

HAPPINESS CURRICULUM

ACTIVITY-REPORT

PRIMARY DEPARTMENT

MONTH –January, 2026

Learning Objectives:

The students were able to:

1. Interact with their friends sharing their happy moments.
2. Perform the activities happily
3. Share their thoughts
4. Do breathing exercises.

They were very happy to perform the activities and actively took part in it.

Description of the activities

The students participated with full enthusiasm. They showed their interest and actively shared their thoughts. The students came up sharing their happiness, they shared their good moments with their friends. They did breathing exercises which brought a relax to their mind. They sincerely saw the short story and then told what did they learn. They listened to interesting experiences of their classmates which made them learn something. Few students shared how they faced a problem and came out of it with their bravery and courage.

The students gained valuable insights into managing stress and promoting overall wellness. This activity fostered self-awareness, reflection, and equipped them with healthy environment and cultivate resilience in their academic and personal lives.

Sharing some glimpses of the activity :

CLASS I



CLASS II



CLASS III



Class IV



CLASS V

