known relatives of that name. However, Pooh had put it there because it made him feel important. "I may be Pooh", he would say, "but in The Hundred Acre Wood, I live under the name of 'Sanders.'" And this was quite literally true. Piglet, on the other hand, had his little house situated next to a broken wooden sign, "Trespassers Will"

and believed it was because his Grandfather was named 'Trespassers William' since his den was the family home. Wol and Tigger disputed this, speculating that the name was more likely to be the remains of a warning notice. But neither Piglet nor Pooh or their other friends understood the word 'Trespassers' and the word 'prosecuted', even if they had heard of it, would lie a light year beyond their vocabulary. Anyway, let's get back to the story...



Piglet squeaked as Tigger arrived like a gust of wind, "Tigger what have you got in your mouth?" The others looked and then gazed in horror at Eeyore's tail protruding from both sides of his mouth, the pink ribbon still attached but now flecked with saliva. "OO!" hooted Wol, eyes wide in surprise, "Tigger, what have you done? You've eaten Eeyore!" The assem-

bled friends gasped and moved back, suddenly fearful of what Tigger was going to do next. Tigger dropped the tail on the ground in front of him and Wol eyed it with horror tinged with eagerness to snatch it and fly off with it. The magnificent bell-pull that once graced the entrance to the Wolery had returned!

"You don't understand", panted Tigger. "It's not the way it looks." Pooh and friends, shook their heads in disbelief. Rabbit bent down and threw up. Roo jumped headfirst into Kanga's pouch, squealing, "take me home, Ma! I do not want to be his dessert." Pooh walked over to Tigger and holding out his paws out towards him in consolation said, "Oh dear, Tigger. I know that Eeyore's moods can wear you down, but I wouldn't dream of eating him." Piglet nodded in agreement. "At least," added Pooh, "not without marinating him in a thick coating of honey to tenderize the meat." Piglet's jaw dropped, shocked at Pooh's suggestion. "That's in very bad taste, Pooh", he sobbed. "Yes, I agree", replied Pooh, "I doubt even with lashings of honey, Eeyore's flesh would be tasty enough for Tigger to gobble up; far too tough and gristly." Piglet burst into tears.



"But I haven't eaten Eeyore!" protested Tigger, "I tried to pull him from Christopher Robin's arms as he was being carried off and his tail came off in my mouth", he explained.

"That's a likely story," challenged Kanga in her deep Australian accent. "Tigers are wild carnivorous hunters and you, young fella-me-lad, are a tiger through to your stripes. Tell us the truth! You scoffed him down like so much tucker! Fetch the coppers!"

A smile broke out on Pooh's face. "But I believe you", he chuckled, "there is only one Tigger and he does not eat his friends. He also saved me from being burnt to crisp by shoving my head in a pot of honey. Only Tigger can dream up a life-saving technique like that!"

Piglet stopped sniveling and as the friends' confidence in Tigger was restored, they drew close and Tigger explained how Eeyore had recovered the voice synthesizer and robotics gadgetry from beneath Pooh Sticks Bridge and took the kit to Christopher Robin in the hope that he would be given a new voice. And now they had no time to lose if they were to save their friend from becoming another one of Christopher Robin's grotesque robotics projects. Wol said, "You all go on, I shall take Eeyore's tail to the Wolery for safe-keeping" and they all agreed. Wol picked up the tail with his talons and flapping his wings hard lumbered into



the air with his heavy load and headed home, rather pleased with himself. The friends, led by Pooh and Tigger, with Piglet struggling hard to keep up since his legs were shorter than everyone else's except Roo's, who did have bigger feet, headed towards Christopher Robin's house full of courage and resolve, if not a little morbid curiosity.

Julian Williams Principal

Grades 6 to 8 - Stress in Students

Stress

By Akshat 7B

What is stress?

Stress is the body's response to a challenge. A stress-free life leads to boredom while, a student experiencing chronic stress (high level), can affect learning and cognitive abilities as well as emotional, mental and physical health.

What are the causes of stress in students?

- Examinations- Students worry about getting good grades and struggle to be an ace at time management.
- Excess of homework- When students are overwhelmed with homework, they enter a cycle where the homework piles up and they are unable to finish it.
- Less of leisure time- When there are exams or if homework piles up students don't get free time as the old proverb says, "All work and no play makes Jack a dull boy".
- Poor sleep schedule- A child who doesn't receive 8-10 hours of sleep finds it hard to concentrate and as a result falls behind in class.
- Peer Pressure- Influence of peers can sometimes lead to emotional stress.

Mechanisms to reduce stress

- Getting optimum Sleep.
- Listening to music.
- Daily Exercise.
- Meditation/Yoga.
- Spending time pursuing hobbies, interests and skills.
- Learning time management.
- Learning to Say NO to requests that are seemingly a burden.

Stress is a very ordinary part of human life. We should learn to manage stress effectively so that it does not affect our mental health.

Stress in students

By Anusha Talwalkar 6B

Now a days you see frequent instances of students facing stress and it can affect their mental and physical health. Recently there have been many cases in which children have taken drastic steps like running away from home or committing suicide due to stress.

There are many causes of stress in children such as, hectic schedule, piled up homework, lack of time management skills, peer pressure and increase of screen time because of gadgets. (BYOD) Hectic schedule means less time for rest. As most of the schools start early, the kids must wake up around 5:45 am to get ready. In the morning school rush sometimes, children don't get time to eat breakfast. As experts say, a healthy breakfast is important for overall good health and to give an active start to the day. So, skipping or rushing breakfast due to lack of time is the first cause of stress. A solution could be to sleep early and wake up early and have ample time for breakfast, schools should give a ten-minute snack break first thing in the morning.

