

HAPPINESS CLASSES
SYLLABUS
CLASSES III - VIII



HAPPINESS CLASSES

2024-25

GRADE 3

Beginning of the class with 2-3 minutes of mindful breathing and after 2-3 students would be asked to share their experiences.

Objective is to prepare students for happiness class.

S.NO	MONTH	MINDFULNESS SECTION	STORIES & ACTIVITIES	HAPPINESS CLASS PAGE NO.
1	APRIL	Understanding Breathing Mindful listening I	What do I want & <u>Activity..Why do we do anything</u>	59
2	MAY	Mindful Breathing & temperature of breath	Real happiness & <u>Activity..Come let's understand happiness</u>	74
3	JULY	Breathing while smiling	Yes, I can & Activity ..Potential-Your & Mine	95
4	AUGUST	Mindful touch	My work my responsibility & Activity.. Let's make a flower	102
5	SEPTEMBER	Mindful seeing I,II	Cooperation & Activity.. Contribution to the family	117
6	OCTOBER	Mindful smelling	My real happiness & <u>Activity..My real happiness</u>	132
7	NOVEMBER	Mindful scribbling	Caring for each other & <u>Activity..My Role Model</u>	139
8	DECEMBER	Heartbeat Activity	Harmony in the family & Activity ..My family – My strength	154
9	JANUARY	Mindful Stretching I, II	We and Nature & Activity ..A walk in Nature	187
10	FEBRUARY	Mindful sitting, Standing & walking	Being respectful & Activity ..to receive respect, you must respect, too	57

GRADE 4

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S.NO	MONTH	MINDFULNESS SECTION	STORIES & ACTIVITIES	HAPPINESS CLASS PAGE NO.
1	APRIL	Understanding Breathing Mindful listening I,II	What do I want & Activity ways to find happiness	57
2	MAY	Mindful Breathing & temperature of breath	Understanding happiness & Activity..we are the creators of our own happiness	64
3	JULY	Breathing with a smile	The joy of Learning & Activity..Let's shape together	82
4	AUGUST	Mindful touch	Our abilities & Activity.. Let me tell your qualities	88
5	SEPTEMBER	Mindful seeing I,II,III	Solution to every problem & Activity.. Problem and Solution	94
6	OCTOBER	Mindful smelling	My family, My companions & Activity..My colleagues	128
7	NOVEMBER	Mindful scribbling I,II	Family : My Role & Activity.. Orderliness at home	135
8	DECEMBER	Heartbeat Activity	Our Resources & Activity ..Thumbs – Up, Thumbs - Down	176
9	JANUARY	Mindful Stretching	Our Society & Activity ..From Farm to Table	155
10	FEBRUARY	Mindful sitting & walking	My role in the Society & Activity ..Let us thank them	163

GRADE 5

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S.NO	MONTH	MINDFULNESS SECTION	STORIES & ACTIVITIES	HAPPINESS CLASS PAGE NO.
1	APRIL	Introduction to Mindfulness	Why it is important to study & <u>Activity..What is more important : Goods or Goals</u>	58
2	MAY	Mindful Breathing & temperature of breath	Fickleness of Mind & <u>Activity..Materialistic happiness Vs Emotional Fulfillment</u>	65
3	JULY	Mindful listening I, II	Understanding the Right & Activity.. Right or Wrong	84
4	AUGUST	Mindful seeing I, II, III	Solution is Happiness & Activity.. Problem and solution	90
5	SEPTEMBER	Mindful drawing	Come, let's Prepare & Activity.. Are you ready?	97
6	OCTOBER	Mindful Standing & walking	My understanding & <u>Activity..Three Corners</u>	104
7	NOVEMBER	Heartbeat Activity	Family and Relations & Activity.. Happiness in <u>Relationships</u>	125
8	DECEMBER	Mindfulness Feeling	Gratitude & Activity ..Thank them	132
9	JANUARY	Imagining <u>colours</u>	Let's go Together & Activity ..Let's draw a picture (case study- Bullying)	151
10	FEBRUARY	Mindfulness of Thoughts	Small efforts, big changes & Activity ..Snakes and ladders	163

