

# HAPPINESS CURRICULUM ACTIVITY-REPORT

## PRE-PRIMARY DEPARTMENT

MONTH – October'23

### ACTIVITY 1– ‘HAPPINESS MY GOAL’

The activity started with the teacher demonstrating the students some actions which would make them smile. The students followed the teacher's action. Slowly and gradually they started enjoying the fun filled gestures and smiled a lot. The activity ended with a wide smile on every student's face.

#### LEARNING OUTCOMES: -

The students are able to: -

- \*Understand the difference in listening to different types of sounds and follow instructions.
- \* Increase their focus.
- \* Enhance their fine motor skills.
- \*Improve Their Observation Power.

#### SOME GLIMPSES OF ACTIVITY: -





## **ACTIVITY 2- WHY EDUCATION'**

The activity started with the teacher telling the students about various benefits of getting educated. The students were made to understand the different concepts like Big and Small, Fat and Thin . Light and Dark through Roly Poly Game. They were shown various actions and told that they would be able to follow the instructions in different languages because they are getting education. Finally, some questions related to the activity were asked by the teacher: -

1. Was the activity fun?
2. Did you notice any difference in the instructions which the teacher gave.
3. Did you learn any new concepts?
4. Is there any difference between you and the children living on streets?
5. How would you help the children who cannot go to schools?

### **LEARNING OUTCOMES : -**

The students are able to: -

- \*Identify the various instructions and follow them.
- \*Understand the importance of education.
- \* Increase their focus.
- \*Improve Their Observation Power.
- \* Enhance their social skills.

### **SOME GLIMPSES OF ACTIVITY: -**



# **HAPPINESS CURRICULUM ACTIVITY- REPORT**

**MONTH – OCTOBER 2023**

**Class I - IV**

**"Real happiness is not of temporary enjoyment but is so interwoven with the future that it blesses forever." - James Lendall Basford**

**Learning Objectives:-**

**Students will be able to-**

- identify and express moments that make them happy.
- encourage understanding and appreciation of friendships over material possessions.

The activity conducted in Grade I- IV aims to simplify the ideas of valuing relationships over material items and understanding sources of happiness for young children, encouraging them to express their feelings and appreciate the joys of friendships and simple pleasure. The teacher asked the students to draw or write about things that make them happy on paper. It was also discussed that what makes friends special and what things or toys they like. They were asked to draw or create a collage showing their friends on one side of the paper and their favourite toys or items on the other side afterwards they were told to explain their drawing and why friends are important. They were told about the joy and happiness that comes from playing and spending time with friends.

**Glimpses of the activity:-**

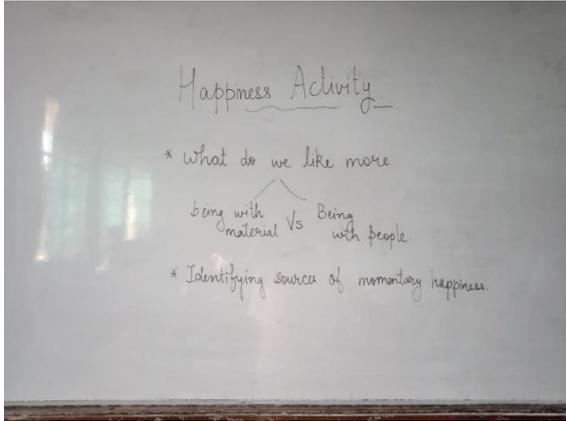
**Grade 1**

**Activity -1**

What do we like more - being with material versus being with people?

**Activity -2**

Identifying sources of momentary happiness.