Schools give loads of homework to children which causes a lot of stress. Its difficult to complete so much of homework in one day. Due to stay backs, children get less time to do homework. To prevent this, we can be creative, we can do projects based on the ongoing topics in school, and we can have fixed days for homework. Its better for no homework on weekends so that you get to spend time with your family and friends and socialize.

Every flower blossoms at the right time, similarly every child has different skills, talents and they shine when given the right opportunity. Judging each child based on the same benchmark leads to insecurity, demotivation and frustration in the

child. Children now a days are very competitive and try to prove themselves to be as good as others, but everyone should know that they all are unique. The teachers should not label the children and only show favouritism towards outspoken children. They should identify every child's talent and make them feel that they belong to the school.

Now because of BYOD (bring your own gadget) children have started using gadgets the whole time. Learning from gadgets only is not a good idea. Children at home use gadgets, but now they are also using gadgets at school. This is not good for their eyes as gadgets have high radiations. High usage of gadgets can lead to irritation and various eye problems in children. A way to reduce screen time can be to minimize using gadgets at home instead rely more on books, providing gadgets at school itself for a limited time.

By taking the above mentioned measures we can stop children from getting stressed and getting demotivated. An advice to parents and teachers: If your child or student is having stress due to some problems please talk it out with them and ensure that they feel comfortable confiding in you.

STRESS IN STUDENT LIFE

By Devansh Choudhury 6c

Stress is another word for tension, worry, and panic due to a particular reason or situation. Stress can happen due to any imbalance in family, friends or school surroundings.

Stress can occur at emotional and physical level. Physical stress leads to exhaustion, obesity and health problems.

Emotional stress is caused due to problems in the family, relations with friends, pressure to achieve academic excellence etc.

Students at school face stress at various levels.

They worry about many things such as marks in exams, homework, social work around the class and constant pressure to excel. These stressed students can take wrong decisions, lack confidence and stop enjoying life around them.

In today's world where it is impossible to avoid stress, there are few ways to cope with stress.

- Having a hobby- A hobby is a type of habit created by an individual through love, determination and dedication.
- Like painting, dancing, playing an instrument or listening to music can help you to relax.
- Physical activities such as yoga, running, playing sports or maybe a regular fitness programme can calm down a person from stress.
- Travelling- Travelling is one of the best ways to calm you from stress. The person learns something new, sees new things, and experiences new ways to live.
- Socializing with good friends and having some quality time with your family can make the person feel refreshed and relive him from stress for some time.
- Trying something new like learning a language, getting involved in social work, writing a blog can divert the mind of the person and would help him with stress management.

Friendship at School

By Hrishikesh Khandade 6A

In general stress is a natural response to the challenging events being caused over the human lifespan. When a student under goes stress or increase in their stress level their ability to learn, memorize and post good academic performance can be interfered with regardless of their age and grade.

The common causes of student stressors are:

- i. Continued and increasing academic demands
- ii. Peer pressure
- iii. Imbalance in sleeping patterns
- iv. Imbalanced and unhealthy diet
- v. Lack of exercise

Although Stress is a normal part of life, especially during periods of change and uncertainty, we can overcome in various ways. For example conducting a flip class where a student becomes the teacher and teacher becomes the student, the lesson becomes more interesting and less stressful for the students.

School can conduct an awareness session in school to understand the importance of healthy food and habits with demonstration on how it will help to overcome stress.

Stress on students By Ranvir Singh 6B

Stress, is a pressure building word for students all around the world because our elders always tell us that the world is a race if you don't get good marks then you will not succeed. This is one of the major factors which builds pressure on students. Another factor is marks in the exam, this is the main point of judging the students intellectual ability. Also the mental stress for completing homework in time or get things sorted out with regards to academic performance is a challenging factor. The physical stress is when we have to wake up in the morning and then take the bus and travel a long way just to get to school and on top of that we have our own heavy schedule. So my only mark of word is that please don't judge us on the basis of only our intellectual ability.

FRIENDSHIP By Shikhar Saini 6A

The student life is the most precious and memorable period of human life. One always cherishes the memories of the time that one spent in student life.

Nowadays education has become very competitive. Students are sinking due to mental tension or stress for performing better than peers. Due to huge expectations by the parents and the teach-

ers, they are pressurized to complete their homework, show good result during exams, and develop a holistic personality to show the excellence in other areas as well.

They face physical, mental, emotional challenges because of this. Their physical health is deteriorating. Their decision making capability and self-confidence is continuously shattered by the negative comments thrown by the parents and teachers at them. Society also judges them on the basis of their overall performance.

It is really needed to change the lifestyles to make our students stronger and mentally fit, for this the parents, teachers and the whole society need to make a collective effort. The students must be guided to do regular exercise and meditation in the morning. The students must be counselled to eat healthy and homemade food instead of fast/junk food. Communication is the best tool to eradicate the anxiety of mind. Thus, the parents and teachers must be the good communicator so that students can share their problems with them. Hence, a student can always beat the stress through proper schedule, time management and having an optimistic approach.

Stress in Students By Shreyah Jain 8B

Stress, a very common word used amongst today's youth; can be defined as a state of mental or emotional strain or tension, resulting from adverse or demanding circumstances.

Inevitably, this generation of school children are under all, physical, mental, emotional and academic pressure. Subsequently, this perturbs young children and obstructs both, their imagination and progress. "Achieving anything, if your mind and body are not healthy and stress-free is impossible."

Anything, from peer pressure to overly-packed schedules, tension amongst family members, ac-

ademic pressure, popularity in school, bullying, etc. can cause heavy amounts of stress on a student.

Fortunately, there are methods of reducing stress and tension in a student's life. Being organized and scheduling your day, or making a plan could help in reducing stress. This plan or schedule should include time for studies, as well as extracurricular activities or anything that a student enjoys, whether it could be listening to music, reading a book or playing sports. Along with this, setting achievable goals, reframing negative thoughts, following a bedtime routine and making time for family and friends, are a few other methods of relieving stress. Another very important way of reducing stress is making time for yourself. Clearing your head and evaluating your feelings helps in stable progression.

