

HAPPINESS CURRICULUM ACTIVITY-REPORT

PRE-PRIMARY DEPARTMENT

MONTH – NOVEMBER '2024

ACTIVITY SESSION – ‘ MINDFULNESS OF FEELING’

In order to develop students emotional awareness, students were asked to follow the instructions given by the teacher. Students had to listen carefully as the teacher give different instructions e.g.“Teacher will ask to show different emotions ply cards and students will also do same.Students enjoyed this activity a lot and happiness could be seen on their lovely faces.

LEARNING OUTCOMES: -

The students were able to: -

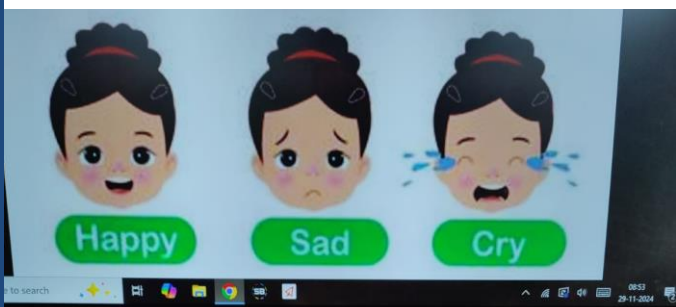
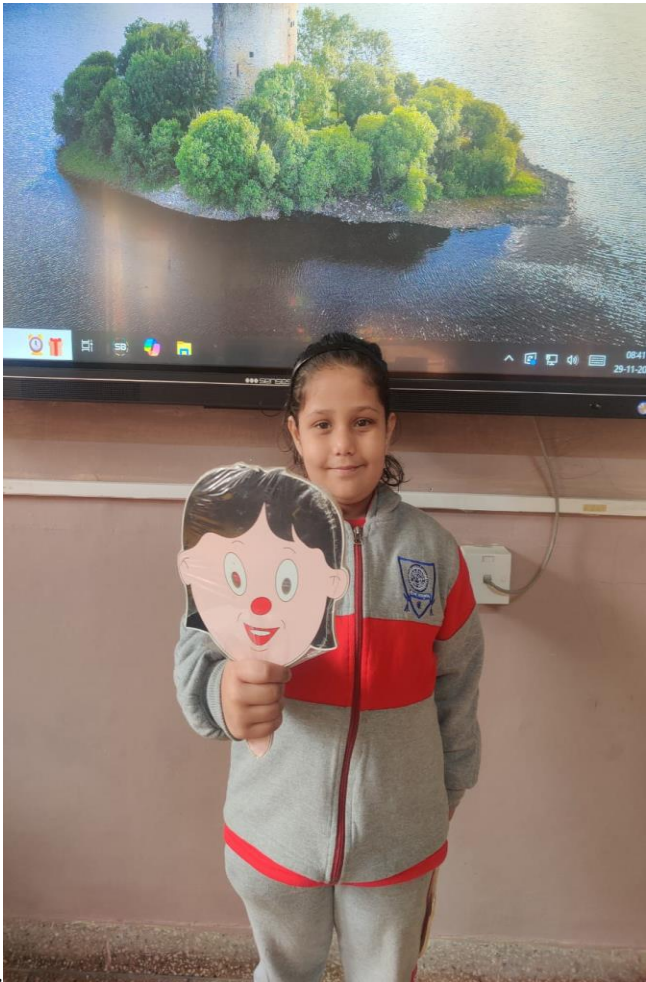
*develop their feelings and emotions.

*enhance their listening skills

*explore happiness through learning

*improve their concentration level and follow instructions attentively

SOME GLIMPSES OF ACTIVITY: -





HAPPINESS ACTIVITY REPORT

MIDDLE DEPARTMENT CLASSES VI- VIII

Topic - MINDFULNESS SECTION

TEMPERATURE OF BREATH

Activity:

Mindful Breathing, Om chanting, inhalation and exhalation, Happiness exercises, Mindful body scanning.

Learning Objectives:

1. Improved lung capacity: Students will be able to increase their lung capacity and breathe more efficiently.
2. Reduced stress and anxiety: Students will learn to manage stress and anxiety through controlled breathing techniques.
3. Enhanced overall well-being: Students will experience improved physical and mental well-being through regular breathing exercises.

Class 6

TEMPERATURE OF BREATH

Students performed breathing exercise to make themselves calm and relaxed. Students discussed the story our society and teacher learner relationship.

