

## HAPPINESS ACTIVITY

### MIDDLE DEPARTMENT

MAY- 2025

Happiness activity on the importance of family and relations had been conducted in the Middle Department to foster emotional well-being and resilience in students. This activity aimed to know the significance of family, social-emotional learning, mindfulness and ultimately helping students to build healthy relationships and navigate challenges effectively. The session also included several moral stories for a better understanding.

The young minds listened to the stories excitedly, made happy emojis, kites and wrote quotes and slogans on the importance of a happy family.

### LEARNING OUTCOMES:

The students were able to: -

- \* Understand the values of a happy family through moral stories.
- \* Improve their relations.

### GLIMPSES OF THE ACTIVITY:







