



HAPPINESS & HOLISTIC WELL-BEING

Pre-session Activity

Let's watch a video on concept of happiness in schools (Delhi schools – as in this video)



<https://www.youtube.com/watch?v=zZEg4siLi4g>

Brainstorming



Why do you think being happy is important?

LEARNING OUTCOMES

After the session the students will be able to

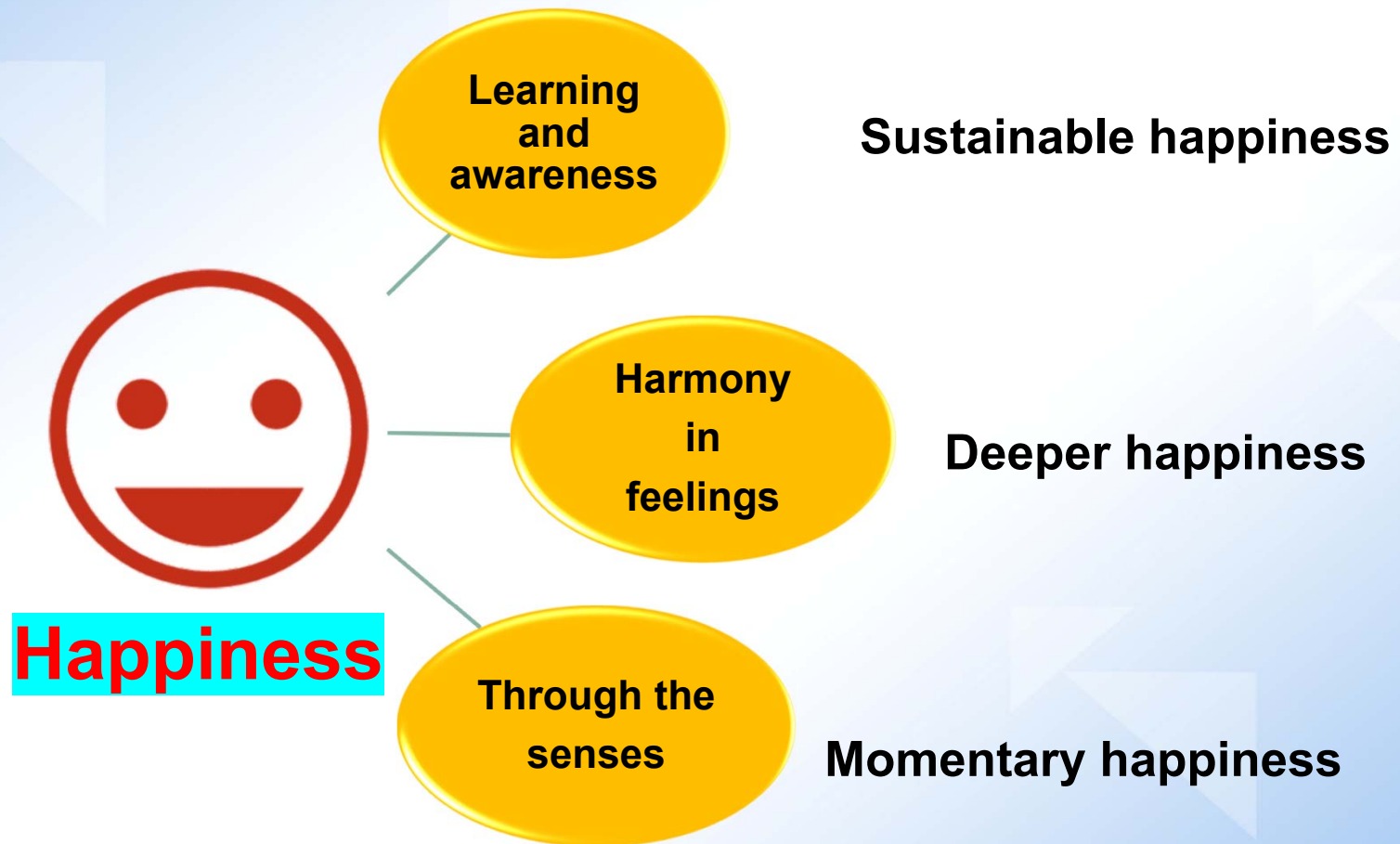
- Systematically explore happiness and ways to reduce unnecessary stress in the academic environment
- To understand through experiences, case studies and knowledge of children, young people, families, community members and local groups can the best ways to establish holistic well-being that leads to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

