

HAPPINESS CURRICULUM ACTIVITY

PRE-PRIMARY DEPARTMENT

MONTH – NOVEMBER'22

ACTIVITY – ‘MINDFUL SEEING - I & II’

The activity was started with the class discussion and questions like How do we see? Where are our eyes? What things you can see in the class right now? After this in order to develop mindful seeing, students were asked to see different things around them in the class e.g. desk, table, chair, fans, doors and tell about their characteristics like colours, shapes, etc. Teacher have also shown some objects like number dice, duster, shape cut-outs and asked questions related to those particular objects.

LEARNING OUTCOMES : -

The students are able to:-

- *develop mindful seeing.
- *increase their concentration level.
- *enhanced their critical thinking.
- * be more focused.
- *improve their observation power.

GLIMPSES OF ACTIVITY: -



