

HAPPINESS CLASS

CLASS-V - VIII

November 2022

Happiness Curriculum is an educational program for the children studying in nursery to grade eight in schools run by the Government of Delhi since 2018. This curriculum is based on human –centric education which includes meditation, value education and mental exercises.

Happiness Class was conducted during zero period. It was initiated with deep breathing exercise. Students were guided to deep breathe thrice. Later they were told to close their eyes softly and focus on their breath. They were further instructed to open their eyes and observe their surroundings.

Different stories were read out in different classes inculcate moral values in students. After the narration of the story, students tried to summarize the stories in their own words.

CLASS V - AAO PICNIC CHALE

A wonderful story was narrated to enable the students to understand the importance of caring and moral values





CLASS VI- THREE LABOURERS AND THEIR POINT OF VIEW

An interesting story of three labourers was narrated, students not only listened to the story carefully but also showed their happiness by making smileys.





CLASS VII & VIII

Two different stories were narrated in the class and students were told to summarize them in their own words. Students also discussed the moral of the story.







Learning Outcome:

After reading the story students were able to understand:

- What makes one happy.
- Actions that can be taken to improve happiness.
- Daily habits that one should change to become happier.
- How to change environment to change your behavior.