

HAPPINESS CURRICULUM ACTIVITY-REPORT

MONTH – AUGUST 2023

The following activities were conducted in different classes:

PRE-PRIMARY DEPARTMENT

ACTIVITY SESSION(7) – ‘MINDFUL LISTENING-III’

The activity started with the teacher calling some students and instructed them to do some actions when she made some gestures. Like the students were made to jump when the teacher clicked her fingers, when she clapped, they sat with their arms crossed. Lastly, she asked some questions from the students like –

- Was the activity difficult or easy to perform ?
- Were they able to follow the teacher’s instructions easily ?
- Did they enjoy the various actions when the teacher made specific gestures?

LEARNING OUTCOMES: -

The students are able to: -

- *Understand the different actions to be performed when the teacher clapped her hands or clicked her fingers.
- * Increase their focus.
- * Enhance their gross motor skills.
- *Improve Their Observation Power.

SOME GLIMPSES OF ACTIVITY: -



ACTIVITY SESSION(8) – ‘MINDFUL LISTENING-IV’

The activity started with the teacher instructing the students to sit comfortably and peacefully in the class. Then, she will demonstrate them to do some actions like fold their arms, click their fingers and clap their hands when she instructs them. Later, she will ask some questions related to these actions , like:-

1. Which instructions did you hear?
2. Were all the instructions same or different?
3. Were the actions easy to perform or difficult?
4. Was the activity fun?

LEARNING OUTCOMES : -

The students are able to:-

- *Identify the various instructions given to them and follow them.
- *Identify the different actions to be performed when the teacher instructed them.
- * Increase their focus.
- *Improve Their Observation Power.
- *Enhance their fine and gross motor skills.

SOME GLIMPSES OF ACTIVITY: -





PRIMARY DEPARTMENT

The following activities were conducted in different classes in the month of August in Grade I and IV :-



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Learning Outcomes –

Students were able to-

- learn the importance of healthy food.
- learn the ways and means of how to keep themselves healthy.

Glimpse of the activities



Grade -II

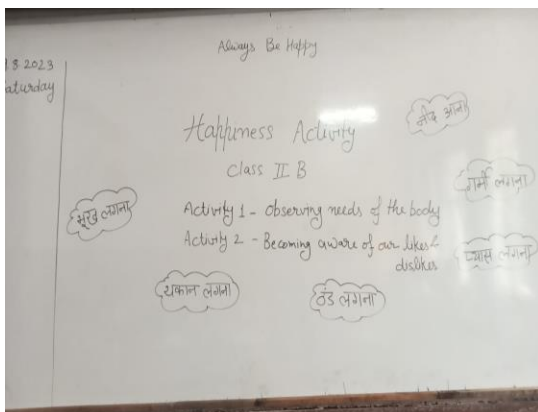
1. Activity -1-Observing needs of the body
2. Activity -2-Becoming aware of our likes and dislikes.

Activity Description- They were asked to tell about the need of the body.They were also told about choosing healthy eating habits.Students were asked to write their likes and dislikes about their eating habits.

Learning Outcomes –

Students were able to-

- learn the importance of healthy food.
- know about their likes and dislikes
- learn the ways and means of how to keep themselves healthy.



Grade - III

1. **Activity -1**-Identifying activities and needs of the body.
2. **Activity -2**-Recognising differences in our decision based on what we like versus what is good for us.

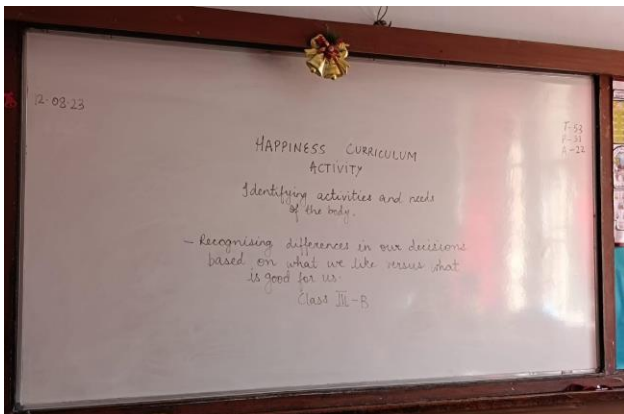
Activity Description- They were asked to tell about the need of the body.They were also told about choosing healthy eating habits.Students were asked to write their likes and dislikes about their eating habits.