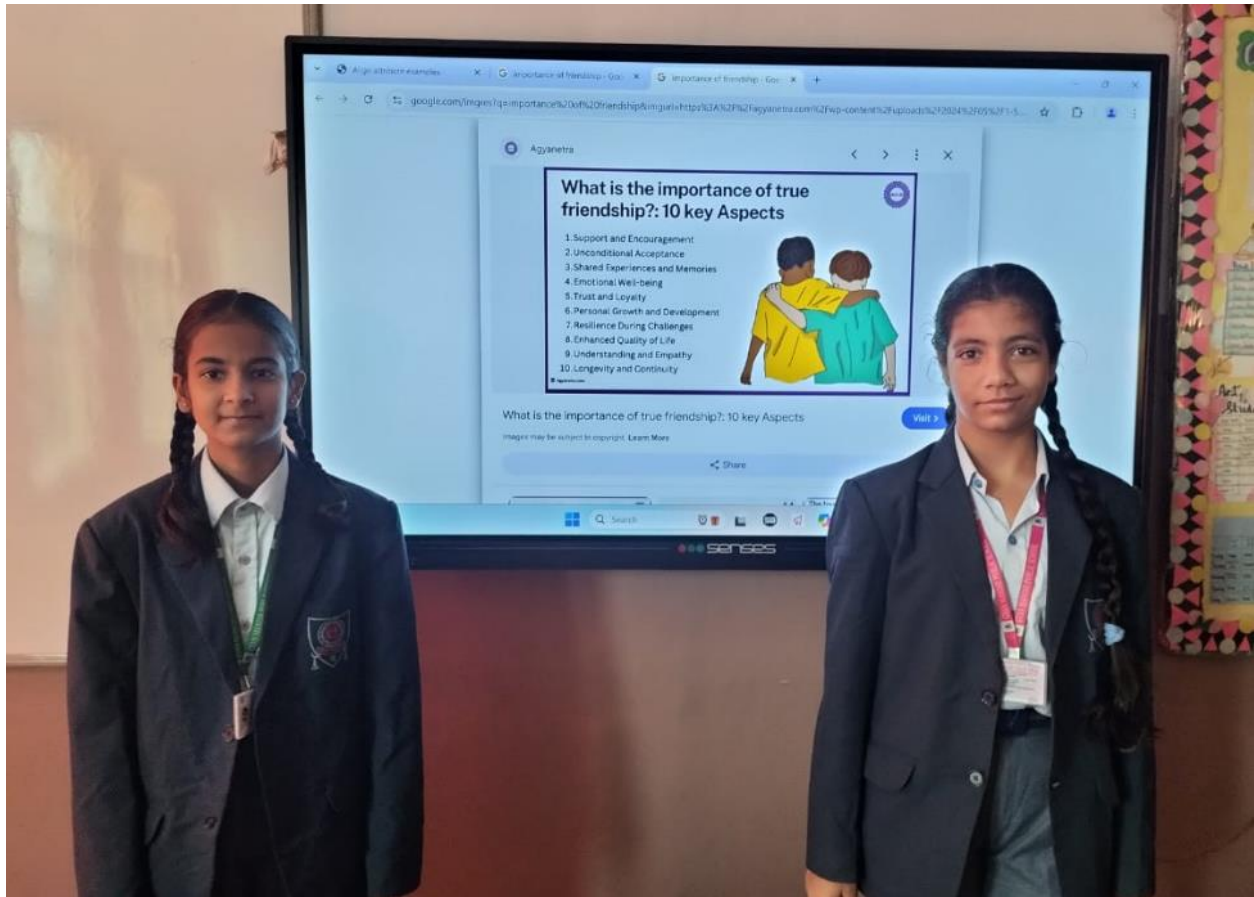


Class 7

Mindfulness Of Thoughts

1. Students enthusiastically shared their heartwarming experiences with the class, weaving them into inspiring stories.
2. The students took turns sharing uplifting anecdotes from their personal lives, spreading joy and positivity among their peers.
3. With beaming smiles, the students recounted their happiest moments, crafting engaging stories that resonated with their classmates.