Stress in students tends to increase if the student has other commitments like competitive sports or any other skill. Balancing academics and various other parts of life along with competitive sports and skills too, puts the student through intense pressure. This, along with school induced stress may affect the student's willingness to achieve their goals.

Thus, to conclude, stress is very harmful to a student's life, both mentally and physically, and must be controlled to help the student shine in all spheres of life.

STRESS AT SCHOOL By Sunethra .V. Mehta Class 7B

We all have often heard in recent times about students running away from home or attempting to harm themselves. What drives students to behave so irrationally or take such adverse steps? Studies and research has revealed that students often go through stressful situations. The amount of trepidation that students go through is immense. People say they hate school, not for the education or knowledge but for the failing grades.

What exactly is stress? Stress is a feeling people have when they are overloaded and they struggle to cope with situations and expectations. What drives students to these levels of stress? Rankings and comparisons that are attached to exams often spur unnecessary competition resulting in stress, sometimes even depression amongst students. While exams remain one of the key causes of stress, assignment deadlines, poor time management, adjustment to new school environment, parental expectations for the child to excel at school, homework load, busy school schedule, peer pressure, image concerns are some of the other causes of stress in school.

Very often stress results from an accumulation of many different pressures which build up gradually without us noticing. Because students spend most of their waking hours at school, teachers can play a powerful role in limiting stress. Limited homework, scheduling balanced study and play time and most importantly listening and talking about issues bothering students will help students cope with anxiety and stress. Parents on their part should not pressurize their child and should set fair and realistic expectations for their child. Having regular conversations with their child will help determine early stages of stress. Ensuring the child is getting adequate amount of sleep, a healthy diet and exercise will benefit the physical and mental health of their child.

Stress in students By Tavimanyu 8B

Off late, the newspapers are full of articles about the rising percentage of depression amongst students. Now and then, the headlines scream out about some or the other teenager going missing, unable to bear the exam pressure. Even in professional colleges the suicides are on rise. Though the stress amongst students is a global phenomenon (according to New York University, two-third of all high school students are under high stress), it is more marked in societies for whom high grades in academics is a must for a successful life.

A study by Yale found out that though the stress to excel in academics or in fact, to ace the exams is what bogs almost all the students down, other stresses like physical stress brought about by long school hours and co-curricular commitments, emotional stress caused by hormonal fluctuations, and mental stress brought about by peer pressure, bullying and constant turmoil in trying to analyse right and wrong also overwhelm the present generation of students. On the top of it, the plethora of technological advancements around them causes fatigue.

The strategies to overcome this situation are simple and effective. The presence of easily accessible and friendly student counsellors are a must in the educational institutions. Individual counselling and group counselling should be encouraged. Friendly and supportive teachers, open-minded parents can make the life of students much happier and joyful.

On his/her part the student can bring down the stress by being open and receptive to suggestions, consciously channelizing the energy to creative pursuits, by playing group sports, learning new skills, and building strong friendships and finding a trustworthy adult to share their feelings. My friends are by my side thick and thin, to always help me win.

Stress on students By Vaishnavi (7A)

Stress is a feeling that is caused when we feel overloaded from struggling to keep up with expectations at a particular point of time as we find it difficult to prioritize. When we try to sometimes cope up with these expectations and demands and find it difficult our body reacts through Physical, Emotional and mental responses. We as students also face lots of stress as a part and parcel of our daily life. However sometimes stress can have serious harmful effects that need to be addressed.

One of the causes of stress in school are exams and grades. Students try to live to the expectations of parents, friends, relatives and sometimes even teachers to avoid a comparison which sometimes happens. Statements such "hey your friend has gotten more marks than you" or "Your parents weren't like this" are a big no-no as they deplete a child and students' self-esteem and cause stress. Another cause of stress is lack of sleep and an unsuitable, unhealthy diet. No food and sleep results in a tired brain which can't concentrate, contemplate or cooperate. A healthy diet must consist of 1/2 fruits and vegetables, 1/4 carbohydrates and 1/4 Protein and of course a lot of water. An average child must have a minimum of 9 hours of sleep as it refreshes and relaxes the brain.

Stress is known to cause many problems Mentally and physically such as depression, low-self-esteem, malnutrition, dehydration etc. To prevent this, it is important to engage ourselves in not only academics but also extra-curricular activities. As the famous saying "all work and no play makes jack a dull boy" we must preoccupy ourselves in sports and other activities which relax our brain and give it time to unwind.

Stress in students indeed has many negative impacts in the person but on the contrary it also teaches how to fight our problems. We as human beings tend to learn more from our mistakes to become a more mature, understanding, compassionate and better person in life. We must ensure that we ourselves are solely responsible for all our problems and must learn how to stand up for ourselves. To conclude we must all join hands in order to demolish the stress in our fellow students and friends with awareness and by lending out a hand.

Grades 9 to 12 - Living without Fear

Life without fear Ajin, 9C

Fear can be a powerful influence in your life, often determining the actions you take or do not take in many situations. At times fear stops you from achieving your goals such as making new friends, applying for a better job, starting a new business, or other life changes that you consider to be positive. Can you imagine your life without fear? Of course you can't eliminate fear together, nor would you want to.

Imagine if you were no longer afraid to pursue your dreams and instead eagerly embraced opportunities to live every experience you wanted to live. What would you do if you could do anything at all? You may be thinking, "It's great to imagine all this but I still feel fearful much of the time. I'm still afraid to fail, I'm still afraid to be rejected, I'm still afraid to take a chance. How do I get past those scary feelings?"

