

Happiness Activity

May -2025-2026

Primary Section

Topic: Mindfulness Section

Activity: Understanding what's right, relevance of temperature of breath, mindful listening

Learning objective

The students were able to:

- Identify personal sources of happiness.
- Recognize emotions and how they impact well-being.
- Reflect on thoughts and behaviors that contribute to or detract from happiness.
- Cultivate the habit of noticing and appreciating positive experiences.
- Reframe negative thoughts to focus on constructive outcomes.

Description of the activities:

The students were enthusiastic about the activities, showing great interest and active participation. They attentively listened to the stories shared by their classmates and confidently came forward to share their own stories as well. Class-wise description of the activities is as follows:

Class 1 : Mindfulness section- Happiness of our loved ones

A story session was conducted. As a follow up activity, the students were provided with a happy classroom environment where they danced, made cute faces, enjoyed happy bodily gestures.



Class 2 : Mindful section- Everyone makes mistakes.

A story was narrated by the teacher that inculcated a habit of adoring mistakes. As a follow up activity, a sorry card was made by the learners.



Class 3: Mindful Section- Needs and choices

A story was shown on the interactive board, which aimed at teaching the difference between needs and choices. As a follow up activity, mindful breathing and meditation was done.



Class 4: Mindful Section - Happiness in relationships.

The session started with a warm up exercise. A story was narrated in the class that taught the students to strengthen their bonds among their friends and family and nurture deeper emotional connections.



Class 5: Mindful section- My needs

A story was narrated to the students focusing on the need to be happy. Later on, the students cracked jokes, discussed the need of happy environment in the classroom.

