

**HAPPINESS CURRICULUM ACTIVITY-REPORT**  
**PRE-PRIMARY DEPARTMENT**  
**MONTH – NOVEMBER '23**

**ACTIVITY – ‘HEARTBEAT ACTIVITY’**

The activity started with the teacher instructing the students to jump. Next, she told them to listen to their heartbeat. Then, she made them breathe deeply and rest. Again, she asked the students to listen to their heartbeat. The activity concluded with the teacher explaining about how different activities affect the heart rate.

**LEARNING OUTCOMES: -**

The students are able to: -

- \*Understand the difference in listening to different types of sounds and follow instructions.
- \* Increase their focus.
- \* Enhance their fine motor skills.
- \*Improve Their Observation Power.
- \* Understand the difference in fast and slow heartbeat

**SOME GLIMPSES OF ACTIVITY: -**









# HAPPINESS CURRICULUM REPORT

NOVEMBER, 2023

## Class I- IV

The following activities were conducted in different classes in the month of November in Grade I and IV :-

- a. Mindful Listening
- b. Story Session

### **Activity Description**

• Students were guided through mindful listening exercises, such as breathing techniques or focusing on ambient sounds, to create a calm and attentive environment. The teacher engaged the students with an interactive story session. The story was chosen based on age-appropriate themes and engaging elements to captivate students' interest. After the storytelling, students participated in group discussions, sharing their favourite parts of the story and their interpretations. This encourages active participation and critical thinking. The activity successfully encouraged mindful listening and active participation through storytelling. It provided an engaging platform for students to develop their listening skills, enhance comprehension, and express their creativity.

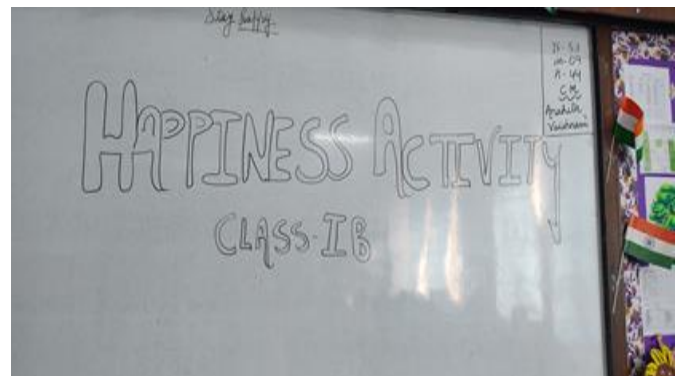
### **Learning Outcomes –**

Students were able to –

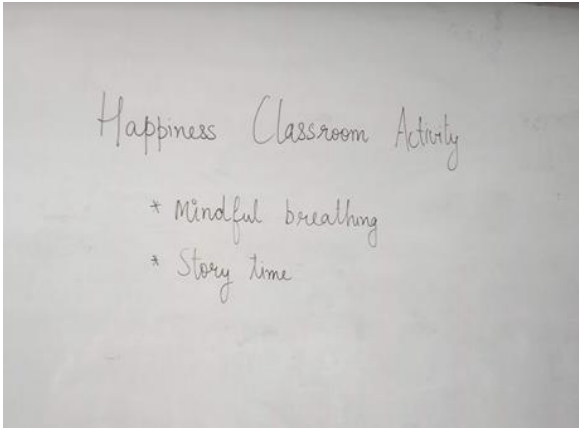
- improved focus and attention during the storytelling session.
- to express their imagination and creativity based on the story.
- engaged in discussions and activities, fostering a collaborative learning environment.

### **Glimpses of the activity-**

#### **Grade 1**

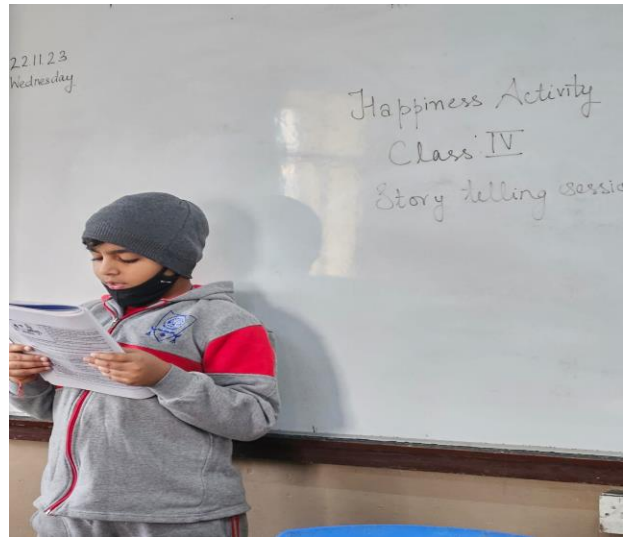


## Grade -II



## Grade - III





## HAPPINESS CLASS

MONTH – NOVEMBER,2023

CLASS-V – VIII

NOVEMBER,2023

Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.

CLASS V – To inculcate more values in students two interesting stories 'MANN KI BAAT' and 'MEI HU NAA' were narrated in the class. Different questions were asked and the students not only answered the questions related to the story but also shared the morals according to their understanding.





## CLASS VI-“ MERA NAYA DOST” AND “JEET KISSKI”

An interesting story of “MERA NAYA DOST” and “JEET KISSKI” was narrated, students not only listened to the story carefully but also showed their happiness and narrated the moral of the story.



CLASS VII- The activity was started after a session of meditation to calm the students. Students then do mindful drawing and mindful eating in the class and also share their ideas of what things give them happiness.

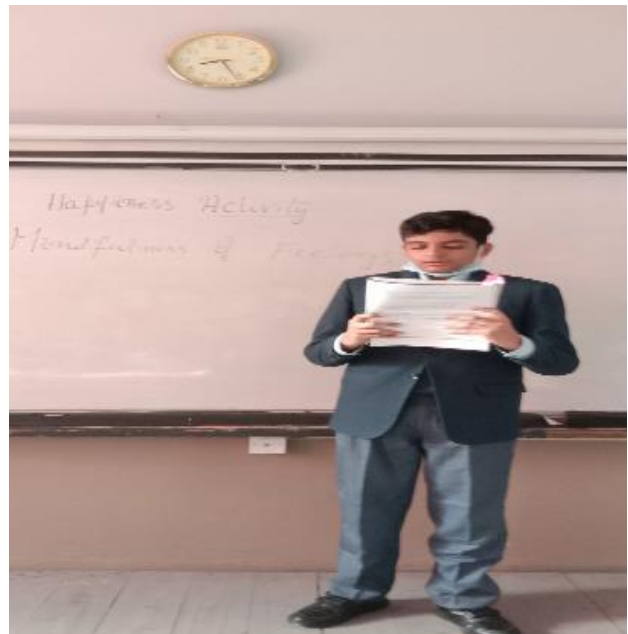


Class VIII-

Story -1 "Samanta ko pehchane " & "Nirmal paani"

The students listened to the stories very carefully and then answered the questions based on it.

The story taught that how can we keep ourselves calm. Students also shared their experiences where they fight and shown anger towards their friends. A brief discussion has been done by and questions were asked.



Learning Outcomes :

- Students were able to develop self-awareness and mindfulness
- Students were able to understand the importance of moral values.
- Students were able to understand the importance helping others.
- Students learned the value of humanity and empathy towards others.
- Students were able to understand that patience is a virtue.