First of all, forgive yourself because you are a human. It is completely natural to have those feelings, and there is nothing wrong with you. Your body is wired to react strongly to potentially threatening situations. Your body can't tell whether the threatening situation is truly harmful or not; it simply gives you a warning sign like shallow breathing, tightening muscles and so on.

However, it's important to understand that fear is just a feeling when it comes right down to it. Overcoming the influence of fear so as to live an amazing life is a simple matter of knowing how to diffuse the fearful feelings at that moment. This can be done in a variety of ways, including the use of calming affirmations, meditation, and breath work.

IT AIN'T LIFE ANANDAJITH, 12A

This is my second draft of this article; I cancelled the first one as I was in a never-ending editing process. Why was that? That too is an example of fear. In this case, it was the fear of being judged for bad language.

Over this article "fear" will be used a lot of times and I am not talking about the fear we receive through adrenaline when we skydive but the one which is thrown at us at every point of life. This fear is closely linked to something else which we experience daily, which is "challenge". Every day we receive challenges from life, and it is through these challenges that we make ourselves successful. Like everyone says, to be successful, you need to take challenges. The problem is, challenges too are agathokakological. Indulging in challenges brings us a list of fears, the fear of rejection, the fear of failure and many other. Our like or dislike towards fear may be the anchor behind many of our life choices, such as our job and even our place of life. But is fear just for those who indulge in challenges, it is not. I am not aware of anyone who is not in fear. Even if you are a person who tries to avoid problems at every corner, you would still be subjected to fear from various fronts.

Most people often have a fear of matters regarding financial stability, safety, security or career. As a final year student, for me, it is the fear of exams, homework and even the inevitable question of "What next?". I believe that it is entirely reasonable to have these, but at times they win us over, and that is when the troubles begin. The reason for the increase in suicide is blamed upon many

reasons, but in the end, the cause of suicide is this fear.

Every problem is big or small based on our perception, but fear is inevitable. Like Stallon said in rocky "the world ain't all sunshine and rainbows. It's a very mean and nasty place, and I don't care how tough you are, it will beat you to your knees and keep you there permanently if you let it. You, me, or nobody is gonna hit as hard as life. But it ain't about how hard ya hit. It's about how hard you can get hit and keep moving forward. How much you can take and keep moving forward. That's how winning is done!"

LIVING WITHOUT FEAR ARUNDHATI, 11A

Fears, definition wise are beliefs, rather false beliefs of being unworthy or becoming a loser. Fears sometimes lead to anger because of the inability to attain something worthy. Generally, it is observed that fear is the resultant of a cycle of thoughts and actions. What you think, you see; what you see, you experience; and then again, what you experience you think. Such experiences tend to influence largely during the early stages of childhood and fades as you grow up because you learn to tackle situations. At times you succumb to your fear and that is when you are being dictated by your own fears. But, we have only one life to live and that should be lived freely and to the fullest. Life is full of endless possibilities. So we must knock every opportunity, grab it and win it by conquering our fears. Motivate yourself constantly by repeating phrases like 'I can do it' or 'I will no longer live a life driven by fear'.

Celebrate and congratulate yourself whenever you taste success. Meditation, reading good books, focus on your goals and honesty are some other tools which help conquer your fears. Conquering fears awakens you inside out that would pave a path for a carefree and fearless life.

LIVING WITHOUT FEAR ATRAYEE, 11B

We all live in cages which we build around us, sculpted by fear, scared of breaking boundaries, scared of punishments, scared of disapproval, scared of losing control... Fear is a poison, which runs deep through the veins of everyone.

As long as I can remember, I was terrified by the scene of blood. The feeling was bad enough to drive me to cry watching all the violence flooding in our world. Eventually, I realized that crying wasn't going to stop all the bullets from being shot at the innocents.

It's been a year since I have recovered from my phobia and to say the least, the process wasn't quite pleasant. At present, I have realized that there's nothing I fear more than my emotions. It brings shivers down my spine as I fall on my knees, begging, to stop hurting me by over feeling and overthinking.

It honestly hurts when I can't stop thinking about a specific negative aspect in my life; it tends to slowly pull me away from reality and I engross myself into perpetual where I long for air while being suffocated.

My mother always tells me to force courage without fear and hesitation, I have grown to that ringing in my ears for years. She always faced her battles fearlessly and all by herself, and she taught me a lesson I will never forget.

I have listened to stories of women and men who fought for what they believed is right and I have been attempting to follow their footsteps, I have been trying at least.

I think projecting my own voice to the world as an individual with my own perspective on the world is my biggest act of living without fear.

I never want to keep quiet or to be told what my limits are because I have learned to push boundaries and break them if needed but never have

I ever learnt to resist and compromise especially when there is a wrongdoing.

My second act of living without fear, is writing down this piece in which I have shared my vulnerability through my own words and let others read about it.

I won't be able to live without the existence of fear in my mind because I am a human, I have my insecurities and terrors but I know for sure that I can fight and instead of hiding from what frightens me, I can face it and become like one of those empowered women and men from the stories I have been told.

LIVING WITHOUT FEAR By Danish, 11A

Students represent the youth of this generation. We often ask ourselves this question, "Can we actually live without fear? And many a times the answer seems to be a simple "NO". But, when we explore the depth of this question we realize that fear is an important and inevitable part of our diverse and distinct lives. This fear steps into us when we are children when we are often scared of the dark, probably because our imaginations from what we are told or what we hear from our elders. During our adolescence, our imagination is wilder when we see or hear horror stories or movies. As teenagers we all have a common memory of fear of a spooky hand grabbing our feet the moment we take our feet out of the blanket. Thus, it can be said that different imaginations at different stages of our lives shape our thoughts in many different ways.

