

HAPPINESS CURRICULUM ACTIVITY REPORT

PRE-PRIMARY DEPARTMENT

MONTH – April '2025

ACTIVITY SESSION – 'MINDFUL BREATHING '

The activity started with the focus upon mindful breathing. This activity aimed to promote relaxation, stress relief, and happiness by focusing on deep breathing exercises while blowing balloons.

LEARNING OUTCOMES: -

The students were able to: -

* Increase their focus

* Improve Their Observation Power

SOME GLIMPSES OF ACTIVITY: -

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