

HAPPINESS CURRICULUM ACTIVITY-REPORT

MONTH – July'23

PRE-PRIMARY DEPARTMENT

ACTIVITY SESSION(5) – ‘MINDFUL LISTENING-I’

The activity started with the teacher calling some students and instructed them to make some sounds like cat's meow, lion's roar, train's whistle etc. Then, she will tell the students to close their eyes. She will now repeat the same voices in the classroom. Finally, she will ask some questions from the students like –

- Did you hear some sounds ?
- Were the sounds same or different?
- Were the sounds easily audible in noisy place or quiet place?
- Were you able to recognise the sounds with your eyes closed?

LEARNING OUTCOMES: -

The students are able to: -

- *Understand the difference in listening to loud or soft sounds.
- * Increase their focus.
- * Understand the difference in listening to different types of sounds.
- *Improve Their Observation Power.

SOME GLIMPSES OF ACTIVITY: -



ACTIVITY SESSION(6) – ‘MINDFUL LISTENING-II’

The activity started with the teacher instructing the students to sit comfortably and peacefully in the class. Then, she will demonstrate to breathe in and breathe out 3-4 time. Next, they will close their eyes and listen carefully to the sounds coming from outside the class like birds chirping, sounds from the playground etc. Finally, some questions related to the activity were asked by the teacher:-

1. How are you feeling after breathing exercise?
2. Which sounds did you hear?
3. Were all the sounds same or different?
4. Were all the sounds loud or silent
5. Was there any sound which you could not understand?
6. Was the activity fun?

LEARNING OUTCOMES : -

The students are able to:-

- *Identify the various sounds.
- *Identify the intensity of different sounds near them.
- * Increase their focus.
- *Improve Their Observation Power.

SOME GLIMPSES OF ACTIVITY: -



PRIMARY DEPARTMENT

Class I- IV

Both mindful listening and breathing exercises offer various benefits to individuals' mental, emotional, and physical well-being.

Following activities were conducted in the happiness curriculum in the month of April in Grade I and II

1. Mindful Listening

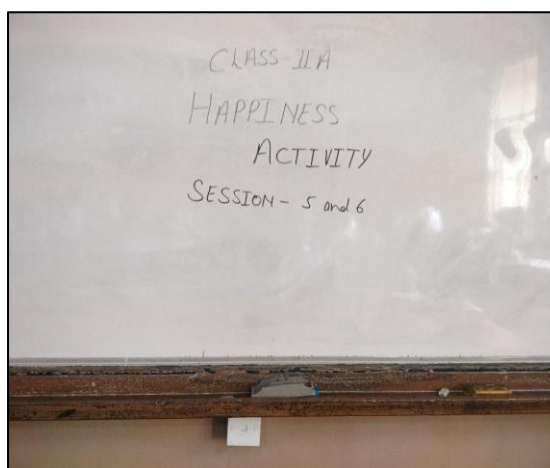
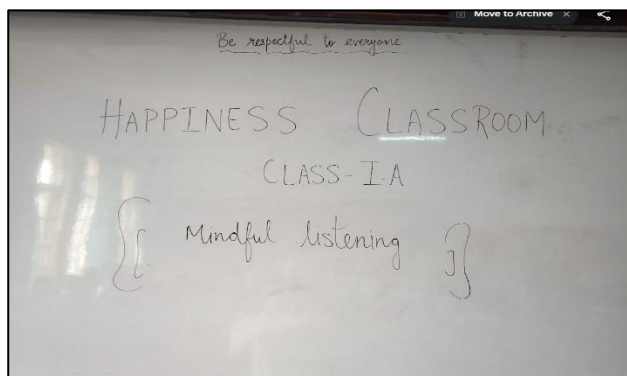
2. Story – Rani ki Gudiya

