

# HAPPINESS CURRICULUM ACTIVITY

## PRE-PRIMARY DEPARTMENT

MONTH – DECEMBER'22

### 'HEARTBEAT ACTIVITY'

In order to develop the focus towards heartbeat students were asked to stand and take 2 to 3 deep breath. Teacher told them to jump and after sometime students were asked to stop. Then teacher asked to put their hands on heart and concentrate to listen the heartbeat sound.

### LEARNING OUTCOMES : -

The students are able to:-

- \*develop Mindful listening.
- \*be more focused.
- \* to follow instructions attentively.
- \*improve their concentration level.

### GLIMPSES OF ACTIVITY: -