Imagining a life without fear itself seems very exciting but to have one such is a rarity. God has programmed fear in human nature in such a way that we prevent ourselves from committing something wrong for the fear of getting harmed.

Did you know that there are many different and strange types of fears such as fear of small enclosed spaces (Claustrophobia), fear of the num-

ber 13, fear of different animals, fear of holes (tyrphobia) and many more.

Although many people say that they can live without fear, in reality it is not possible. Fear is an inevitable part of our lives and to live a life without fear we must overcome our fears.

LIVING WITHOUT FEAR Eshita Jaswal , 9A

What does fear mean? Everyone has a different perspective of fear but, to me, fear is a feeling induced by perceived danger or threat that occurs in certain types of organisms. Fear comes in many variations, some fears are smaller, for example, the fear of a test. These fears last for a few days or for a few hours; however, there are some fears that last for a long time. These fears have a tendency to haunt us. Fears get in the way of living our life happily, causing anxiety and depression. Fears act as a cloud over our mind and often times our decisions are made keeping our fears in mind, resulting in bad decisions. Living without fear clears our mind and allows us to think freely without being under the influence of fear.

Now, the question arises, how do I get rid of my fear? Well, it's quite simple, talking to your loved ones, talking to a professional or talking to someone you look up to, can often cure fears. These people are influential in your life and their advice is always considered wise and apt for you. Professionals are experts and understand our fear and give apt solutions. Let's apply these tips and live a life without fear!

Living without fear By Kennice Chris Ajay, 11A

It might seem impossible to live without fear. We always allow fear, worry, and doubt to dominate and define our lives. We allow them to steal our joy, our sleep, and our precious dreams. There

isn't a single person who doesn't fear anything.

Everything that happens to us has a larger purpose in our life. Because life is being experienced by us, it may feel like our challenges are permanent. However, we are so absorbed in the difficulties we face, that we often forget to see how it can lead to something greater in life.

If you go along the crowd, instead of voicing your opinion you are creating a fear within you of being found out. Instead be the same person both inside and outside.

Try not to be like someone else. It helps you live without fear. People start following their role model knowing or unknowingly. Wishing you were someone else keeps you away from your own capabilities and values. You are setting yourself up for a big fear by doing this.

Accept your limitations. If you are not good at something, it's ok. Everyone's different from everyone else. No one's perfect. Be bold enough to showcase what you are good at. If you think that you should be able to do something you are not good at, it will surely increase your anxiety. Therefore, try to perform in an area you are good at otherwise it will be a waste of talent and time.

Focus on building relationship with others. As this will keep you connected with people and you won't feel left out. The more you communicate with people or get to know them, the more you understand about life. Building these relationships makes each other more confident and helps you face your fears.

Lastly, trust yourself as you have made it through everything life has thrown at you. Although life is uncertain, look back at all the impossible times you have had to deal with. Think about all the times you asked yourself if you would make it through. Have faith that whatever happens in the future, you will find a way to deal with it.

Accept your past without regret, handle your present with confidence and face your future without fear.

LIVING WITHOUT FEAR

By Khushi Gaur, 11B

Fear is one of the many emotions we develop early in life. Most people experience fear on a day to day basis whether it is a common anxiety or being scared by seeing something out of the ordinary. At times, fear can keep you from succeeding or doing what you need to do; it can limit the abilities you have and cause you to procrastinate or make reckless decisions that may impact your life.

We are trying to avoid everything that we are afraid of, so we run from fear, we become small, enclosed, and don't dare to be ourselves, don't dare to live the life that we wish to live because we are so afraid. But, when we stop running from fear and we face our fears, we look at our fears in the face, the fear will lose its power over us. Because it was never real like any other negative emotion.

It's important to understand that fear is just a feeling when it comes right down to it. It can't physically hold you back from doing anything, and it can't limit your potential unless you allow it to do so. Overcoming the influence of fear so you can live an amazing life is a simple matter of knowing how to diffuse the fearful feelings in the heat of the moment.

Do you wish to live a life out of fear, where you were so afraid of everything, where you let fear run your life or do you wish to look back and see a life filled with love and amazing moments, with amazing experiences that you would have never lived if you were afraid? It's up to you to decide

LIVING WITHOUT FEAR

By MEHEK, 11C

Living without fear... what does it really stand for? Or what does it really mean? Does it mean to be unafraid of things that others are afraid of? Or

does it mean to be free of those terrific nightmares that make your sleep unimaginable!

Well, I think the concept differs from person to person.

Fear these days amongst the people is to feel that they belong among a group of people who are either COOL, RICH, PREETY / HANDSOME, SUCCESSFUL and what not?

The fear that I believe we need to overcome is to stop feeling ' IMPERFECT', is to stop feeling that we don't belong amongst the group of other four individuals because we aren't designed the way they are .

The fear of being judged or the fear of not being able to be better is what pulls us back from living. Living isn't just breathing, it is embracing the imperfections that make us empathize each other and if we are unable to do so, then we are no different from the trees and the animals who are breathing just for the sake of living .

The moment we realize that the criticizer himself is a patient of self consciousness is the moment we understand that we are perfect just the way we are !

Living with the feeling of being incomplete is what I believe is living with fear.

Changing the imperfections without harming yourself or either embracing it, is when you really decide to live a life without fear .

LIVING WITHOUT FEAR

By MURSHIDA CLASS: 11C

As a reader, what do you feel or understand from the title 'Living without fear...? Today, we are living in a society where crimes of different types and of different degrees are increasing day by day.

We need to understand that crimes take place

due to one's own inside fears. Our flaws and imperfections, create the unknown fear inside. Before we can think about the fear or trepidation haunting our society, we need to come to peace with our own fears. So, if one can live without fear, one might not commit crimes.

