

# HAPPINESS CURRICULUM ACTIVITY-REPORT

MONTH – APRIL'23

## PRE-PRIMARY DEPARTMENT

### ACTIVITY – ‘UNDERSTANDING BREATHING’

The activity started with the class discussion and questions like:-

- How do we breathe?
- Where is our nose?
- Can you smell anything around you?
- After this in order to develop understanding of breathing, students were asked to close their eyes and smell the different odours around them in the class and tell whether it was pleasant or bad.
- The students were also asked hold their breath and then release to make them understand the importance of their nose. Teacher also asked questions related to some particular object like flower, garbage, perfume etc. to differentiate between good smell and bad smell.

### LEARNING OUTCOMES : -

The students are able to:-

- \*Develop understanding Of Breathing.
- \*Increased their Concentration level.
- \*Enhanced Critical Thinking.
- \* Increase their focus.
- \*Improve Their Observation Power.

### SOME GLIMPSES OF ACTIVITY: -





## CLASS I- IV

‘Happiness Curriculum’ aims at “how to move from searching happiness externally to being able to ensure it within oneself through positive emotions”.

- ❖ Students were guided to sit with folded legs, eyes closed, and they were instructed to take slow deep breaths three times for mindfulness.
- ❖ Then they were asked to note down and reflect on their observations based on their immediate surroundings.
- ❖ They were also instructed to pay attention to all the sounds they could hear and discuss with their respective teachers.
- ❖ Later on, they were asked to observe the temperature of their breath and discuss their findings with their teachers.

The curriculum aims to make the children more aware, mindful and eventually meaningful contributors to society. The concept is based on the idea that children have a challenging childhood in current times of social media and reduced human interaction. To keep this in mind following activities were conducted in the happiness curriculum in the month of April in

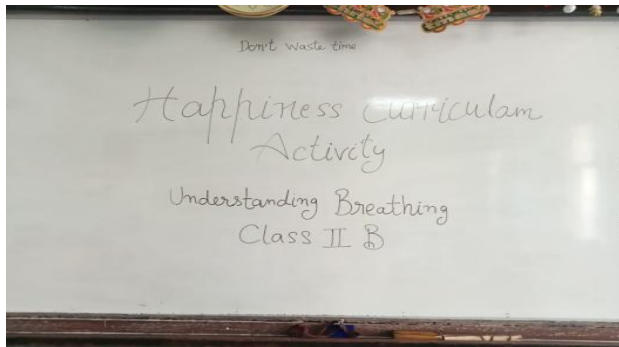
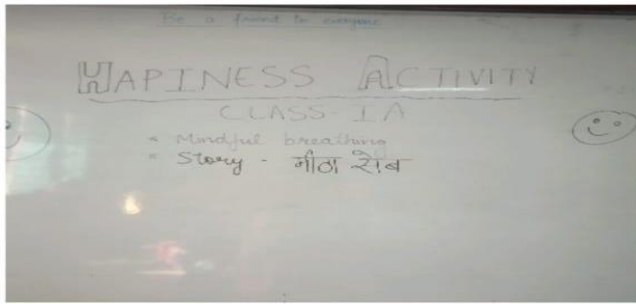
### Class I & II

1. Understanding breathing
2. साइमन कहता है

### Glimpse of the activities

**VIDEO LINK -** <https://youtu.be/hi6Ua-YbfSI>

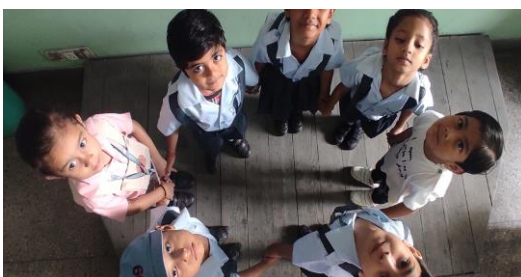




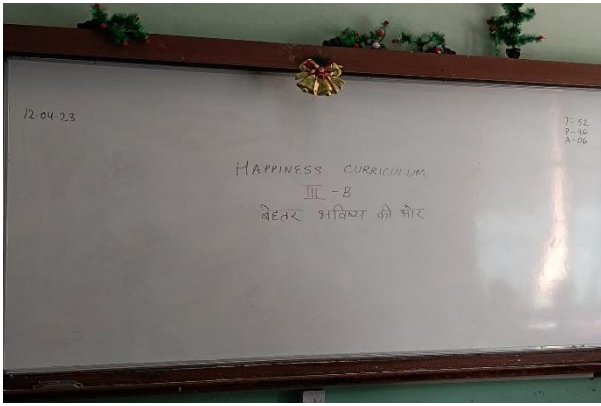
## Class III & IV

1. Understanding Breathing
2. Mindful Listening -1

## Glimpse of the activities







## Learning Outcomes –

Students were able to –

1. Become aware of the changes happening in their environment.
2. Observe activities of the body.
3. Observe the desire to be happy always.
4. Joy of participation and expressing oneself.
5. Improve concentration level.

