



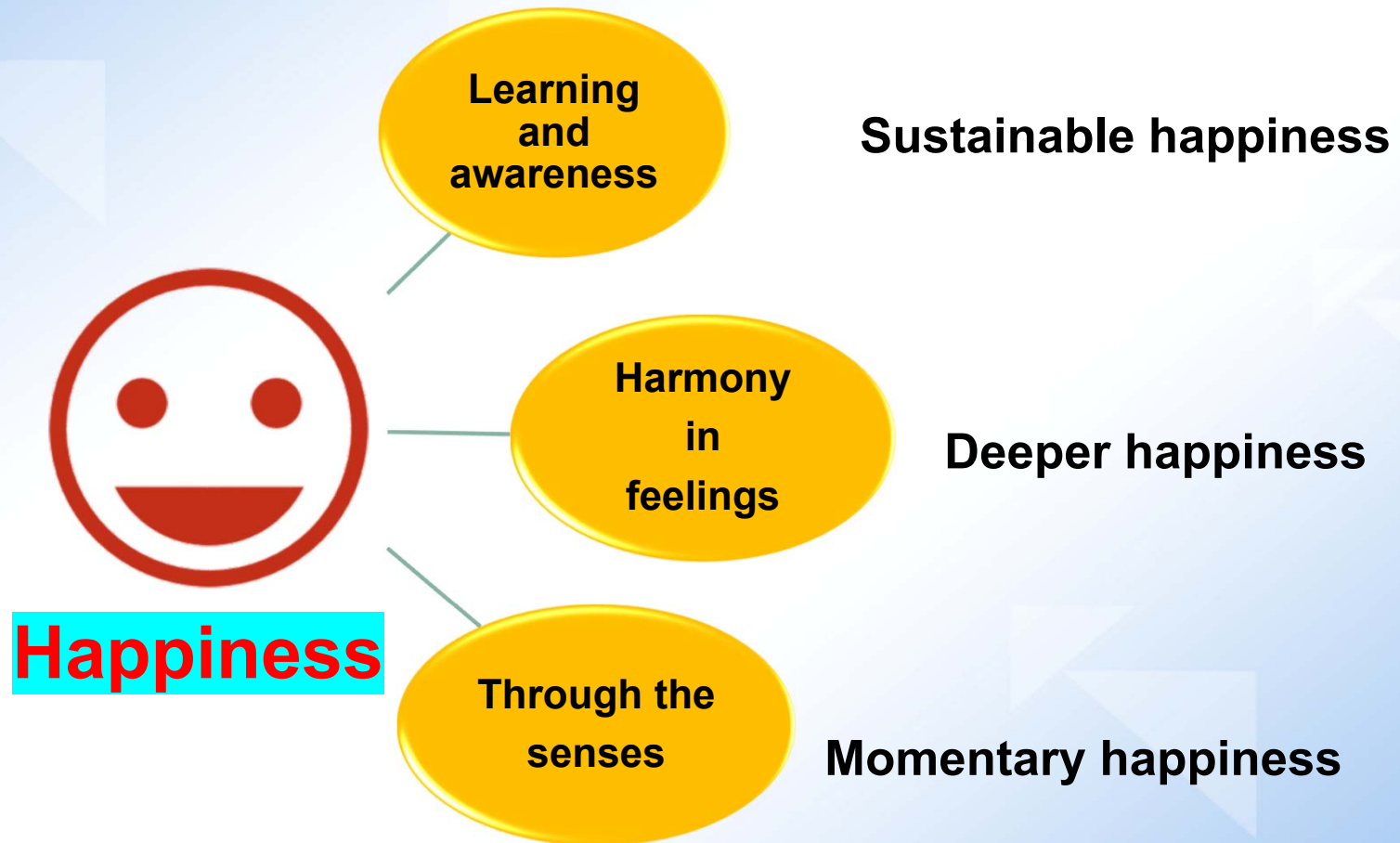
bharti

# HAPPINESS & HOLISTIC WELL-BEING

# LEARNING OUTCOMES

- To enable teachers and students systematically explore happiness and ways to reduce unnecessary stress in the academic environment
- To understand through experiences, case studies and knowledge of children, young people, families, community members and local groups can the best ways to establish holistic well-being that leads to happiness
- To establish **physical, emotional** and **social (holistic) well-being** amongst teachers and students by creating awareness and regular commitment to the same

