

HAPPINESS CURRICULUM ACTIVITIES

MONTH – OCTOBER'22

Happiness Curriculum is an educational program for the children studying in nursery to grade eight in schools run by the Government of Delhi since 2018. This curriculum is based on human –centric education which includes meditation, value education and mental exercises.

PRE-PRIMARY DEPARTMENT

ACTIVITY -1 – ‘MINDFUL LISTENING-III’

In order to develop mindful listening students were asked to sit straight and take 2 to 3 deep breath. Teacher told them to close their eyes and concentrate to listen the different sounds around them e.g. sound of fan, birds, footsteps etc. Then teacher made a pattern of different sounds like clapping, clicking the finger, tapping the feet etc. Students were asked to identify the sounds along with the closed eyes.

LEARNING OUTCOMES : -

The students are able to:-

- *develop Mindful and active listening.
- *enhance their listening skills.
- * to follow instructions attentively.
- *improve their recalling power.

GLIMPSES OF ACTIVITY: -



ACTIVITY-2 - 'MINDFUL LISTENING-LISTENING-IV'

In this activity teacher have made the different sounds and students were asked to listen the sounds carefully and do the actions accordingly e.g. stand up on clicking, sit down on clapping, jump on nocking the table etc.

LEARNING OUTCOMES : -

The students are able to:-



*increase their concentration level.

*enhanced their critical thinking.

* be more focused.

*develop mindful listening.



GLIMPSES OF ACTIVITY: -





CLASSES - I

WORK TO BE DONE ACCORDING TO INSTRUCTIONS

Happiness activity based on work to be done according to instructions has been performed in the class. A brief discussion has been done by putting up questions. Learning Objective – This activity will enhance their listening skills and built up their concentration level.

Learning outcome – They learnt the importance of listening and drawback of not listening to their instructor. By this activity of meditating they build up their listening skills. We have two ears and one mouth, so we should listen more than we say.” “Most of the successful people I've known are the ones who do more listening than talking.” “It takes a great man to be a good listener.”

Class - II

Story 1 - □□□□ □□ □□□□□□ Story 2 - □□□□□□ □□□□□ □□ □□□□ □
GLIMPSE OF Story 1

Happiness Class was conducted during zero period. It was initiated with deep breathing exercise. Students were guided to deep breathe thrice. Later they were told to close their eyes softly and focus on their breath. They were further instructed to open their eyes and observe their surroundings.

Topic : **Story 1 : MEI HU NAA**

Story 2: MERE PYARE PAPA

Introduction:-

In class V happiness classroom was conducted on 28th October 2022. The classroom was start with breathing exercise, student

were asked to keep their eyes close and take deep breathes in and out.

(I) After that the story was read out aloud in the class by one of te students. Chapter “mei hu naa” and “mere pyare papa”

In this activity we have to make the students understand the importance and moral values.

(II) Second activity was to celebrate a students ` birthday` in the classroom whose birthday falls in that week or month. The birthday celebrate in the lass

GLIMPSES:



Learning outcomes:

- Students were able to develop self-awareness and mindfulness .

- Students were able to know about the values which should be inculcated amongst them.
- Students were able to understand importance of happiness.
- Students enjoyed the happiness session.

CLASS VI

Story Session

A wonderful story 'What is more precious-Friendship or Pen' was narrated to the students. Questions related to the story were being asked and moral of the story was discussed. Students were elated after the story session.

Birthday Celebration

Students celebrated the birthday of their classmates. Birthday song was sung by the students and wishes were given. Students learnt to use magical words i.e. Thanks and You are welcome.

Learning Outcomes

- i) Students were able to focus on their breathing. They were able to understand the importance of deep breathing exercise and meditation in daily life.
- ii) Students were able to understand the importance of relationships.
- iii) Students were able to appreciate the things they have.





Class VII

In class 7th happiness classroom was conducted on 28th October 2022. The classroom was started with breathing exercise, students were asked to keep their eyes close and take deep breathes in and out.

(I) After that the story was read out aloud in the class by one of the students regarding the “Implementation of our learnings”. Whatever we learn in our school we should always implement those in our daily life whether it is the knowledge of subject or life skills.

(II) Second activity was to celebrate a student’s birthday in the classroom whose birthday falls in that week or month. In this the other students will praise him and be thankful for him/her for being their friend.

GLIMPSES:



CLASS VIII

In class VIII happiness classroom was conducted on 28th October 2022. The classroom was started with breathing exercise, students were asked to keep their eyes close and take deep breathes in and out.

- (I) After that the story was read out aloud in the class by one of the students. Chapter “Need”

Learning outcome :

- a) Students paid more attention to thoughts and feelings of the story.

(II) Second activity was to celebrate a student’s birthday in the classroom whose birthday falls in that week or month. This month in class VIII a , Aditya Gupta birthday was celebrated in the class. In this the other students praised him and be thankful for him for being their friend.

GLIMPSES:

