

Happiness Activity

Topic – Mindfulness Section

Activity :

Mindful Muscle , Mindful Walking , Mindful Standing , Mindful Sitting

Learning Objectives:

The students were able to:

1. do the activities
2. express themselves
3. explain their role in society
4. observe natural things in their surroundings

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

Description of the activities

The students were excited to do the activities. They showed interest and actively participated. They listened to the stories told by their classmates. The students came up when their own stories and shared it with their classmates.

Class 1 - Mindful Muscle Stretching , Mindful Walking

The students listened to the stories and did the activities.



Class 2 – Mindfulness Walking , Mindful Muscle Stretching

The students learnt about balancing , walking carefully , they did exercises of muscle stretching .



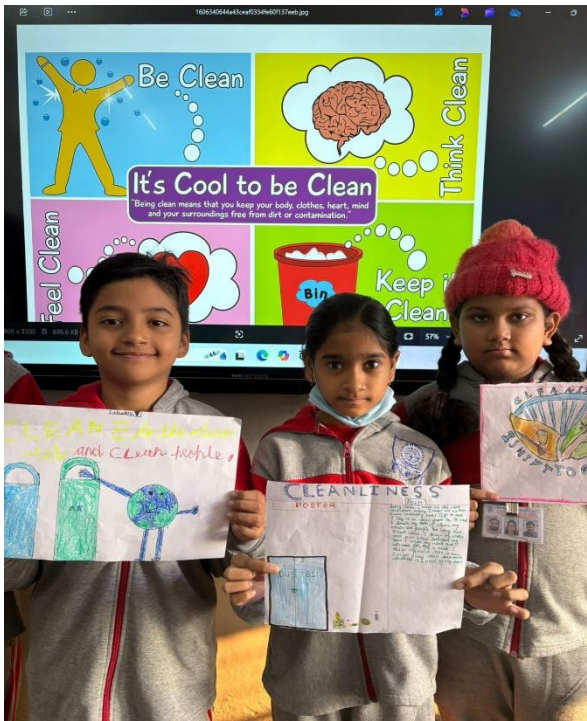
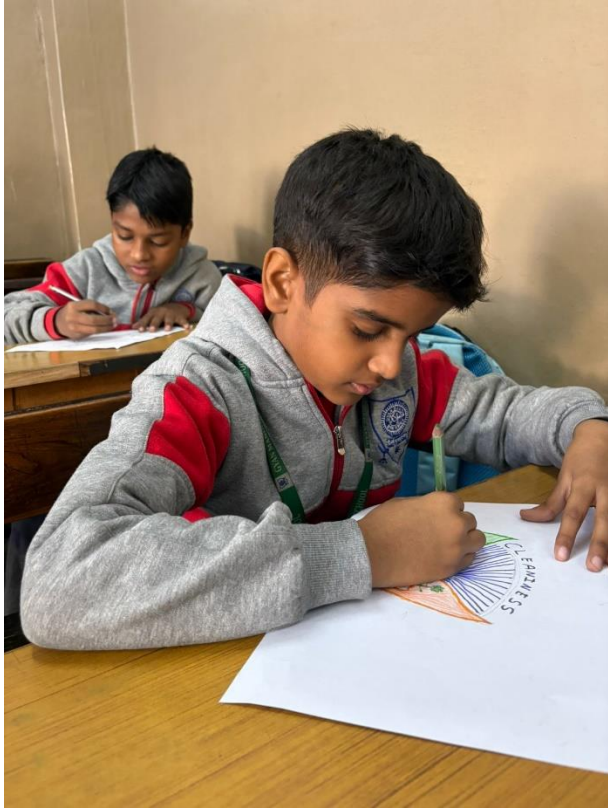
Class 3 Mindful standing and mindful walking

The students started with breathing exercise and relaxed themselves. Then they did some exercises based on mindful walking and standing. They learned to balance themselves .



Class IV – Mindful Sitting and Mindful Walking

The students learnt about their environment , they observed their natural environment .They shared how they keep their environment clean. They also learnt their duties towards the environment.



Class V – Happiness Experience and Word Association

The students shared their the stories which they made them happy. They shared their journey and also how they help and cooperate with their friends.



So these are the glimpses of how our students enjoyed during the activities and how beautifully they have participated.