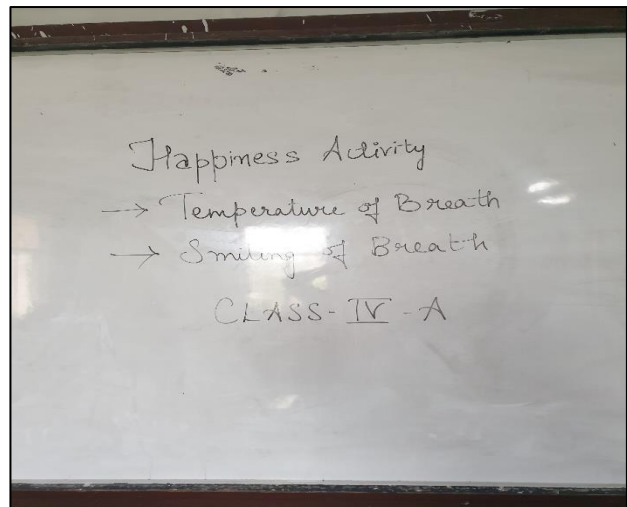
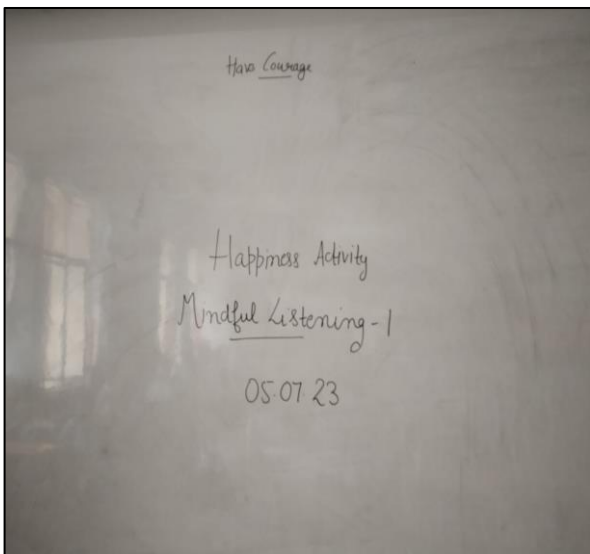
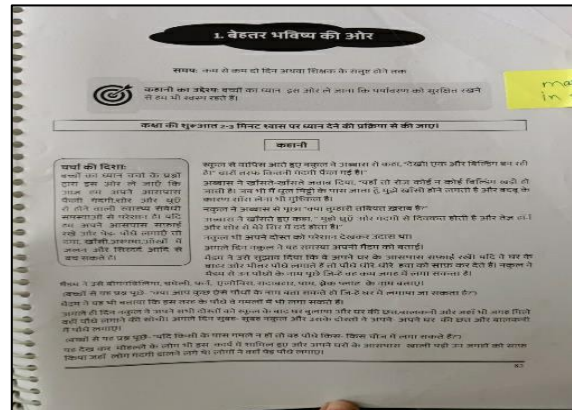
- Students were guided to sit straight with folded arms and closed eyes. They were instructed to breathe in and out and observe their breath.
- While they were sitting, they were asked to observe the sound of the surroundings and share their observations.
- Students had been told the importance of listening to others. They have been guided that hearing out others thoughts and ideas or the sound would help them in knowing better.

Learning outcomes

1. Students became aware about their breathing which helped them in improving their concentration.
2. Students showed attentiveness while listening to the sound of the surroundings and shared that they heard moving fans, felt the heartbeat, chirping of the birds etc.

Glimpse of the activities





MIDDLE DEPARTMENT

Class-V & VIII

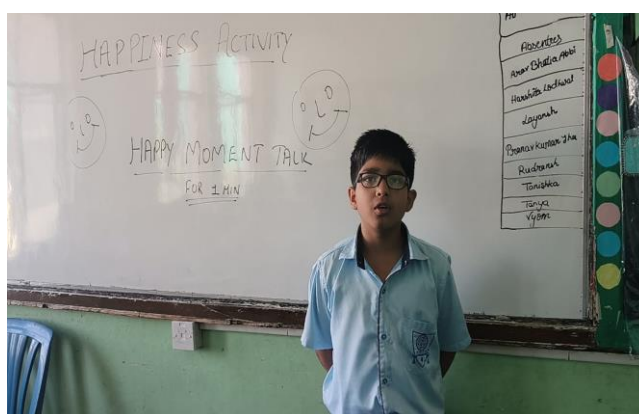
Grade III & IV

- The following activities were conducted in the class:
 - a. Understanding Breathing
 - b. Story Session – ‘Behtar bhavishya ki oar’
- 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.
- Students were narrated a story to draw their attention towards their environment and its well being.
- 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 the environment clean.
- learn the ways and means of how to keep the environment clean.
- understand the role of planting trees and trees.
- learn the ways and the types of plants to be planted to keep the air clean.



Class-VII & VIII