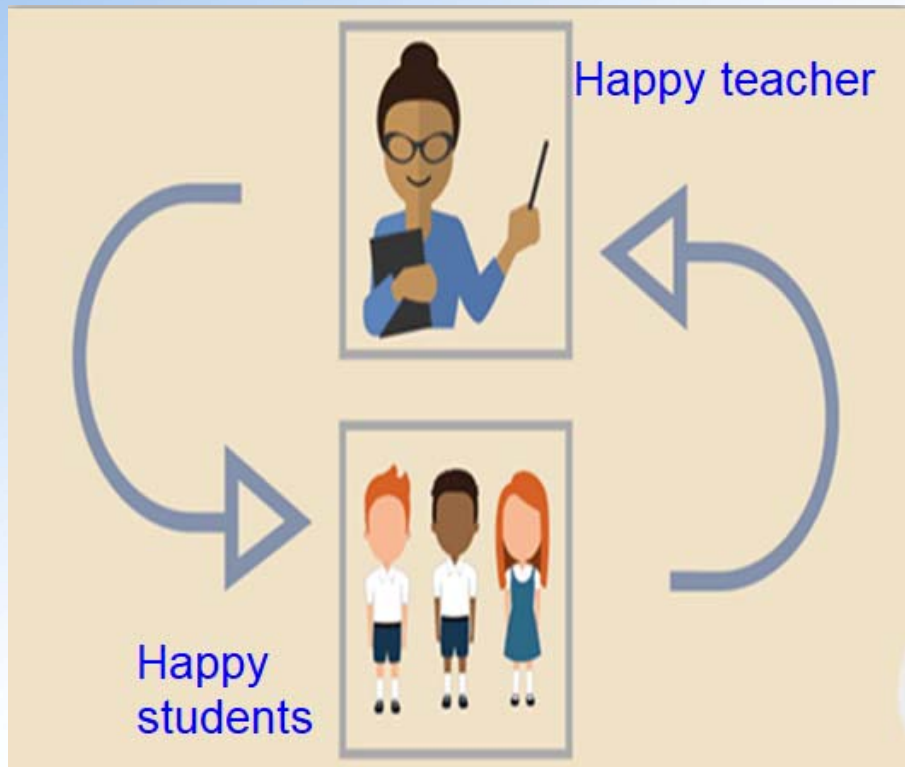
# Kinds of Happinesses



# What Makes Me Happy?

1. *State one activity that makes you happy –*
  - (i) *At home*
  - (ii) *In school*
2. *List down 3 things you have that makes you happy.*
3. *List 3 things that you would want to have that would make you happy.*

# Benefits of Happy children in Schools



Building strong relationship  
between teacher and students

# Benefits of Happy Children in Schools - (Contd.)



## Such children -

- Participate more in activities
- Are smarter and more creative
- Are healthier and live longer
- Become active listener
- Have more friends
- Are more generous
- Cope better with stress and trauma
- More resilient and have stronger immune system
- Are more active and tends to give their best
- Produce better scholastic and co-scholastic results
- Good relations with others

# Activities for Momentary and Deeper Happiness

*Suggestive activities have been displayed on the next slide.*

- 1. Do you play such activities in your school?*
- 2. If yes can you share with us?*



Balloon activity



Blindfold painting



make a happiness collage



## Simon Says

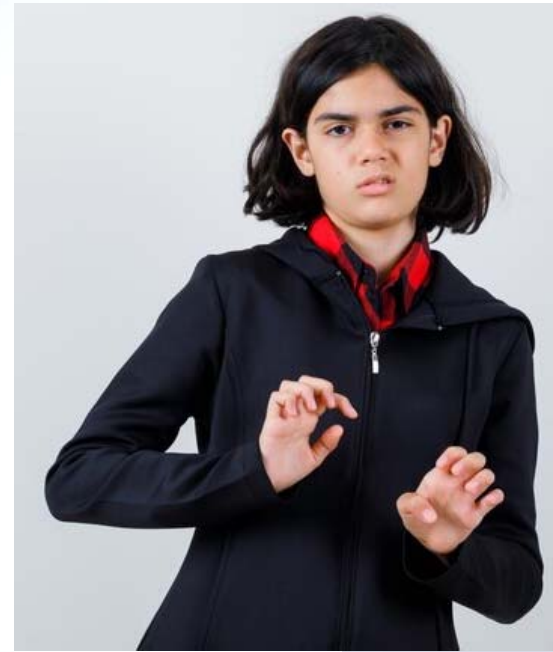
Only when the teacher says "Simon Says", you should do the action..

- Touch your nose
- Jump up and down
  - Run in a circle
  - Go to sleep
- Close your eyes
  - Dance
- Hug the teacher



**bharti**

Simon says



Mimicry of your favourite character



# Activities with parents



- Indoor and outdoor games
- Dance with parents
- Create a family art work
- Do a puzzle together
- Have a family movie night



- Grow a herb garden
- Play a board game
- Go on a picnic
- Go on a nature walk
- Salt/Sand try writing



# 12 STEPS TO HAPPINESS



## Thank

Thank someone and be appreciative toward your colleagues, every single day.



## Experience

Experience new things, try stuff out, and let people run all kinds of experiments.



