

**HAPPINESS CURRICULUM**  
**ACTIVITY-REPORT**  
**PRIMARY DEPARTMENT**  
**MONTH – October ,2025**

**ACTIVITY SESSION: MINDFULNESS SECTION:**

As the theme says Mindfulness Section the activities were full of fun and knowledge. There were various story sessions and activities which the students enjoyed.

**LEARNING OUTCOMES:**

Students were able to: -

- \* Coordinate with their classmates
- \*be responsible towards their work.
- \* Learn to value and respect elders.
- \* Be thankful with what you have

Sharing the glimpses of the activities done by our students

**Class I A and I B :**

**STORIES AND ACTIVITIES SECTION:**

The students were told the story by the teacher and they listened carefully about living in harmony she gave various examples and told the importance of living happily.



### **Class II A and II B :**

Learning about the company of elders – how helpful they are, how important it is to spend time with them. The students also drew the picture of their friend and learnt their qualities and how important it is to have a friend.

Passing the ball activity was conducted in the class.



### **CLASS III A and III B :**

A story based on the theme caring for each other was told to students, they shared their experience of how they take care of their friends, relatives and others.



#### **CLASS IV A and IV B :**

The students will be told a story of understanding relationships in which they will learn to respect their family members, relatives. Also mindful scribbling was done to let them scribble and draw.



#### **CLASS V A and V B:**

Importance of Thank you will be told through a story , how it keeps a person happy. The importance of family and relations will also be told through a story.