Learning Outcomes –

Students were able to-

- learn the importance of healthy food.
- know about their likes and dislikes
- learn the ways and means of how to keep themselves healthy.

Glimpse of the activities



Grade - IV

1. **Activity -1**- Identifying separate needs of the self and body on the basis of quantity.
2. **Activity -2**- Recognising the distinctions in Voluntary and involuntary activities of the body.

Activity Description- They were asked to tell about their eating habits.They were told about the right quantity of food their body required.Students were asked to write their favourite food.

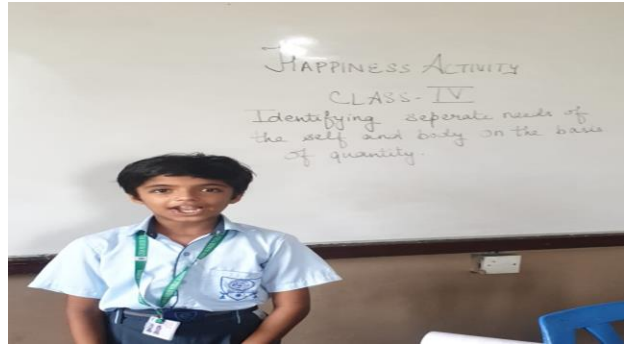
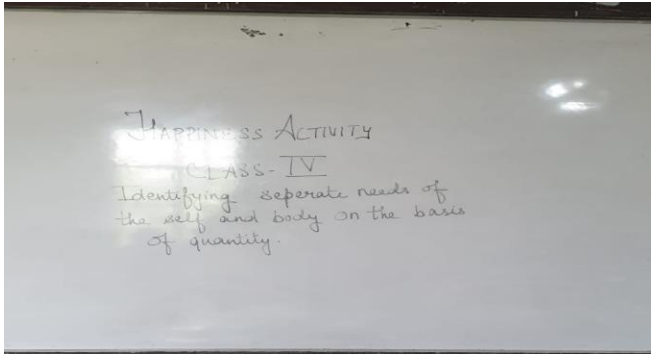
Learning Outcomes –

Students were able to-

- learn the importance of eating the right quantity of food.

- learn the ways and means of how to keep themselves healthy.

Glimpse of the activities



Class-V

Activity -1 Importance of health and a daily routine

Activity -2 Observing that all humans have the potential to understand things around them.

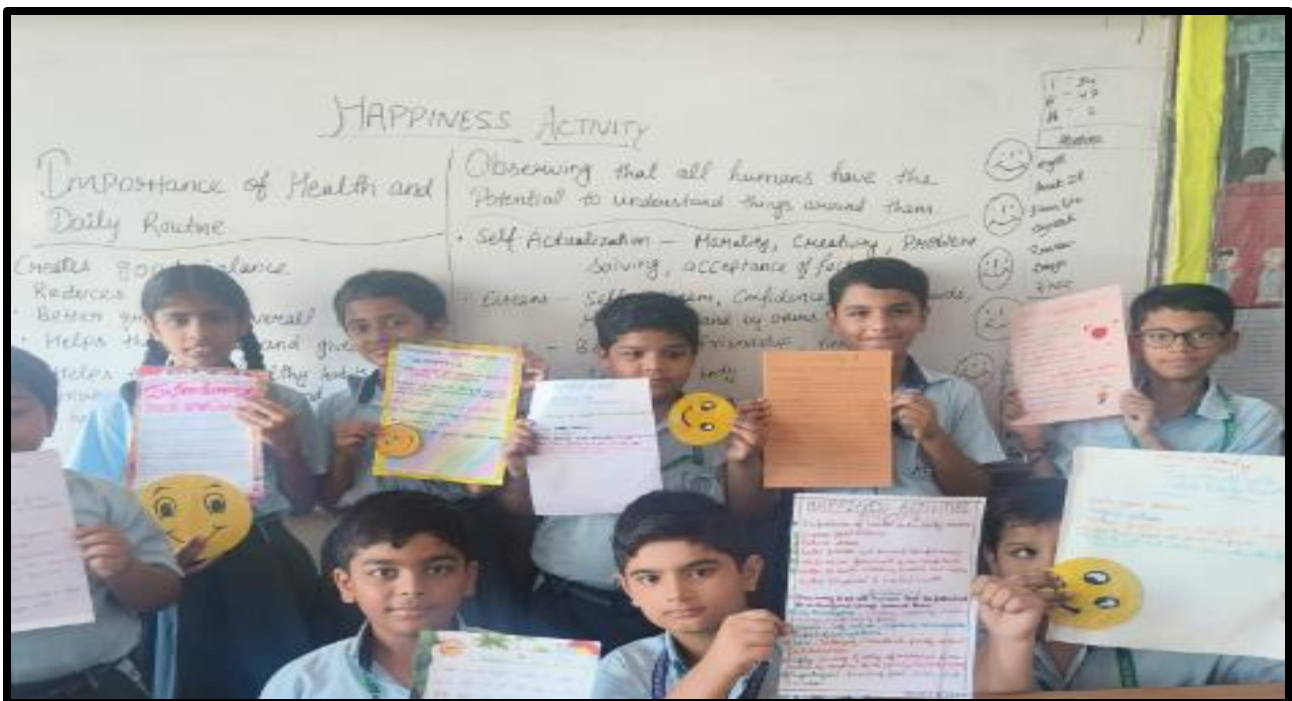
- Students were guided to sit with folded legs, eyes closed, and they were instructed to take slow deep breaths three times for mindfulness.
- Then they were asked to note down their daily routine
- Students were narrated a story to draw their attention towards their environment.
- Students were asked several questions to derive the outcome of the learning.