GRADE 6

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S.NO	MONTH	MINDFULNESS SECTION	STORIES & ACTIVITIES	HAPPINESS CLASS PAGE NO.
1	APRIL	Introduction to Mindfulness	The Goal of My Life & Activity.. <u>Our Goal</u>	43
2	MAY	Mindful listening	My Requirements & Activity.. <u>Needs of Body and Mind</u>	57
3	JULY	Mindful seeing	Strength of Body and Mind & Activity.. Strength of Body and Mind	64
4	AUGUST	Mindful Walking	My Challenges & Activity.. My remote in my hand	71
5	SEPTEMBER	Mindful Drawing	Understanding Relations & Activity.. My Wish	101
6	OCTOBER	Mindful Sitting	My Contribution towards Family & Activity.. <u>My Participation</u>	115
7	NOVEMBER	Mindful Belly Breathing	Harmony in Society & Activity.. We all are equal	149
8	DECEMBER	Temperature of Breath	My Contribution to Nature & Activity ..Good Words, Good Actions	171
9	JANUARY	Mindful Smelling, Thoughts	Love of Loved Ones & Activity ..Gratitude Wall	108
10	FEBRUARY	Heartbeat Activity	My Family & Activity .. <u>Criss - Cross</u>	94

GRADE 7

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S.NO	MONTH	MINDFULNESS SECTION	STORIES & ACTIVITIES	HAPPINESS CLASS PAGE NO.
1	APRIL	Introduction to Mindfulness	Why to Study & Activity, Why to Study	48
2	MAY	Mindful listening	Our Needs & Activity, Difference in our needs: On the basis of Quantity, Time duration	64
3	JULY	Mindful Eating	The unlimited Capacity to learn & Activity.. The unlimited potential to think and understand	74
4	AUGUST	Mindful Belly Breathing	My Perspective & Activity.. Come let's identify moods	89
5	SEPTEMBER	Mindful Listening : Silence	Self Belief & Activity.. Understanding self belief(case study – Depression)	96
6	OCTOBER	Happy Experiences	The Relationship among siblings & Activity, My Wish	110
7	NOVEMBER	Mindfulness of Thoughts	My participation in Family & Activity.. house hold chores: My Feelings	123
8	DECEMBER	Thought as Traffic	My Participation in Society & Activity .Participation of Sensible Man in a Social System.	149
9	JANUARY	Progressive Muscle Relaxation	Friends & Activity ..Meaning of Friendship	143
10	FEBRUARY	Body Scan	Balance in Nature & Activity ..Morality	183

GRADE 8

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S.NO	MONTH	MINDFULNESS SECTION	STORIES & ACTIVITIES	HAPPINESS CLASS PAGE NO.
1	APRIL	Introduction to Mindfulness	Types of Happiness & Activity, Being Happy : Reason & Duration	55
2	MAY	Mindful Seeing	Clarity of Needs & Activity, Our needs and Resources; Is Money Necessary or Absolute.	64
3	JULY	Mindful Eating	Understanding of Morale & Activity.. My willpower is my responsibility	73
4	AUGUST	Mindful Listening : Silence	Pretnce and Arrogance & Activity.. Anger, a menace	79
5	SEPTEMBER	Breath Star	My Thoughts & Activity.. Let's know ourselves (case study – Body Image)	87
6	OCTOBER	Mindful Skin Sensation	A Wise person is a Happy Person & Activity, Who will be benefitted	95
7	NOVEMBER	Body Scan	My Earth : My Family & Activity.. Pass the Story	102
8	DECEMBER	Mind Jar	Challenges in my Family and My Role & Activity ..How would I find a solution	122
9	JANUARY	Gratitude	Mutual Help & Activity ..Plan of Action for a committee	142
10	FEBRUARY	Gate Keeper	Natural Challenges and My Responsibility & Activity ..Global Warming	178