



# केन्द्रीय माध्यमिक शिक्षा बोर्ड CENTRAL BOARD OF SECONDARY EDUCATION

No: CBSE/M&PR/Counseling/2024

13.05.2025

**All the Principals/Heads of Schools/  
Institutions affiliated to CBSE**

**Subject: Implementation of CBSE Parenting Calendar Activities-reg**

Dear Sir/Ma'am,

As you are aware that CBSE has issued Parenting Calendar on 01 April 2025 for the session 2025-2026 for school, aimed at promoting holistic development of students by encouraging positive parenting practices and engaging activities at home and school. This calendar is designed to facilitate meaningful interaction between parents, educators, and students, thereby strengthening the overall developmental environment.

The primary objectives of this Parenting Calendar are to promote emotional well-being, instill values, enhance life skills, and create a balanced approach towards academics and life beyond textbooks. It emphasizes the importance of nurturing emotional intelligence, social skills, and parent-child-school bonding through simple yet impactful activities.

All CBSE-affiliated schools are advised to go through the CBSE Parenting Calendar available at CBSE website on the following link:-

[https://www.cbse.gov.in/cbsenew/documents/Circular\\_01042025\\_Parenting\\_Calender.pdf](https://www.cbse.gov.in/cbsenew/documents/Circular_01042025_Parenting_Calender.pdf)

All schools are further advised to select suitable activities from the calendar and integrate them with the curricular/co-curricular activities. These activities can be appropriately accommodated in the holiday homework by the schools. This integration may ensure that students engage in meaningful, skill-based, and value-oriented activities during the vacation period, thereby maintaining continuity in their holistic development. Schools should assign these activities to students in co-ordination with their parents/guardians, encouraging them to participate actively and reflect on their experiences.

**Suggestive Activities:-**

- **Nursery & Kindergarten:** Storytelling (with dice/pictures), alphabet/numeracy games (letter count/letter hunt, counting songs) and self-expression activities (drawing/picture prompts/show or tell activities, lesson on eating habits/ good touch-bad touch etc.
- **Grades 1 & 2:** Decision-making exercises such as "when to say yes, no, or let's try". Awareness session on nutrition, activity on peer appreciation, word-building/simple puzzle solving, and expressing gratitude etc.
- **Grades 3-5:** Group interaction, storytelling, gardening or art activities/picture perception activity, book/journal/newspaper reading etc.
- **Grades 6-8:** Awareness talk/interaction on do's and don'ts for cyber safety, peer feedback learning activity, self-improvement reflection exercises and goal setting, picture/surroundings appreciation activity, clean up drive/plantation activity/slogan writing etc.
- **Grades 9 & 10:** Career awareness booth creation, guest speaker session to promote career awareness, life skills role-plays (conflict resolution activity/team work/situation reaction drills/decision making drills), interest/aptitude test to gauge career interest, discussion on digital addiction/ tech trends, alumni panel discussion for students etc.
- **Grades 11 & 12:** Panel discussion on career trends, mock interviews, meet & greet sessions with alumni, peer-led activities on coping strategies, role playing on handling peer pressure or setbacks,

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profile/resume building, yoga/time-management/ etiquette workshops, digital portfolio creation, career counseling session, aptitude testing etc.

You may kindly communicate with concerned teachers, students and parents about the above initiative, emphasizing the importance of collaborative efforts in nurturing well-rounded individuals. Let's reinforce positive parenting and lifelong skills among our students through implementation of activities outlined in the CBSE Parenting Calendar.

We look forward to your active support in implementation of these activities. Please ensure sharing activity report and your valuable insights/feedback via the link <https://forms.gle/D1ENaKmHZ7ZB2i2F9> to enable us assess the effectiveness of the initiatives and plan/enhance future activities accordingly.

It may also be noted that CBSE is organizing a series of student-centric online programs and webinars on psychosocial support, career counseling, and other relevant topics for capacity building of educators and counselors, as well as to raise awareness among students. All sessions are now available on the CBSE YouTube channel: <https://www.youtube.com/@cbsehq1905>. We therefore encourage the students and school fraternity to explore and optimally utilize these valuable resources on counseling.

With best wishes,

(Himanshu Gupta)  
Secretary



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**Copy to the respective Heads of Schools, Directorates, Organizations and Institutions as indicated below with a request to disseminate the information to all the schools under their jurisdiction:**

1. The Commissioner, Kendriya Vidyalaya Sangathan, 18 Institutional Area, Shaheed Jeet Singh Marg, New Delhi-16
2. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida-201309
3. The Secretary, Eklaya Model Residential Schools (EMRS), Ministry of Tribal Affairs, Government of India.
4. The Secretary, Sainik Schools Society, Room No. 101, D-1 Wing, Sena Bhawan, New Delhi-110001
5. The Chairman, Odisha Adarsha Vidyalaya Sangathan, N-1/9, Near Doordarshan Kendra, PO Sainik School Nayapalli, Bhubaneswar, Odisha-751005
6. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110054
7. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160017
8. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim –737101
9. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar –791111
10. The Director of Education, Govt. of A&N Islands, Port Blair – 744101
11. The Director of School Education, Ladakh, Room No.101-102, Ground Floor, Council Secretariat, Kurbathang, Kargil - Ladakh
12. The Director of School Education, Andhra Pradesh, 3rd Floor, B block, Anjaneya Towers, VTPS Rd, Bhimaraju Gutta, Ibrahimpatnam, Andhra Pradesh – 521456
13. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector -3, Rohini, Delhi
14. The Additional Director General of Army Education, A –Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
15. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
16. The State Project Director, Odisha Adarsha Vidyalaya Sangathan, N-1/9, Nayapalli, P.O. Sainik School, Bhubaneswar, District- Khorda, Odisha-751005
17. DS to the Chairperson, CBSE
18. All the Directors/ HODs, CBSE
19. All Regional Directors/ Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions.
20. All Joint Secretary/ Deputy Secretary/ Under Secretary/ Assistant Secretary, CBSE
21. All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
22. Joint Secretary (IT Unit) with the request to upload this circular on the CBSE Website.

**Secretary**