

# **HAPPINESS CURRICULUM ACTIVITY-REPORT**

## **PRE-PRIMARY DEPARTMENT**

**MONTH – OCTOBER '2024**

### **ACTIVITY SESSION – ‘ MINDFUL LISTENING'**

In order to develop active listening, students were asked to follow the instructions given by the teacher. Students had to listen carefully as the teacher gave different instructions e.g. “when teacher will clap all the children have to jump”. Students enjoyed this activity a lot and happiness could be seen on their lovely faces.

#### **LEARNING OUTCOMES: -**

The students were able to: -

- \*develop mindful and active listening
- \*enhance their listening skills
- \*explore happiness through learning
- \*improve their concentration level and follow instructions attentively

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





# Happiness Activity

Topic - Mindfulness Section

## Activity :

*Mindful Scribbling , Mindful Drawing , Mindful smelling , Mindful standing , Mindful walking*

## Learning Objectives:

The students were able to:

1. Enhance focus and awareness
2. Promote calmness and relaxation
3. Encourage positive mindsets
4. Do breathing exercises.

They were very happy to perform the activities and actively took part in it.

## Description of the activities

The students were curious to perform new happiness activities. They showed their interest and actively participated. The students came up when showing their creativity and showing positivity.

## Class 1 - Mindful Breathing and Smelling

They did breathing exercise to make themselves calm and relaxed. They learnt about the common things they themselves and their friends do.

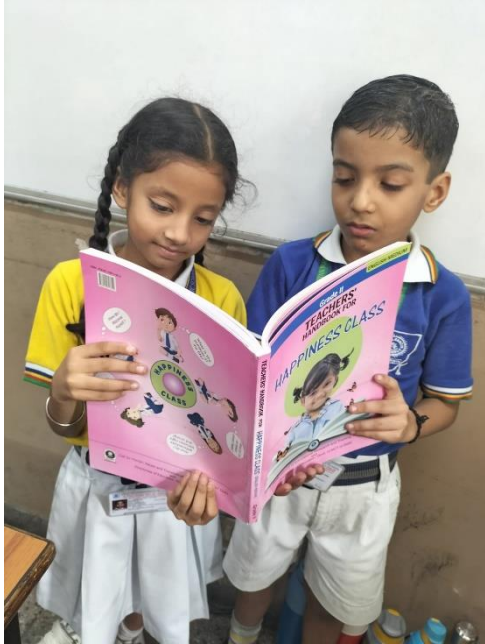




## **Class 2 – Mindfulness Seeing**

The students did breathing exercise relaxing themselves. They learnt about coordination and cooperation among teammates. They were able to share the feelings they have for their friends. They learnt the importance of letter and why and when can we write it.





The students gained knowledge of respecting their elders. They learnt many ways how can they spend time with them. They shared how usually they spend time with their elders.

### **Class 3 Mindful scribbling and drawing**

The students started with breathing exercise and relaxed themselves. Then they did the activity of scribbling and drawing. They shared what they felt while scribbling. And drawing. They made beautiful drawing things of something good. They also shared how they care for each other and who is their role model. They narrated the story of what is their real happiness with their classmates.





#### **Class IV – Mindful Smelling and Scribbling**

The students learnt about happiness , They understood importance of relationships. They learnt that their family members are their real companions. They shared their views telling about happy moments spent with their friends. They learnt about importance of having good company around.







### **Class V – Mindful Standing and Walking**

The students did breathing exercise and relaxed themselves. They learnt about balancing. They learnt about happiness , They understood about relationships. They shared their views telling about happy moments spent with their friends. They learnt about importance of having good company around. They also learnt that nothing is difficult with hard work we can achieve everything.





So these are the glimpses of how our students enjoyed during the activities and how beautifully they have participated.



# **HAPPINESS ACTIVITY REPORT**

## **MIDDLE DEPARTMENT CLASSES VI- VIII**

Topic - Mindfulness Section

**Activity :**

*Mindful Belly Breathing, Happiness exercises, Mindful body scanning.*

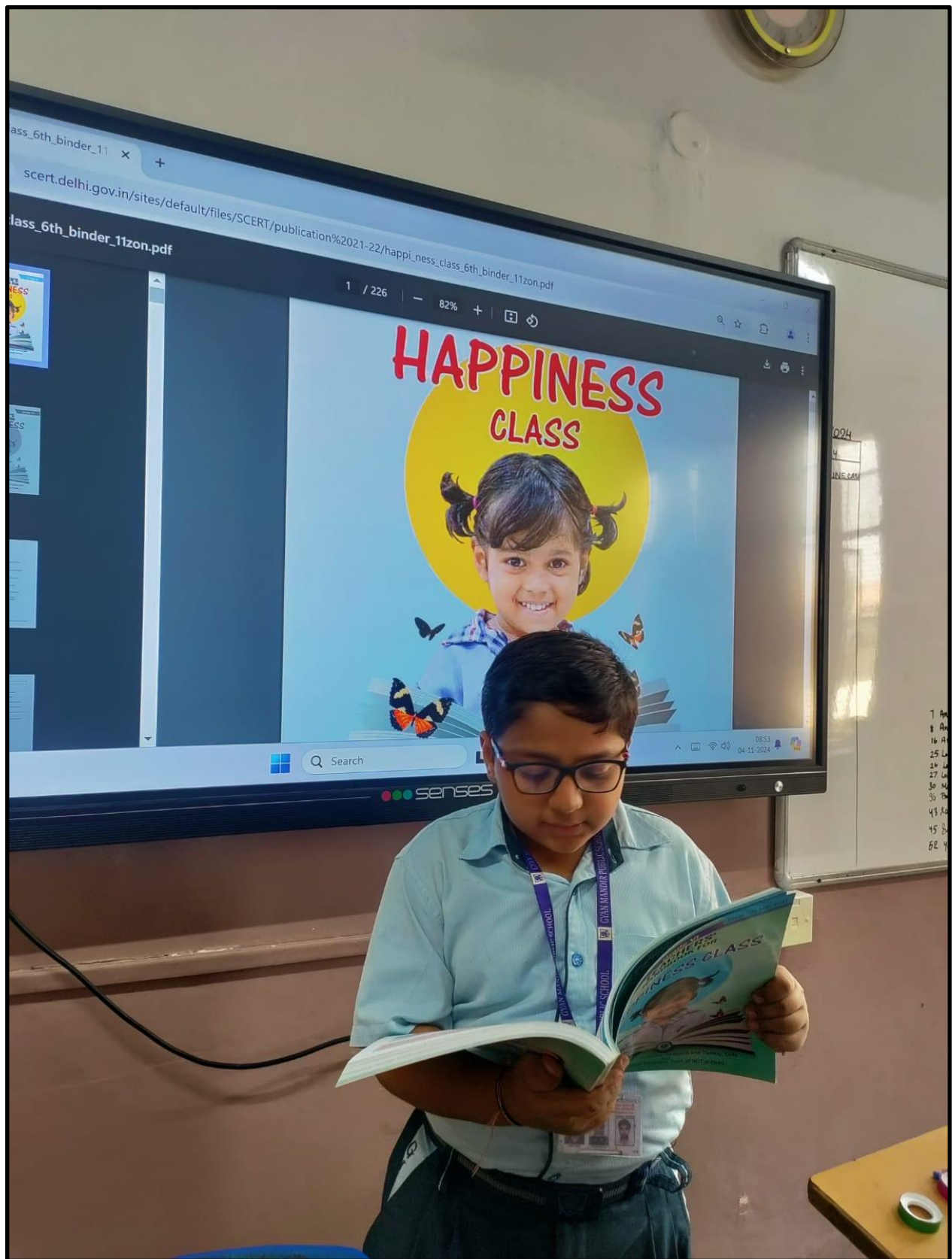
**Learning Objectives:**

- Recognize and express gratitude.
- Students share things they're thankful for.
- Practice relaxation techniques.
- Guided breathing exercise.

**Class 6**

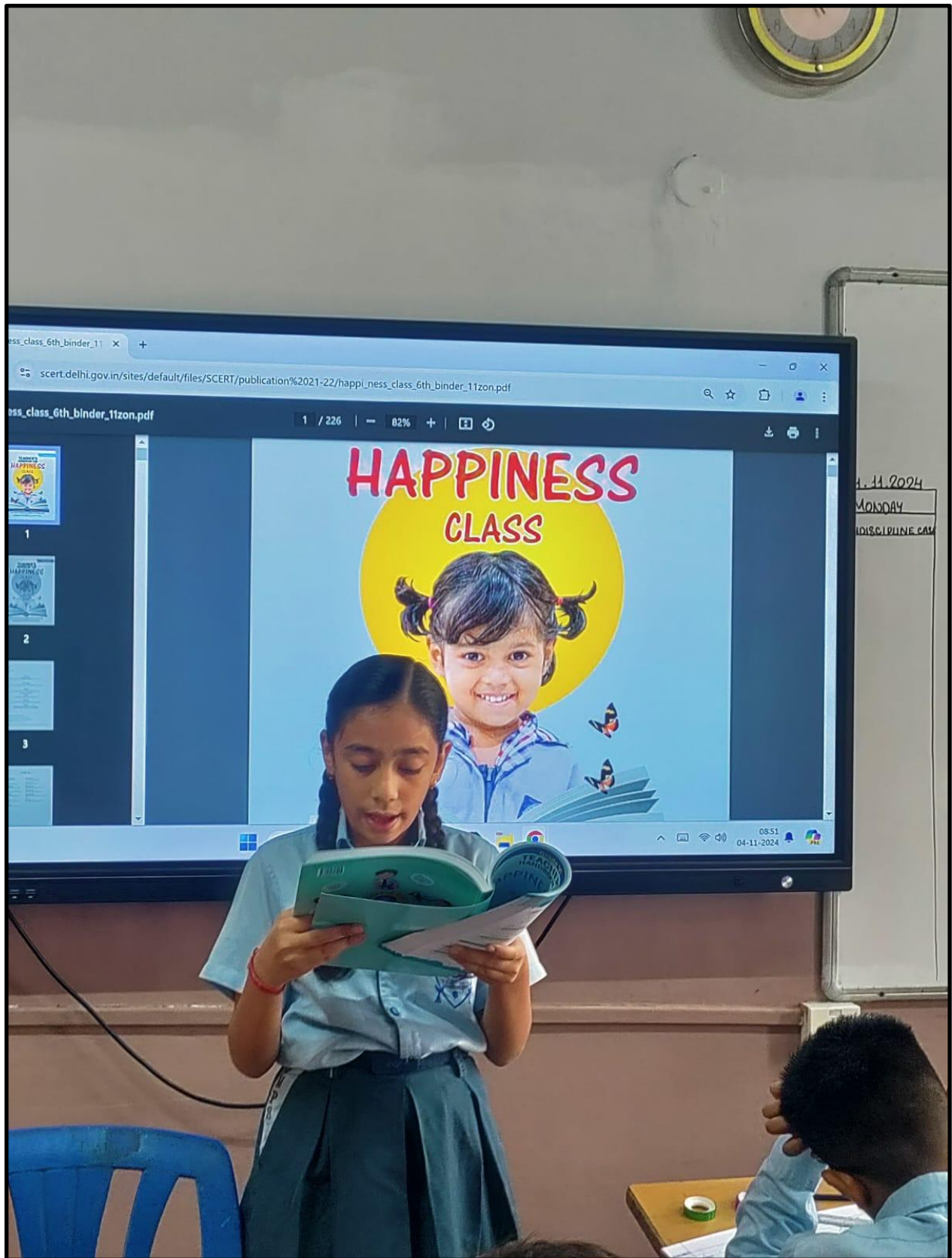
**Mindful Belly Breathing**

They did breathing exercise to make themselves calm and relaxed. They learnt about the common things they themselves and their friends do.





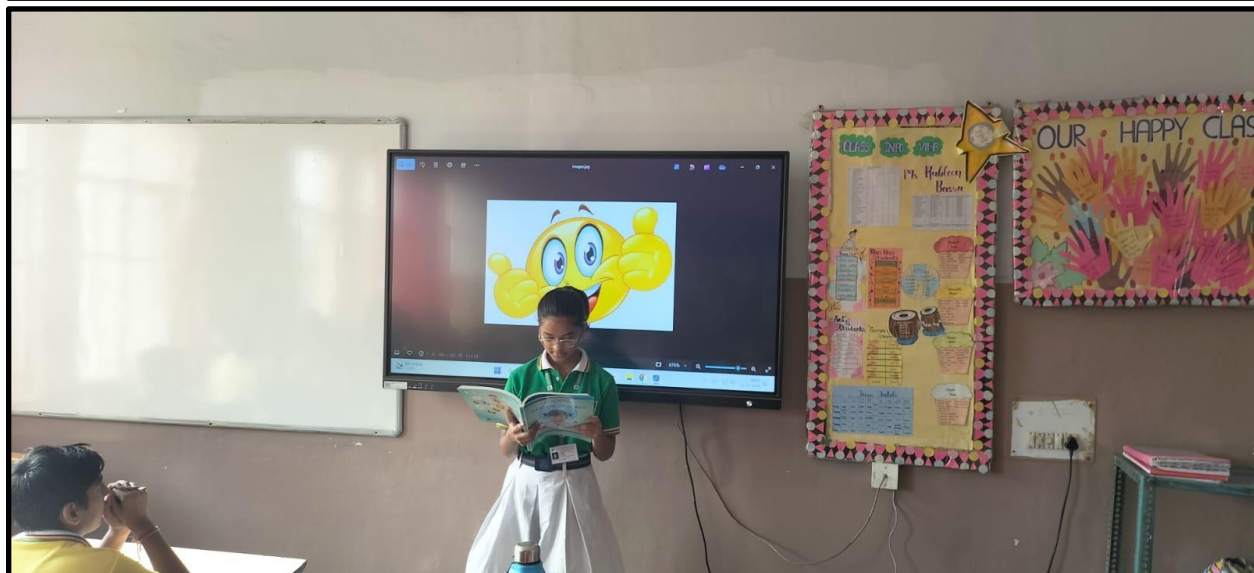




## Class 7

### Happy experiences

Students shared their happy experiences in the form of story and shared their stories with their class mates.



The students gained knowledge of respecting their elders. They learnt many ways how can they spend time with them. They shared how usually they spend time with their elders.

## Class 8

## Mindful Body Scanning

Students Cultivated relaxation, self-awareness, and mindfulness by bringing attention to the body.