Learning Outcomes –

Students were able to –

- become aware of the changes happening in their environment.
- learn the importance of keeping a daily routine
- learn the ways and means of how to keep themselves healthy.

Glimpse of the activities

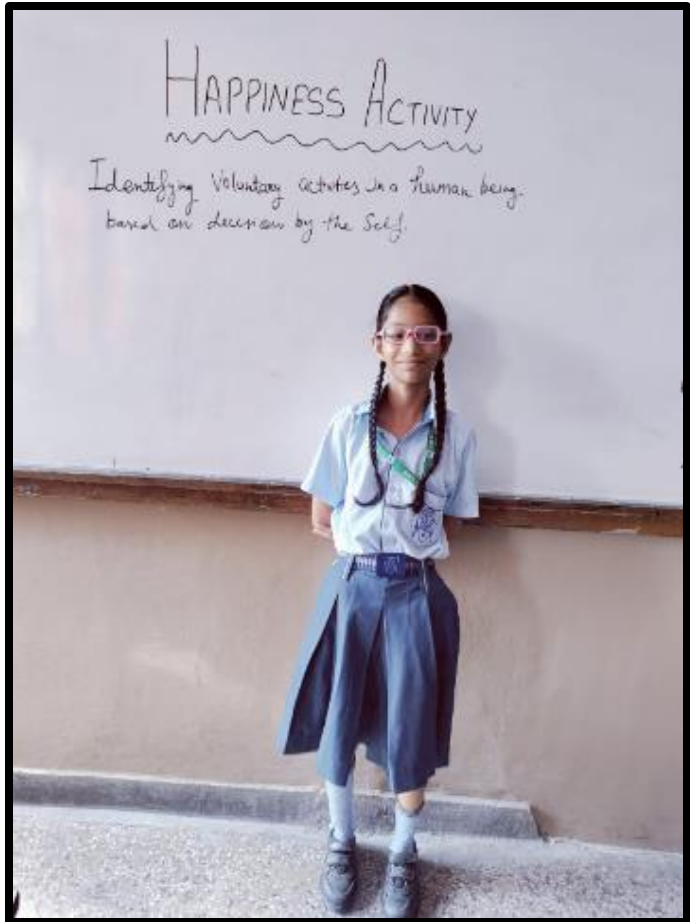
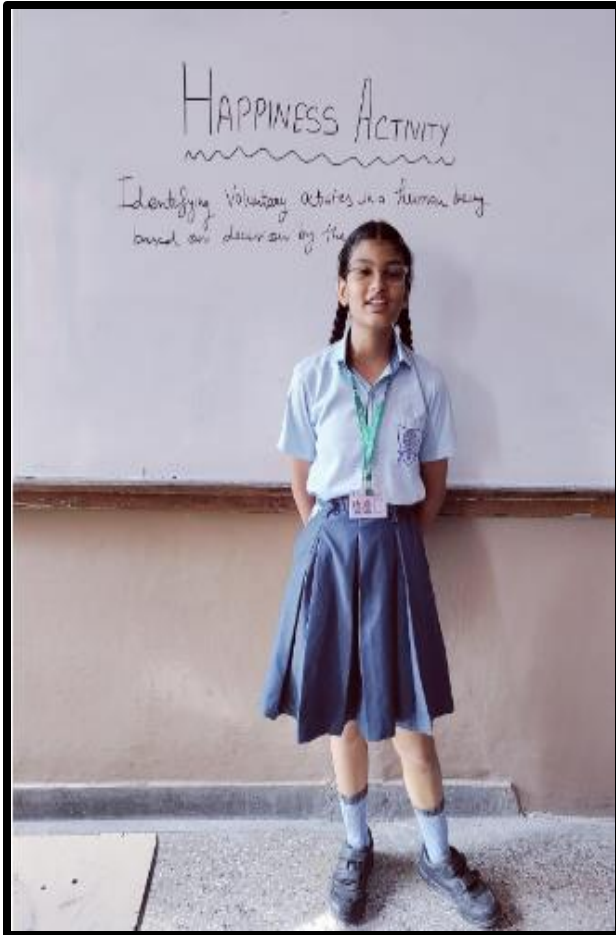


