

HAPPINESS CURRICULUM

ACTIVITY-REPORT

PRIMARY DEPARTMENT

MONTH – NOVEMBER,2025

ACTIVITY SESSION: MINDFULNESS SECTION:

As the theme says Mindfulness Section the activities were interesting and energetic. There were various story sessions and activities which the students enjoyed.

LEARNING OUTCOMES: _

Students were able to: -

- * Learn to take decision wisely.
- * Learn to help others.
- * Learn to share happiness
- * Learn to cooperate with others
- * Understand the needs of others

Sharing the glimpses of the activities done by our students

Class I A and I B :

STORIES AND ACTIVITIES SECTION:

The students did muscle stretching exercise and scribbling making themselves relax and calm.



Class II A and II B :

Learning to help others- The students shared how they help their friends and their parents or grandparents. They also did breathing and stretching exercise.



CLASS III A and III B :

A story based on the theme of Everyone's role in a family was told to students. Importance of family was told to the students. The students did Heartbeat activity.



CLASS IV A and IV B :

Heartbeat activity was done in the class to relax the students. They were told the story to help others and share their things with the person in need.



CLASS V A and V B:

The children will do the breathing exercise. The teacher will tell them the story of taking wise decision and also the value of cooperation. They will learn about harmony in family.

