

HAPPINESS CLASS

CLASS-V - VIII

December 2022

Happiness Curriculum is an educational program for the children studying in nursery to grade eight in schools run by the Government of Delhi since 2018. This curriculum is based on human –centric education which includes meditation, value education and mental exercises.

Happiness Classes were conducted during zero period in the Middle Department of GMPS . It was initiated with deep breathing exercise. Students were guided to deep breathe thrice. Later they were told to close their eyes softly and focus on their breath. They were further instructed to open their eyes and observe their surroundings.

Different stories were read out in different classes inculcate moral values in students. After the narration of the story, students tried to summarize the stories in their own words.

CLASS V – To inculcate more values in students two Interesting stories ‘KHUSH VYAKTI KHUSHI BANTATA HAI’ and ‘SHABASHI KI KALAM’ 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- **Respect towards our helpers (labourers)**

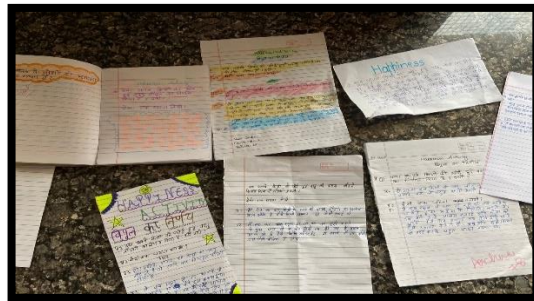
An interesting story of labourers’ hard work and the help provided by the President



of the country 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. The activity began with story narration of विपुल का निर्णय, Students listened the story very intriguingly. After story telling students were asked to write down any similar incident happened with them. Students wrote their experiences and shared them with each other. Through this story telling and discussion session they were motivated for being honest and the enjoyed the activity.



Class VIII- CASE STUDY SESSION ON ANGER MANAGEMENT

“The best fighter is never angry.”

Story -1 “Ye gussa kesi Bala hai” & “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 the importance of labourers in this society.
- Students were able to understand that patience is a virtue.