Class VI-

Activity -1 Identifying Voluntary activities in a human being based on decision by the self.

Activity -2 Understanding the difference between Knowing and assuming.

- 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 the difference between knowing and assuming something.



Learning Outcomes –

Students were able to –

- become aware of the difference between understanding and assuming about a give topic.
- learn the importance gaining knowledge in real life.

Class VII-

Activity -1 Understanding how do the needs of the self get fulfilled

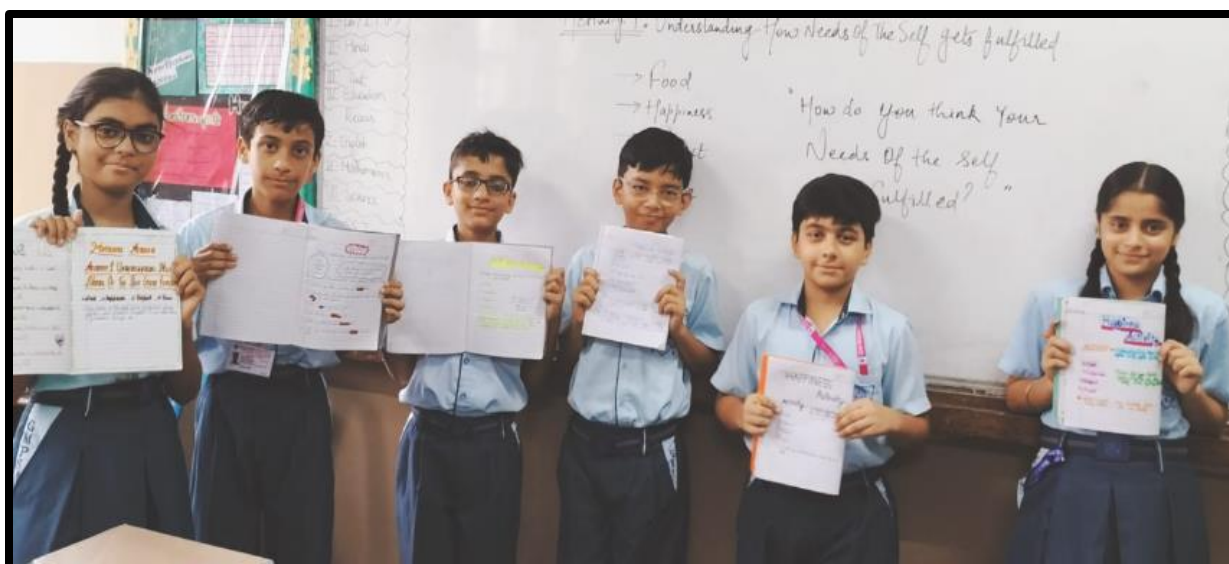
Activity -2 Understanding what Knowing entails

Learning Outcomes –

Students were able to –

- Understand the importance of needs of self
- Need for security, safety, and avoiding danger.
- Need for knowledge, exploration, and understanding.

- Need to reach one's full potential.



Class VIII

Activity -1 Relationship between the self and the body

Activity -2 Understanding the distinctions between the self and the body

Learning Outcomes –

Students were able to –

Understand the terms: - Desire, Imaging, Thought, Expectation, Analyzing, Selecting/Tasting



