

Happiness Activity

Topic – Mindfulness Section

Activity :

Mindfulness of Feelings

Learning Objectives:

The students were able to:

1. do the activities
2. share their views
3. express themselves
4. learn the importance of nature

They were very happy to perform the activities and actively took part in it.

Description of the activities

The students were excited to do the activities. They showed interest and actively participated. They listened to the stories told by their classmates. The students came up when their own stories and shared it with their classmates.

Class 1 - Mindfulness of Feelings – Stories Session

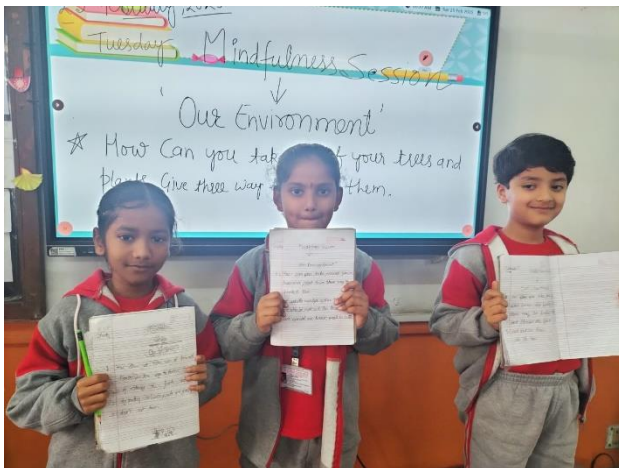
The students listened to the stories and did the activities. They learnt sharing is caring.





Class 2 – Mindfulness Session

The students learnt the ways to save the environment , they shared how they protect their environment. They listed the ways to keep the environment clean.



Class 3 Mindfulness Feelings

The students heard the stories of nature, they learnt how important it is to take care of our environment, they learnt about expressions , how they should express themselves in situations.



Class IV – Mindfulness sessions

The students learnt about their environment .They shared how they keep their environment clean. They also about sharing.



Class V – Happiness Experience and Word Association

The students shared their stories in which they have helped their friends , their family members.



So these are the glimpses of how our students enjoyed during the activities and how actively they have participated.