Prime Objective of Happiness Curriculum



- **Develop** future citizens of the country who are 'mindful, aware, awakened, empathetic, and firmly rooted in their identity'.
- **Aim** at developing citizens who understand and cater to the 'dire needs' of the today's society.
- **Develop** self-awareness and mindfulness among the students inculcate
- **Enable** students to apply these critical thinking and inquiry skills imbibe effective communication skills skills for problem-solving in conflicting situations Reduce anxiety, depression and intolerance among school students

Kinds of Happinesses



The Triad for Happiness

1. Through our senses: This is the pleasure we get via inputs through the 5 senses of sight, sound, touch, smell and taste.

2. Feelings in relationships: Feelings establish the value of a relationship and hence, they are called 'values'. We expect these feelings to be fulfilled.

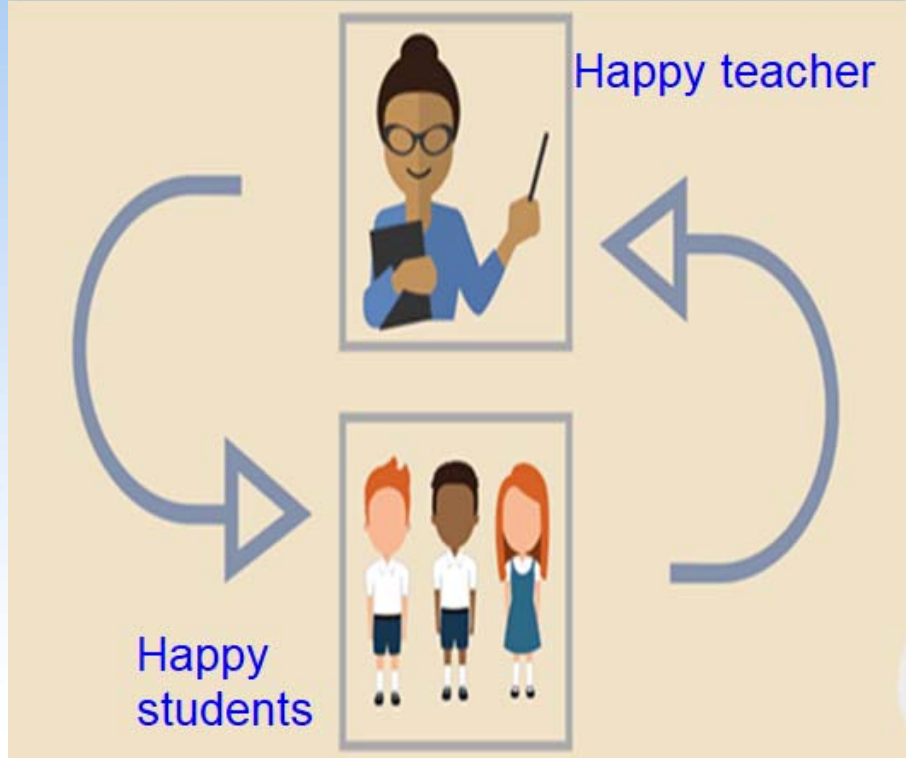
3. Learning (change in behaviour according to constructive understanding) and awareness: This is to do with being aware of our thoughts, being mindful of our actions and being free from internal conflict.



Reflection: 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.*

How Do Happy Children Make a Good School?



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?*

When you stand in a positive way it can tell your brain you feel happy.