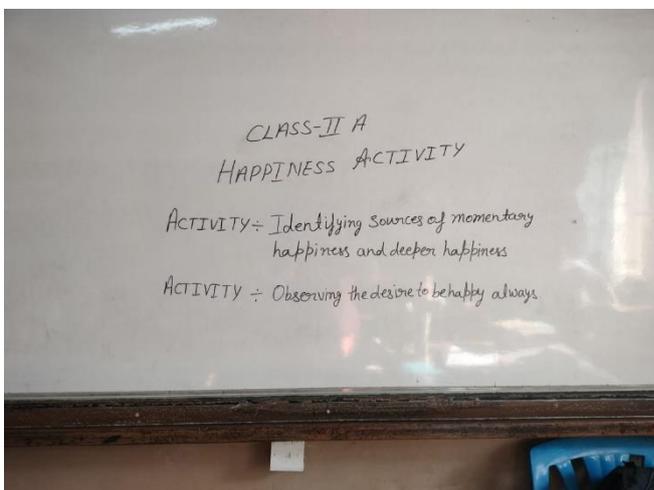
## Grade 2

### Activity -1

**Identifying sources of momentary happiness and deeper happiness.**

### Activity -2

**Observing the desire to be happy always.**





### **Grade 3**

#### **Activity -1**

**Realizing the desire to be happy always.**

#### **Activity -2**

**Recognising how we feel when there is harmony in relationships.**



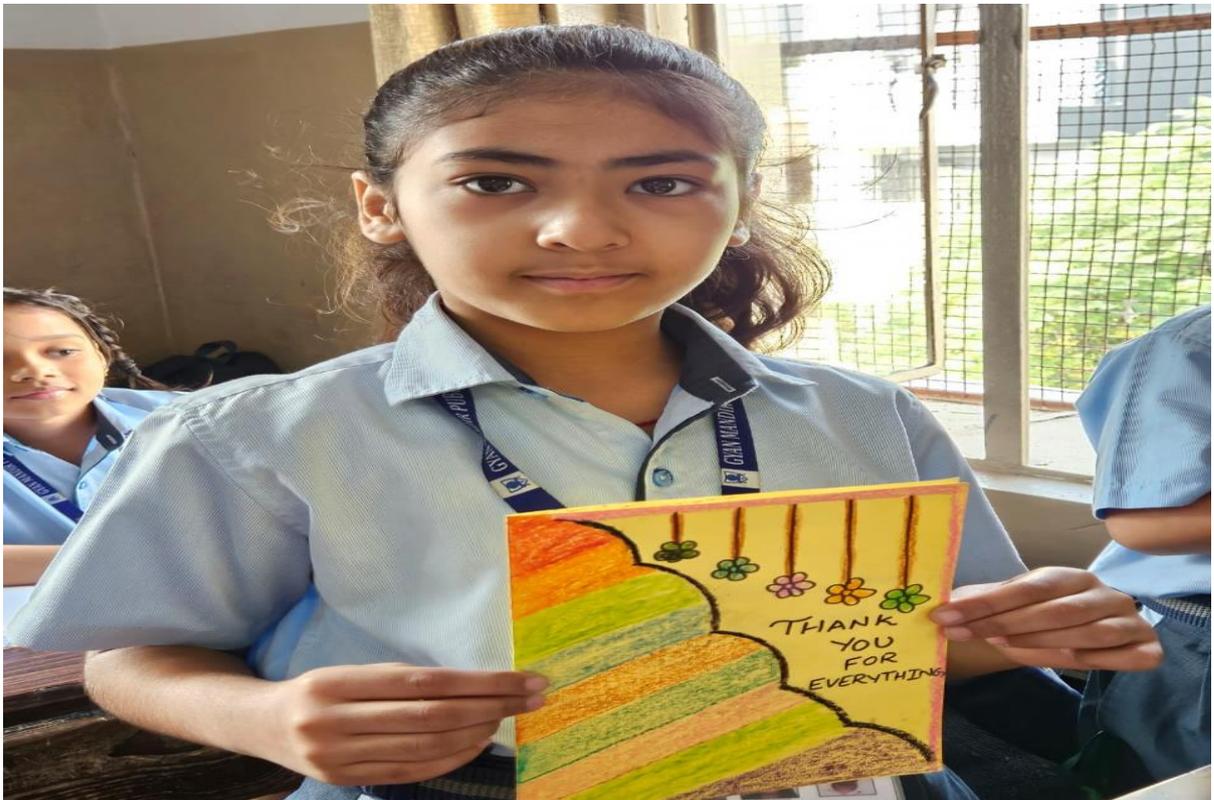
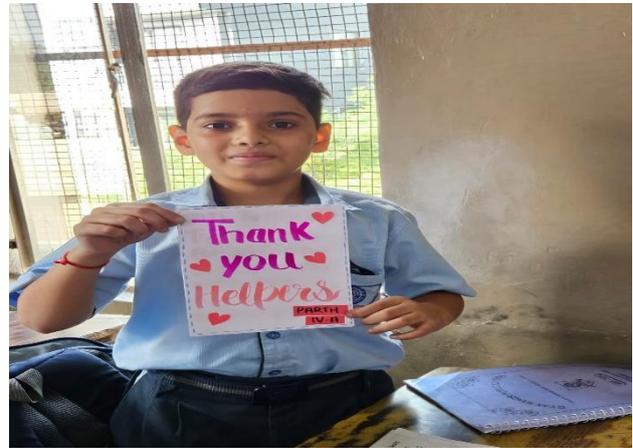
### **Grade 4**

#### **Activity -1**

**Identifying sources of momentary happiness and deeper happiness.**

## Activity -2

Realizing the desire to be happy always.