What do you think I mean when I say 'fear of our own'? It could differ from person to person, as we all are different, unique and have different lifestyle. For some, it could be the fear that 'what if people get to know the real me?' Or it could be the fear of facing the complication of the real world, the bitter reality. Fears are different for every individual, also in every stage of one's life. For a child, fear is of bedtime monsters. For adolescent, it could be of creating their own identity. For adult, it is of facing the reality and responsibilities. So, 'fear' has a different meaning and things associated with it for different individuals. Even the most perfect person you know has an imperfection in them.

Accepting yourself and being yourself is 'living without fear'. When we finally have self-acceptance, there won't be any kind of fear lurking within us. At the same time, I feel that we do need little fear in our day-to-day life to get things done in the right way. For example, fear of failing in exams will make us study for it or fear of facing the higher authorities will motivate you to finish your work. In conclusion, I would like to say living without fear is to being yourself and facing the world as who you really are but a little fear around also helps you keep unwanted troubles at bay

LIVING WITHOUT FEAR

By NAMEERA ANJUM, 12A

'Living without fear', the very thought of this phrase is so exciting that our heart and mind go racing asking, 'Is it possible?' If 'yes', then 'how'? To know the answer to this question, we first need to know what fear is. Well, fear can be interpreted as F.E.A.R- False Evidence Appearing Real! Yes, like any other negative emotion, fear too is not real. Fear can come in many different forms. Most of us relate our fears to: financial matters, safety and

security, relationships or career and deep down us fear of the suffering it would bring along and unfortunately, fear is such an emotion which easily takes control over us. So, what can we do to overpower our fears and have a life with ZERO fear? A life where we act bravely, be courageous, face our fears and live a life of love, a life of adventure, a life of excitement, a life of passion, a life of abundance. In short, a dream life!

First and foremost, to live without fear we ought to trust that every outcome serves a greater purpose in our life. Hence, we must embrace them in order to live boldly. Living in reality by staying authentic and creating a balanced life will help live without fear as otherwise, imbalance and negligence create fear and become unmanageable.

Focusing on maintaining relationships can help us feel more powerful, capable of achieving our goals and facing our fears. Dedication and congruity too play an important part in overcoming fear. Positive thinking, revisiting our victories would help us spending less time, attention and energy on our fears.

Last, but not the least, it is very important not to mix your thoughts, emotions and physical effects but instead, confront your fears, trust yourself and learn to overcome setbacks and hardships through experience. Quite achievable right!? Then GO, chase your goals, leave your fears behind and live your zero fear dream life to the fullest.

LIVING WITHOUT FEAR

By PARTH RAJ KHURANA, 12B

"Fear is a friend that's often misunderstood." – John Mayer

What is fear? Why does fear exist? Why do we let thoughts like these be obstacles to us? If we think about it, people tend to talk a lot about love & music being international languages, but at the same level, so is fear. What that means is if you hear a random person scream in Mandarin you might look and move on. But if we see that per-

son cower from a spider, we're either going to help them buy killing that spider, or cower with them.

Everybody understands fear. But where does fear come from? Why do we have fear? Are bad memories the reason? Is fear instilled into us by the people around us? Is it because what we see on TV?

Fear usually starts when younger. They can be caused by a stressful experience, a frightening event, or a parent or a household member with a phobia that a child can 'learn.' But why should it affect us now? It's because fear is something you never really get over.

That brings us to the main point. Living without fear. Sometimes hurdles can be too high to jump over so maybe, we should begin to duck under them. What we need understand is there's always another way. You don't need to head down the path you planned, because plans tend not to work out, it's just a fact. Just because where you are heading is a little scary, doesn't mean it's not worth it. We need to dream harder. Work harder. This life is all we have and we can't waste our time being scared. We need to move forward with our head held high. We need to believe that the final goal is the only attainable goal and we need to charge for it. Leave the fear in the past where it all started. Because nobody has time for problems. Time is running out the world's going to end and boom.... Your fate is decided. So, where do you want to finish? A victorious fearless success, or fearful mid-victory warrior.

'LIVING WITHOUT FEAR'

By PRIYANSHU DEY, 11B

Let me first begin by asking you two very simple questions. What do you know of fear? What first triggers your thoughts when you think of it? Well, the answer to that is best left to all you readers.

F.E.A.R (False Evidence Appearing Real), just by

its complete form you can say that fear could be considered as a false emotion, certainly there is no way out of living without fear, it is a major part of our lives, it definitely at times drives us to commit actions which do lead us to consequences that might be extremely good or severely bad. Fear is uncontrollable and it is crippling, but there are surely methods to tackle it. Now here are 3 things you will have to know about fear that I can think of.

1. Fear is healthy- It has been put in that brain of yours for a good reason. It is perfectly normal to be feeling fear, fear can help you manage stress and relaxes you. It guides our flight or fight response.

2. Fear is not as automatic as you think- Fear is part instinct, part learned, part taught. For example, PAIN, causes fear because of its implication of survival, fear can be learned, we learn to be afraid of certain people or places, this can be caused due to our past experiences, and In other instances we are taught to fear a certain something, such as a particular social group because of their existing impression.

3. You do not have be in danger, to be scared- Our imagination can do wonders at times, our brains being so efficient, make up scenarios which have nothing to do but throw us into so much thinking and it makes us anxious. But the important part here is realizing the fact that it is all in our heads and think of ways how we can pull away our thoughts from it.

Well, to be straight and on point, dealing with fear is not always as difficult. You can adapt the usual normal ways such as, embracing the fear and facing it, understanding what is triggering it, sometimes stating our fear can give us the strength to deal with it, say it out to yourself or maybe write it down.

Fear can be as much an ally, as it can be an enemy. Fear of fear can keep us locked in a cage of insecurities. Overcoming it by just leveraging FEAR.

