

HAPPINESS CURRICULUM

Activities conducted during Happiness Curriculum- A Report

The Happiness Curriculum was conducted in the middle wing of Gyan Mandir Public School with an aim to instill self-awareness and stimulate good mental health along with character building and resilience. The curriculum also aims to improve cognitive ability of the students and reduce anxiety, depression, and intolerance, which has become quite common nowadays.

The curriculum included the following activities:

1. Understanding Breathing
2. Mindful Belly Breathing
3. Mindful seeing
4. Mindful Listening

Students enthusiastically performed the activities where they were guided to sit in a relaxed manner with both their hands on the desk. The students were then asked to close their eyes and focus on their breathing. Finally they were asked to open their eyes and share their experience of what they smelled, heard or thought during the breathing exercise.

The following were the learning outcomes:

Students learnt how to:

- become mindful and attentive (develop increased levels of self-awareness, develop active listening, remain in the present);
- develop critical thinking and reflection
- develop strong abilities to reflect on one's own thoughts and behaviours.
- think beyond stereotypes and assumptions)
- develop social-emotional skills
- develop a confident and pleasant personality
- become responsible and reflect awareness towards cleanliness, health and hygiene.
- think critically and with concentration.

GLIMPSES