### Learning Outcomes:-

Students were able to-

- understand and appreciate friendships over material possessions.
- identify and express moments that make them happy.

- **HAPPINESS REPORT**

- **V- VIII**

- **‘Exploring happiness through learning & awareness’**

- **LEARNING OBJECTIVES:**

- The objective is to improve the mental well-being of pupils, and it teaches mindfulness, social-emotional learning, critical thinking, problem solving, and relationship building. Its purpose is to build emotional awareness, to support decision making with that emotional awareness, to equip pupils with the necessary skills and environment to become purpose-driven, and explore a nuanced idea of happiness.

- **CLASS-5**

- **\*Activity -1\***

- **Exploring sustainable happiness**

- **\*Activity -2\***

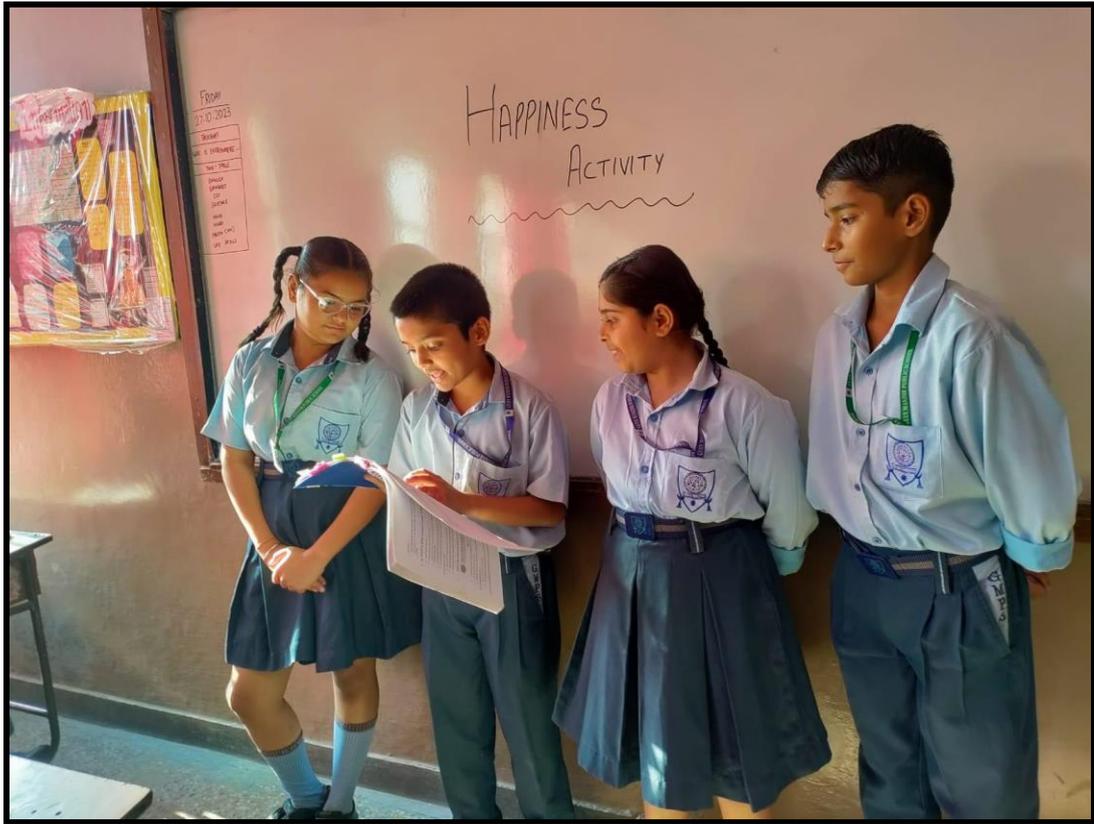
- **How it is related to clarity of purpose**





- \*CLASS-6
- \*Activity -1\*
- Evaluation our assumptions and preconditioning about life and situations around us
- \*Activity -2\*
- Understanding the desire to be happy always