Living without fear

Rahul Bhimwal, 10A

Fear is described as nothing but a release of chemicals in the brain which causes the body to adapt appropriately to a stimulus. But why is fear necessary? Why are precautions taken? Humans have been around for hundreds of thousands of years, and in this vast time period, we have evolved and developed in numerous ways.

Basic human emotions and skills have been honed and they become more complex, and fear is the main factor that shaped all of our modern day superstitions and precautionary measures. Humans in earlier times did not have the mental resources to anticipate whether performing a certain action would be hazardous or not. Instead, they had no option but to use a trial and error method to determine if a certain object or creature was to be avoided and feared or not and was duly communicated to the others as a precaution.

Gradually throughout the generations, this information was recorded and passed down as a basic safety measure and folktales and stories would be exaggerated and narrated to children to instill a sense of fear in children in order to keep their young ones safe.

Nowadays most of us tend to frequently take more risks without a proper risk assessment because of easily accessible medical facilities... But what would it be like to live without a single sliver of fear? People often say that babies are fearless for their minds are not developed enough to have a fear of the unknown, which most mature adults are hardwired to follow, considering the individual has little to no knowledge of the unknown. Living without fear would create a dysfunctional society where people would enable their adrenaline to make impulse decisions without letting logic interfere, which would normally be influenced by fear.

To summarize, A world without fear would be a world to be afraid of.

LIVING WITHOUT FEAR

By SARTHAK, 12A

A life without fear, something seemingly possible, yet something so inconceivable almost bordering on incredible. Tackling such a concept requires an understanding of fear, an induced change with an untold variety limited only by experience and by an untold combination of occurrences in one's life. What could you be afraid of? Your own death perhaps? Or snakes? Spiders? Losing your mind? That feeling you get, when the lights go out, those chills down your spine as if a metal finger had traveled down its length, the hair stands at the back of your neck as if feeling breath, as if feeling some unseen presence stands behind you breathing in your being. All while you were under the impression that you were indeed alone.

That is fear, an unfortunately natural emotion that must be depended on to formulate responses to danger. In its essence it is inescapable. Yet, it remains an emotion, an emotion borne millions of years of evolution. It remains an emotion that you mustn't be enslaved by. Then follows the possibility of becoming a mind without fear. The matters of the body follow the revelation of the mind.

Thus in order to perfect this revelation of the mind and freeing it from the shackles of fear you must accept that life is a rather dynamic process ever changing ever growing and hence is not a singular, isolated event. Life happens, not in the way you'd want it, but in the way it has to. Control is something you simply do not have in the matter. Feeding the delusion that you do is nothing short of naïve. Once you relinquish this delusion, once you accept every outcome as perfect, nothing more and nothing less. Once you accept that a perfect outcome requires an enduring effort, fear becomes a thing of the past. Fear loses its grip over you and you get to live free from anxiety and fear while being ensured that your efforts are everlasting, that every outcome is perfect (or at least something worthwhile)
You are free of fear.

FEAR? WHAT IS IT?

By Shree, 9A

What is fear? Fear is a feeling induced by perceived danger or threat that occurs in certain types of organisms, which causes a change in metabolic and organ functions and ultimately a change in behaviour, such as fleeing, hiding, or freezing from perceived traumatic events. It's also an emotion that likes to take control. This makes it hard sometimes to tell whether something is a real danger or just feels like one. The signs of fear are sweating, trembling, hot flushes or chills, shortness of breath or difficulty in breathing, a choking sensation, rapid heartbeat (tachycardia) pain or tightness in the chest or a sensation of butterflies in the stomach. Most people's fears relate to: financial matters, safety and security, relationships or career.

How can we live without fear? We can live without fear by thinking big, being honest, being bold enough to handle the situations, challenging yourself, being confident, using money wisely and completing work on time. The most important thing is to be yourself and always be happy and make good friends whom you can trust the most and never procrastinate work.

It is natural to entertain these fears, but we stop living if we are being controlled by our fears.

LIVING WITHOUT FEAR

SMRITI, 11C

Everyone in this world has a goal in life. This whole world has a goal to grow into a better, healthier, and more prosperous and free world. You know in your mind that you want a balanced environment. This environment includes even a classroom. Simple fact of this world is nothing can be perfect. Even such goals can't be really achieved as they aren't always up to everyone's expectations.

In the sector of education teachers want students to have a voice, but don't want the students to take advantage of their good will. Whereas students want to feel comfortable in their environment and be able to be themselves amongst everyone. Both the sides wish the same things but have different opinions on how to achieve that goal.

Even while trying to keep this balance, the teacher mostly focuses on strict discipline and the student

pictures a mostly free do-whatever-you-want scenario. In simpler words the teacher wants to use an iron fist to keep the discipline but doesn't realize how it affects the children. Similarly students want to feel free; rather than being under scrutiny like in their house. They feel they can achieve that freedom in a school getting distracted from the fact that they are there to study.

When I say free, I refer to a situation where they can enjoy things that they like in life. For example hobbies for which they don't find time at home as their parents are always about studies and homework. When people are oppressed, they tend to be sullen, until they finally rebel. Whether we are talking about a country or a classroom, that is a simple fact of human nature. If one chooses to run a classroom like a dictator, ruling in terror and oppressing students, it will eventually develop a classroom environment of resentment.

Will students obey? Reluctantly, yes, and only out of the fear of retribution. Slowly out of frustration, students will begin to rebel in small ways. Those small rebellions will strengthen them, and soon the elders will find control slipping through their fingers.

When people are given a complete freedom, chaos tend to occur. With no accountability, any behavior becomes acceptable. The leader is treated no differently than anyone else in the group. In fact, any initial respect is soon lost as the leader is unable to maintain control. That happens all too frequently in the classroom, when students make all the rules or the teacher does not hold

students accountable for their actions.