1. Practice standing in a happy way
2. Practice standing in a sad way

Do you feel different when you stand in these ways?

Standing in a positive way or '**power posing**' can help you feel better

Practice happy standing to help you and others feel better

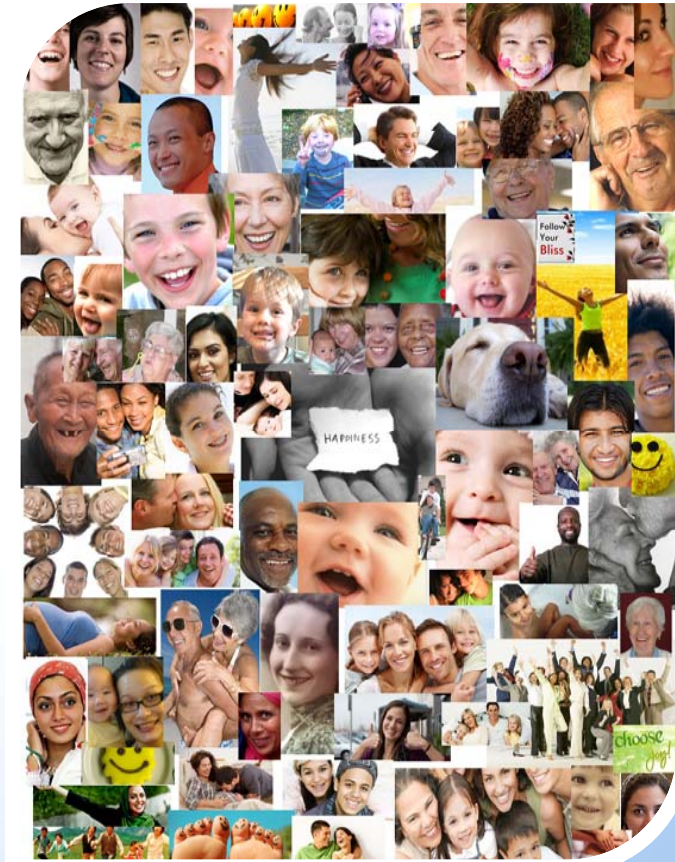
Happy Standing

bharti



Building stories

Try to create story with joining line by line if you find it difficult.



make a
happiness collage

Simon Says

1. Sit down
2. Turn around in a circle
3. Jump up and down
4. Clap your hands
5. Wiggle your fingers
6. Touch your nose
7. Pucker your lips
8. Flap your arms
9. Do jumping jacks
10. Make a smile
11. Make a frown
12. Hop to the left
13. Hop to the right
14. Moo like a cow
15. Quack like a duck
16. Bark like a dog
17. Meow like a cat
18. Pat your belly
19. Put both hands on your head
20. Touch your ears
21. Stick out your tongue
22. Stand up on your tip-toes
23. Wink your right eye
24. Wink your left eye
25. Stand on one foot

Simon says

bharti



Mimicry of your favourite character



Blindfold painting

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 Leads to Raise in...

**Emotional and Mental Well
being leading to
Happiness**

Academic Performance

...Holistic
Wellbeing

**Environmental, and
Physical wellbeing**

**Spiritual, Social, Creative
skills**

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.



Wellness Activity

		
PHYSICAL	EMOTIONAL	INTELLECT
Sleep Stretch Walk Healthy Food Yoga	Journal Manage Stress Mindfulness	Reading Learn new skill Expand Knowledge

		
SPACE	SPIRITUAL	SOCIAL
Organized Area Declutter Safety	Meditate Manifest Affirmations Practice Gratitude Journal	Building + Freindships Family Bonding Support Systems

Activity for Wellness

DAILY SELF-CARE

PHYSICAL

EMOTIONAL

SOCIAL

SPIRITUAL

NOTES

TASKSHEET

Suggestive activities for an overall wellness and happiness ...

what's your name? fit activity for kids

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.

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