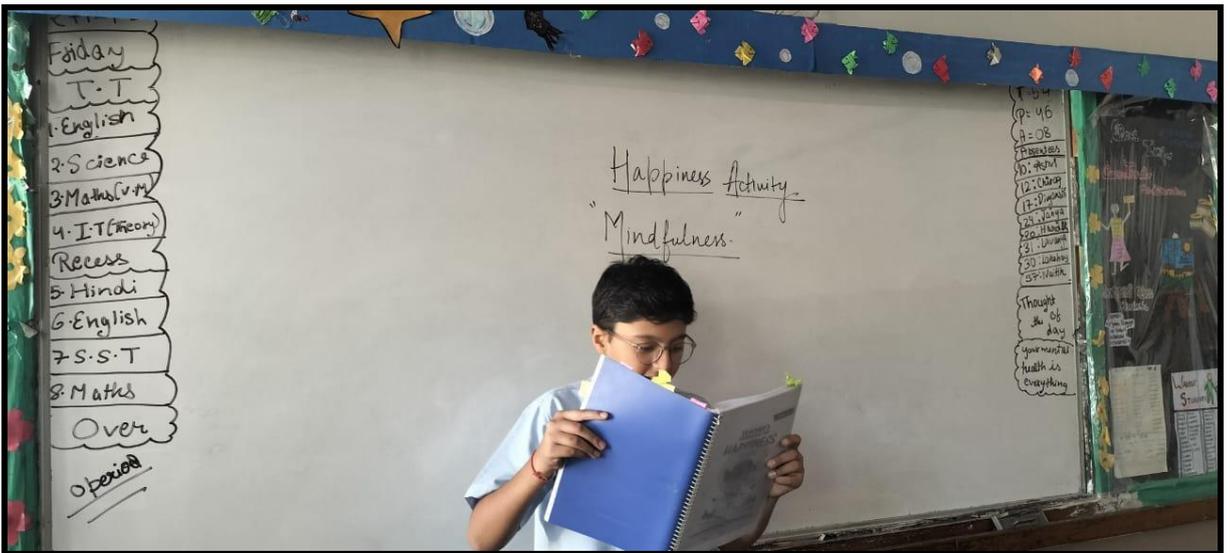


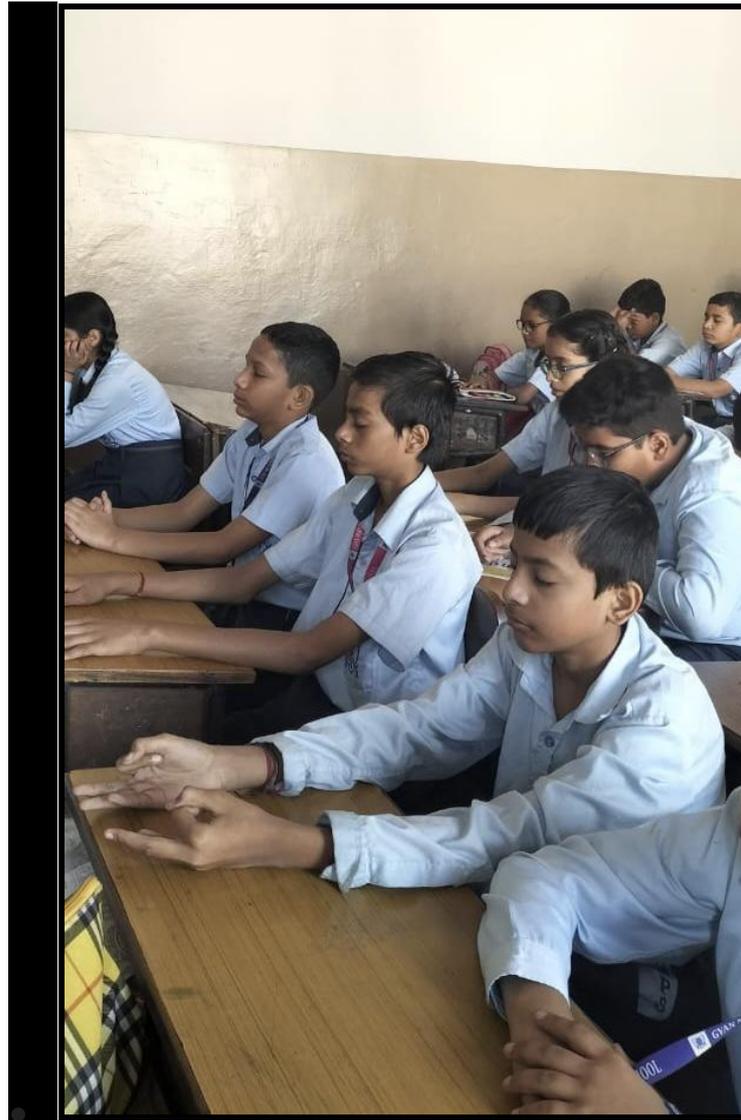


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- \*CLASS-7
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- \*Activity -1\*
- Exploring the relation between self reflection and knowledge
- \*Activity -2\*
- Evaluating our assumption and preconditioning about life and situations around us





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- CLASS-8
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- \*Activity -1\*
- Understanding what knowledge entails
- Understanding of the self , existence and universal human behaviour.
- \*Activity -2\*
- Evaluating our assumptions and preconditions about life and situations around us
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