No matter how interesting the lessons are, without structure the class will be in constant chaos. In that moment, the students are the ones in charge. So striking a balance to establish a proper disciplined environment through mutual respect is the only solution.

LIVING WITHOUT A FEAR

By TEHZEEB HAMEED, 9A

What is fear? Fear is a feeling or an emotion. A person who fears something does not want it to happen. The fear response comes from sensing danger. It leads to the fight-or-flight response. In extreme cases of fear (horror and terror), there may be a freeze response or paralysis. Fear can be good or bad. If one has a fear of jumping off a cliff they will not do it. This saves one from death. But if someone fears to go to the dentist even though it's very much needed then it's bad. There are many fears like fear of public speaking, fear of flying, etc.

A phobia is an intense fear reaction to a particular thing or a situation. With a phobia, the fear is out of proportion to the potential danger. Phobias are created due to some scary incidents, experiences or personality traits that they're born with. Here are a few common phobias which affect humans: Acrophobia- fear of heights, Arachnophobia- fear of spiders, Astraphobia- fear of thunder and lightning, Auto phobia- fear of being alone, Claustrophobia- fear of confined or crowded spaces, Hydrophobia- fear of water etc.

Lastly, to overcome a phobia or a fear one has to gradually get exposed to the fear by a controlled and safe way under the guidance of a therapist. Also practice specific ways of breathing, muscle relaxation training or soothing self-talk. These exercises make people comfortable and bold enough to face their fears gradually. By getting used to the feared situation or object, the brain adjusts itself and the phobia can be overcome.

LIVING WITHOUT FEAR BY VIDHI PATIL XA

FEAR, what is fear? Fear is an acronym for 'false evidence appearing real'. Fear controls our lives but only when we let it to do so. There is nothing as fear. It is just a thought that we ourselves have kept in our mind.

There are many things that people are scared of, and if we start avoiding everything that we are scared of then we will not be able to do anything in life. Your fears will not leave when you run away from them, but when you dare to look at them and face them.

You can live your life joyfully only when you live a life without fear. To live a life without fear, the main thing that you should do is to live confidently and not to underestimate yourself.

LIVING WITHOUT FEAR BY PARTH RATHORE, 12 A

Fear...what is fear?

Like any other negative emotion, fear is something that is not real.

F.E.A.R. – False Evidence Appearing Real ... Underlining "FALSE".

But, fear can run your life, fear can control your life, in fact, the majority of the population lives out of fear...Fear of being abandoned, fear of lacking security, fear of lacking abundance, fear of lacking health and people kind of live their life running from fear.

When we run from fear, fear is running our lives. We are trying to avoid everything that we are afraid of, so we run from fear; we become small, enclosed and do not dare to be ourselves. We do not dare to live the life that we wish to live because we are afraid. But, the cool thing is, when you stop running from fear and you face your fear, you look at your fears in the face and fear will lose power over you. Because once again, it was never

real and when you dare to look at it you will see that those things that you are afraid of are not real and are not likely to happen in your life and in your experience. Picture your life in a year from now and you look back ...Do you wish to live a life out of fear, where you were so afraid of everything, where you let fear run your life or do you wish to look back and see a life filled with love, filled with amazing moments, with amazing experiences that you would never live if you were afraid? Amazing moments that you would never live if you acted based on your fears or if you ran and hide from them trying to avoid what was never real.

Another cool thing about fear is ...
You don't need to let go of fear to act on the things that you want.
You don't need to let go of fear to be you!

It is very ok to be afraid and still act, it is very ok to be afraid and still be you, it is very ok to be afraid and still love... It is very ok to be afraid. You don't need to let go of the fear and then act, you can act despite fear and once again why? Because fear is not real and something that is not real cannot stop you! You can act always act despite feeling fear. I can be very afraid right now and still write this. Why? Because I truly know that fear is not real and so, that fear cannot stop me. Fear can only stop me if I let it, if I close myself, if I believe that it is real and it has some power. So ... Don't let your life run out of fear.

What are you most afraid of? Take a good a look at it, bring it to your awareness, look at that fear knowing that it is not you, that is not real and something that you can "see" it is obviously not you and something unreal holds no power over you what-so-ever.

You can look at that fear so it cannot control you! Fear can only control you if you avoid it ... Then fear can manipulate you like a puppet. When you no longer are a puppet and you see fear for what it really is, "NOTHING", "UNREAL", "NON-EXISTENT", you will stop being afraid. How good can your life be when you live without fear? When you live out of love, when you live out of freedom and when

you live out of power? Yes ... AMAZING!

Fear can only run your life if you avoid it. When you face it, it doesn't matter how big the demon is... it will go, it will disappear. You will see clearly that "this is not real", "this is not me". You don't need the fear to be completely gone for you to be you. You don't need the fear to be completely gone for you to live, for you to trust, for you to act on love, for you to act on the things that you wish to act. Because something that is not real cannot hold you back! You can feel fear and still act and you can feel fear and you can still be you. You can clearly see the separation... "There is that fear...I will let it be, it is not true, I will deal with it later, or I will not deal with it at all but it will not stop me". And when fear does not stop you it will also disappear! That's the good thing ...When you don't care about fear, when you don't run from it, when you don't avoid it...It will disappear. Either you face it, either you act despite fear, it will disappear and you will be liberated from that fear. So, don't let fear run your life and don't live out of fear, instead, live out of love.

It is always about this same choice, Fear or Love. Once again, imagine your life in 10 years from now and you look back ...Do you wish to live 10 years running away from your fears?

Or

Do you wish to live 10 years acting bravely, being courageous despite fear, facing your fears and living a life of love, a life of adventure, a life of excitement, a life of passion, a life of abundance, ... your dream life?

That dream life contains ZERO fear. Don't let fear run your life ...Dare to dream, dare to love, dare to be You.



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