

HAPPINESS CURRICULUM ACTIVITY REPORT
MIDDLE DEPARTMENT
MONTH- DECEMBER 2025'

To foster emotional well-being and nurture a lasting sense of gratitude, positivity, and joy among students, **Happiness Activities** were thoughtfully conducted for **Classes VI to VIII**. These activities encouraged students to reflect on joyful moments, express emotions creatively, and strengthen peer relationships through purposeful and engaging experiences. The initiative aimed to promote mindfulness, optimism, and emotional resilience in a warm and supportive environment.

Activities Included:

- **Happiness Rainbow:** Students creatively illustrated a rainbow, with each colour representing values such as gratitude, kindness, hope, friendship, and self-belief, helping them visualise sources of happiness in daily life.
- **Happy New Year Card Making:** Learners designed cheerful and colourful greeting cards, expressing positive thoughts, good wishes, and aspirations for the new year, thereby enhancing creativity and emotional expression.
- **Quotes on Happiness:** Students wrote and displayed inspiring quotes on happiness, spreading positive messages and reinforcing the importance of a joyful and contented mindset.

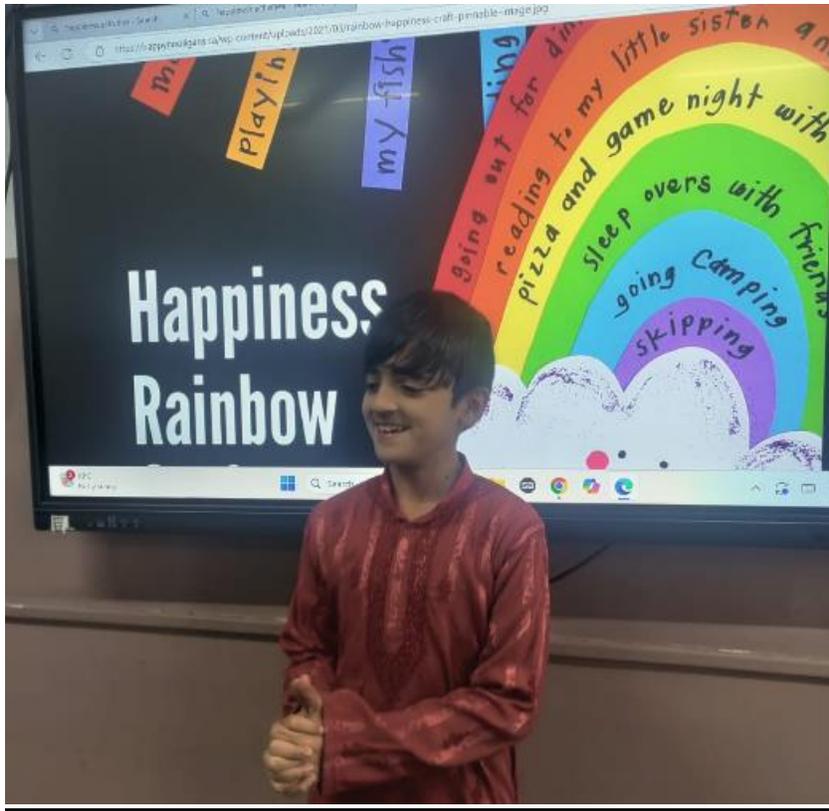
Learning Outcomes:

1. Students developed a positive outlook by identifying sources of happiness and gratitude in their everyday lives, thereby enhancing emotional awareness.
2. Students expressed their thoughts and feelings creatively through art and writing, which strengthened self-expression and confidence.
3. Students understood the importance of optimism, kindness, and mindfulness in maintaining emotional well-being and healthy relationships.
4. Students improved social bonding and empathy by sharing joyful ideas and positive messages with peers in a supportive environment.

GLIMPSES OF THE ACTIVITY

CLASS VI

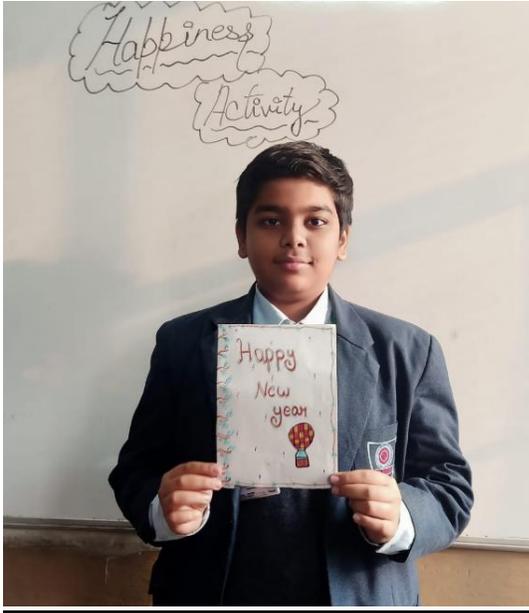






CLASS VII





CLASS VIII

