

# HAPPINESS CURRICULUM ACTIVITY REPORT

## PRE-PRIMARY DEPARTMENT

MONTH – April '2025

### ACTIVITY SESSION – ‘MINDFUL BREATHING ’

The activity started with the focus upon mindful breathing. This activity aimed to promote relaxation, stress relief, and happiness by focusing on deep breathing exercises while blowing balloons.

#### LEARNING OUTCOMES: -

The students were able to: -

\* Increase their focus

\* Improve Their Observation Power

#### SOME GLIMPSES OF ACTIVITY: -