## Give

Give something to another person or make it possible for others to offer gifts.



## Hike

Hike outdoors, enjoy nature, and allow people an escape from the office and the city.



## Help

Help someone who is in need of assistance, or enable colleagues to help each other.



## Meditate

Meditate and get people to learn and adopt mindfulness practices.



## Eat Well

Eat well, and make good, healthy foods easily available for everyone.



## Socialize

Socialize, relate to other people, and make it easy for colleagues to develop connections.



## Exercise

Exercise and work out regularly and make it easy for people to take care of their bodies.



## Aim

Aim for a goal and get people to understand and realize their own purpose.



## Rest

Rest well, sleep sufficiently, and enable colleagues to refresh their minds.



## Smile

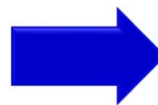
Smile whenever you can, appreciate humor, and get colleagues to engage in fun activities.

# Being Mindful for Sustainable Happiness

***Being MINDFUL builds character, moral and qualities of a good human being, leads to productive and happy life, and contribute positively to the society.***



**Mindfulness**



**Holistic  
well-being**



**Happiness**

# TEACHING CHILDREN MINDFULNESS LEADS TO RAISE IN



**Holistic  
Wellbeing**



# Young Children are Already...

Quiet  
mindful

Filled with  
curiosity

Very  
sensitive

Non  
judgmental

***They need to keep themselves on the same path for much longer!!***

# Holistic Wellbeing

**Holistic wellness** is an approach to being healthy that looks at a person's health in a holistic way. This considers their body, mind and spirit.

School of holistic medicine considers that a person's mind, body and spirit work together.

For example, if someone has physical pain, his / her mind and spirit will also show symptoms.





### **PHYSICAL**

**Sleep**  
**Stretch**  
**Walk**  
**Healthy Food**  
**Yoga**



### **EMOTIONAL**

**Journal**  
**Manage**  
**Stress**  
**Mindfulness**



### **INTELLECT**

**Reading**  
**Learn new**  
**skill**  
**Expand**  
**Knowledge**

# Wellness Activity



### **SPACE**

**Organized**  
**Area**  
**Declutter**  
**Safety**



### **SPIRITUAL**

**Meditate**  
**Manifest**  
**Affirmations**  
**Practice**  
**Gratitude**  
**Journal**



### **SOCIAL**

**Building +**  
**Freindships**  
**Family**  
**Bonding**  
**Support**  
**Systems**

# ACTIVITY FOR WELLNESS

**DAILY SELF-CARE**

The form is titled "DAILY SELF-CARE" and is set against a light blue background. It features four columns, each with a colorful icon in a speech bubble above a colored header box. The icons are: a yellow sneaker (Physical), a grey cloud with rain (Emotional), two white speech bubbles (Social), and a green heart with a rainbow (Spiritual). Arrows point from each icon to its respective header box. Below these four boxes is a large, rounded rectangular area with an orange header labeled "NOTES".

PHYSICAL	EMOTIONAL	SOCIAL	SPIRITUAL

**NOTES**

# TASKSHEET

*Suggestive activities for an overall wellness and happiness*

...

## what's

## fit activity for kids your name!

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- |          |                                              |          |                                                           |
|----------|----------------------------------------------|----------|-----------------------------------------------------------|
| <b>A</b> | jump up & down 10 times                      | <b>N</b> | pick up a ball without using your hands                   |
| <b>B</b> | spin around in a circle 5 times              | <b>O</b> | walk backwards 50 steps and skip back                     |
| <b>C</b> | hop on one foot 5 times                      | <b>P</b> | walk sideways 20 steps and hop back                       |
| <b>D</b> | run to the nearest door and run back         | <b>Q</b> | crawl like a crab for a count of 10                       |
| <b>E</b> | walk like a bear for a count of 5            | <b>R</b> | walk like a bear for a count of 5                         |
| <b>F</b> | do 3 cartwheels                              | <b>S</b> | bend down and touch your toes 20 times                    |
| <b>G</b> | do 10 jumping jacks                          | <b>T</b> | pretend to pedal a bike with your hands for a count of 17 |
| <b>H</b> | hop like a frog 8 times                      | <b>U</b> | roll a ball using only your head                          |
| <b>I</b> | balance on your left foot for a count of 10  | <b>V</b> | flap your arms like a bird 25 times                       |
| <b>J</b> | balance on your right foot for a count of 10 | <b>W</b> | pretend to ride a horse for a count of 15                 |
| <b>K</b> | march like a toy soldier for a count of 12   | <b>X</b> | try and touch the clouds for a count of 15                |
| <b>L</b> | pretend to jump rope for a count of 20       | <b>Y</b> | walk on your knees for a count of 10                      |
| <b>M</b> | do 3 somersaults                             | <b>Z</b> | do 10 push-ups                                            |

