

# **HAPPINESS CLUB REPORT**

**MONTH-FEBRUARY2025**

## **MIDDLE DEPARTMENT (VI-VIII)**

Introduction: The club aims to develop self-awareness and mindfulness in young learners. Through the activities, children learn to manage their emotions and build healthy relationships around them.

The middle department of Gyan Mandir Public School undertook the following activities during the month of February under Happiness curriculum:

### **Class VI:**

MINDFULNESS SECTION:

1.Mindful Eating

STORIES AND ACTIVITIES SECTION

1.Four states in Nature

2.We and Our Nature

Learning Objectives: Students will be able to -

1. have sensory awareness: Paying attention to the sight, smell, taste, texture, and sound of food while eating.
2. Foster a deeper connection between the mind and body during eating.
- 3.understand about the four states of nature.

Learning Outcomes: Students were able to –

- 1.learn about the taste, smell and texture of the food that students eat.
- 2.Learn the factors that go into eating food: emotions, colour, mood and the amount of food taken.
- 3.Understand the states present in nature to give its examples.

**Glimpse of the Activity:**

### **CLASS VII:**

MINDFULNESS SECTION

1. Progressive Muscle Relaxation

STORIES AND ACTIVITIES SECTION

1. Complementarity In Nature

## 2. Earth: Our Home

Learning Objectives: Students will be able to-

1. Help students improve focus and concentration by calming the mind and reducing distractions.
2. Foster a relaxed state conducive to better learning and retention of information.
3. do activities and to understand Earth as our home.

Learning Outcomes: Students were able to-

1. feel the tension on the muscles of arms, shoulder etc and relax them.
2. present their thoughts on why we consider earth as our home.
3. prepare a collage on family tree.

**Glimpse of the Activity:**



## FAMILY EXPECTATIONS

1. Maintaining open communication.
2. Supporting each other through challenges
3. Prioritizing quality time together
4. Respecting individual boundaries
5. Sharing household responsibilities fairly
6. Ensuring everyone feels love.

## FRIENDS EXPECTATIONS

1. Active listening and empathy.
2. Support and encouragement.
3. Respectful communication
4. Reliability and trustworthiness.
5. Positive and social interaction with others
6. Acceptance and understanding



Happiness Activity



## CLASS VIII:

### MINDFULNESS SECTION

1. Gratitude
2. Gatekeeper

### STORIES & ACTIVITIES SECTION

1. Existence: Space and Nature
2. Humans and Nature

Learning Objectives: Students will be able to –

1. develop a positive mindset and strengthen their emotional well-being by recognizing and appreciating the positive aspects of life.
2. awareness about the nature and how humans blend in with its elements.
3. Acknowledge the role of others in personal happiness and well-being.

Learning Outcomes: Students were able to-

1. appreciate the things that they have in life and to find contentment.
2. do activities that brings awareness about the nature and its elements.

Glimpse of the Activity:

