



Keep Moving Movement

www.mykmm.org

Session 1

Life is Tough

I AM

TOUGHER



INTRO TO

K M M

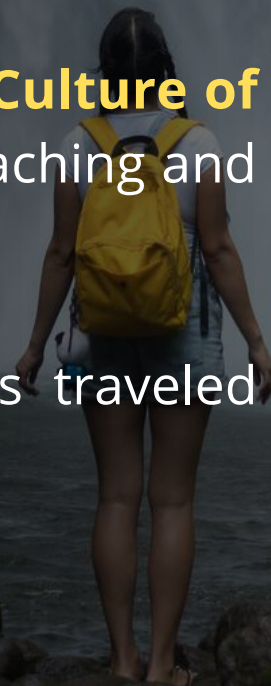
We believe in the **power of the YOUTH**. In other words, in all of **YOU**.

We also believe that until **'Inspiration'** touches us, life is dull and slow.

To fulfill our role in this mission for the youth of our country, in 2001, we started a program called **'Keep Moving Movement'**.

It is dedicated to building a **"Culture of Inspiration"** amongst the teaching and student community.

Keep Moving Movement has traveled across **60+ cities in India**.



INTRO TO

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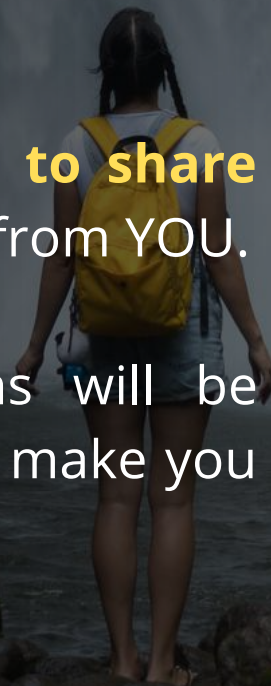
It has also spread its wings in **Nepal** and **Sri Lanka**.

Till date, it has impacted **more than 30,000 teachers and lakhs of students**.

This will be a **7 session**, highly interactive program, that will be conducted **once in 2 weeks**, that is, every alternate week.

We believe we have a **little to share** with you, and **LOTS to learn** from YOU.

We promise, these sessions will be filled with **fun, laughter** and make you feel **very confident**.





INTRO TO SELF

Intro about yourself
(8 Sentences / 2 mins)

QUIZ TIME

A few big company's that most of us would have heard about. We would be knowing what these are famous for TODAY. Let's find out if we know what was the FIRST product or service these companies sold.

SONY



NOKIA



 **LG**



SAMSUNG

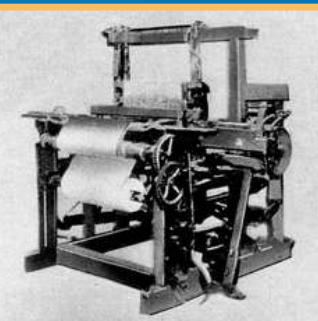




amazon



IKEA



HOW MANY OF YOU

LIKE TO

WRITE



What are a few benefits of writing?

When we write...

- It helps to **release stress**
- It develops **creativity**
- It helps us to **capture knowledge**
- It helps us become **better communicators**

To achieve all of these, let's do a small writing activity that all of us will enjoy. This is NOT like writing for an exam so I am sure you will love it.

Since KMM believes each kid in today's India is super smart and very capable, I am going to show you a picture for 30 secs and ask you to write down your thoughts about this picture.

Remember, how each one of the companies we mentioned are world class and world renowned, yet, they failed in creating so many products.

Now, write down your thoughts about this picture.

Let's do a small sharing exercise. It's not compulsory to share unless you want to.

It requires courage to share and all answers are right answers.

Ensure at least 4 mins are taken to listen to their sharing.

Upto 10 children share. Ask them, "Can you elaborate what you shared in 2 or 3 sentences please?"

(After the kids share, share your three sentences on the picture)

Do this for all 4 pictures...



When you find yourself thinking:



I'm a failure

Reframe and keep going

That was a failed attempt



Keep Moving Movement

A really hard thing



How it feels
right now



How it will feel
in a few months



How it will feel
in a few years



Keep Moving Movement

Life is tough. I am tougher



This is what you
want to avoid



But that is what
makes you grow



Keep Moving Movement

Take care of yourself

You wouldn't let this happen to your phone



Don't let this happen to you either



Keep Moving Movement

 **Keep Moving
Movement**

www.mykmm.org



**BRAIN
TATTOO**