## CLASS V- VIII

'Happiness Curriculum' aims at "how to move from searching happiness externally to being able to ensure it within oneself through positive emotions".

- ❖ Students were guided to sit with folded legs, eyes closed, and they were instructed to take slow deep breaths three times for mindfulness.
- ❖ Then they were asked to note down and reflect on their observations based on their immediate surroundings.
- ❖ They were also instructed to pay attention to all the sounds they could hear and discuss with their respective teachers.
- ❖ Later on, they were asked to observe the temperature of their breath and discuss their findings with their teachers.

The curriculum aims to make the children more aware, mindful and eventually meaningful contributors to society. The concept is based on the idea that children have a challenging childhood in current times of social media and reduced human interaction. To keep this in mind following activities were conducted in the happiness curriculum in the month of April in

Class V, VI and VII

1. Introduction of mindfulness
2. Mindful belly breathing

Glimpse of the activities:

### CLASS V-A



### CLASS V-B

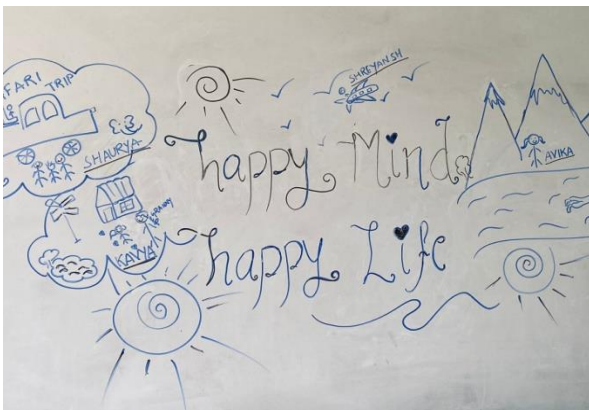




## CLASS VI-A



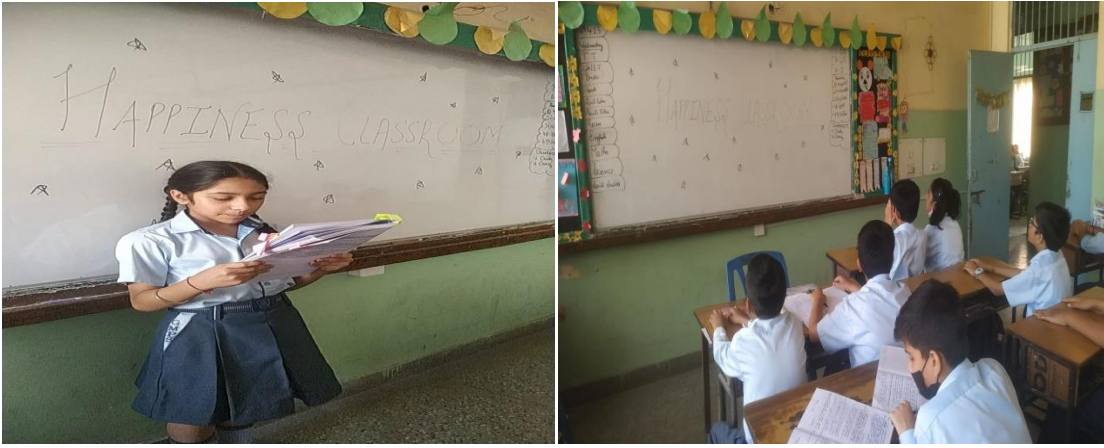
## CLASS VI-B



## CLASS VII- A



## CLASS VII-B



## CLASS VIII

1. Introduction to mindfulness
2. Mindfulness reading - SILENCE

Glimpse of the activities;

## CLASS VIII-A



## CLASS VIII-B



## Learning Outcomes –

Students were able to learn

1. Become aware of the changes happening in their environment.
2. Observe activities of the body.
3. Observe the desire to be happy always.
4. Joy of participation and expressing oneself.
5. Improve concentration level.