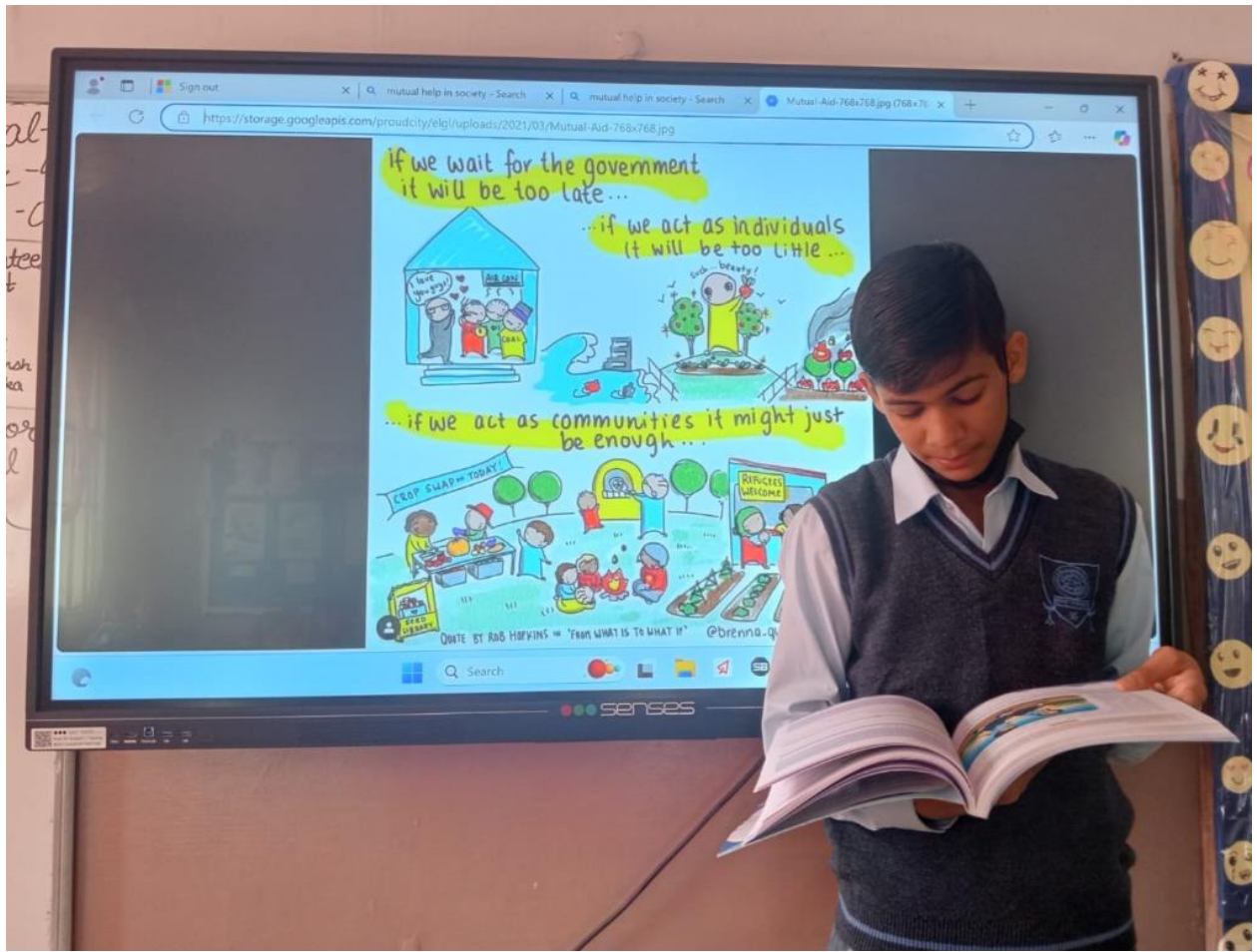




Class 8

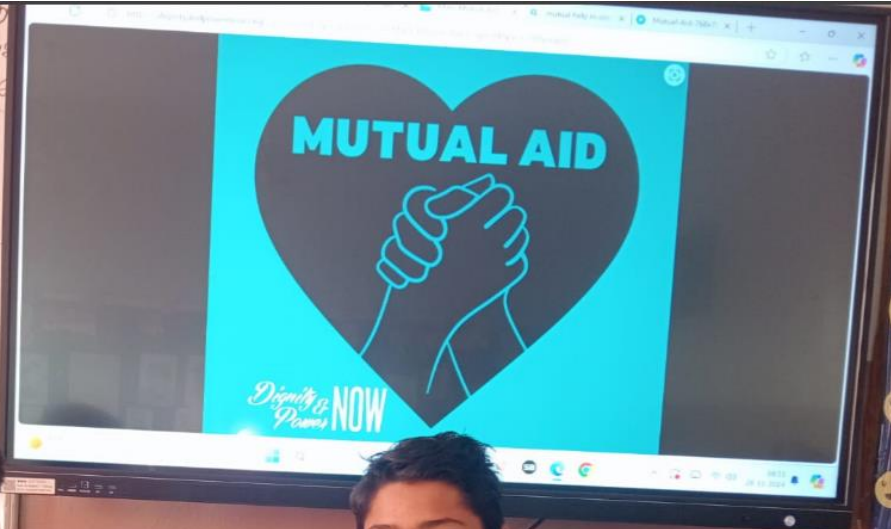
MINDFULNESS SECTION: MIND JAR

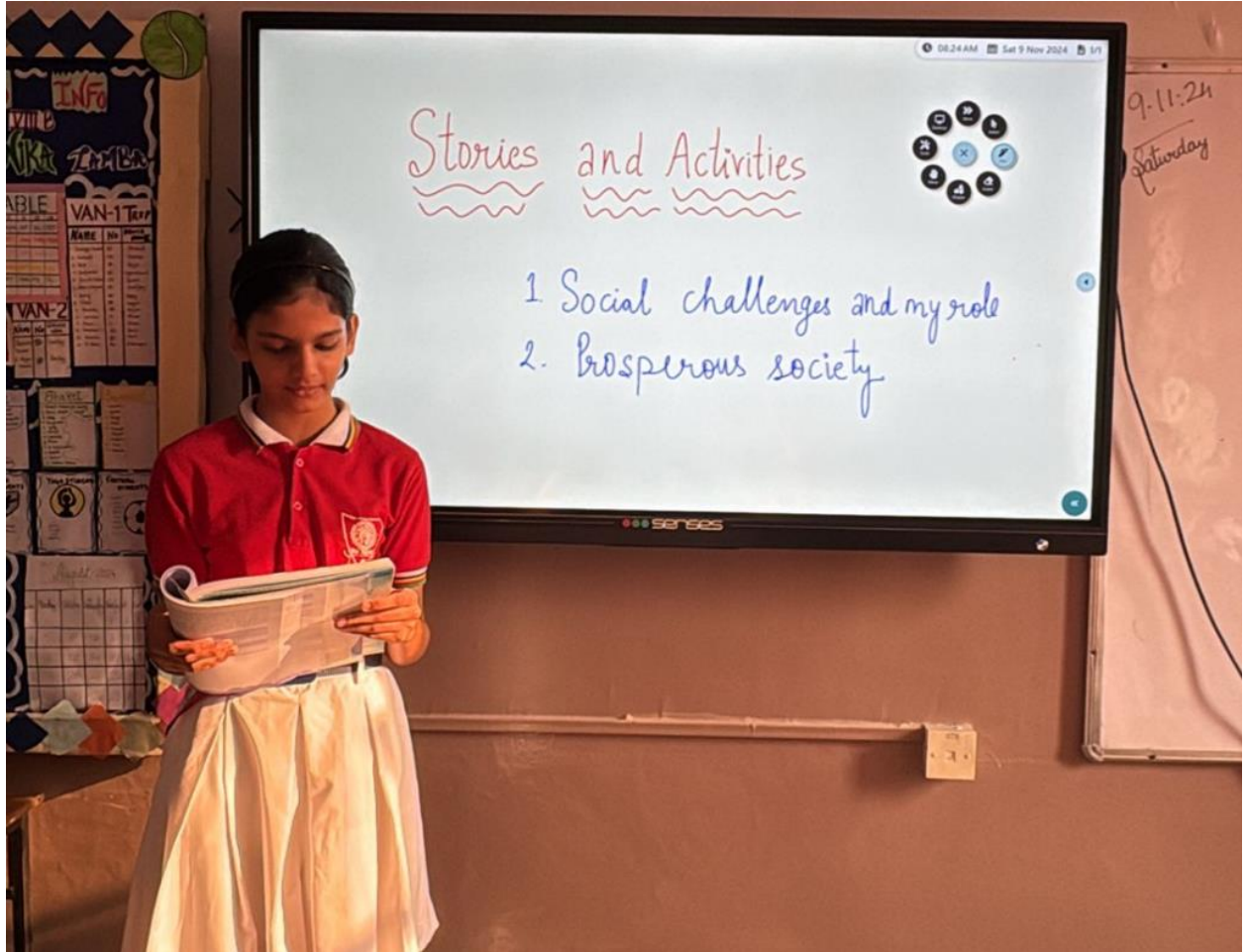
Students were given small pieces of paper and asked to write down things that made them feel happy, grateful, or calm. They then folded the papers and put them in the Mind Jar. When a student felt stressed, anxious, or overwhelmed, they could pick a paper from the jar and read the positive thought or memory written on it.





Total-5
Pse-4
Ab-06
Absentees
11. Arshid
23. Kartik
24. Kaaya
36. Bhakshi
46. Jyothsna
48. Tamanna
Man for Zonal





Stories and Activities

1. Social challenges and my role
2. Prosperous society

9-11-24
Saturday