



Navajeevan Bethany Vidyalaya

Bethany Hills, Nalanchira, Thiruvananthapuram



HOPE-HAPPINESS- HARMONY

AUGUST 2024

Nurturing Inner World

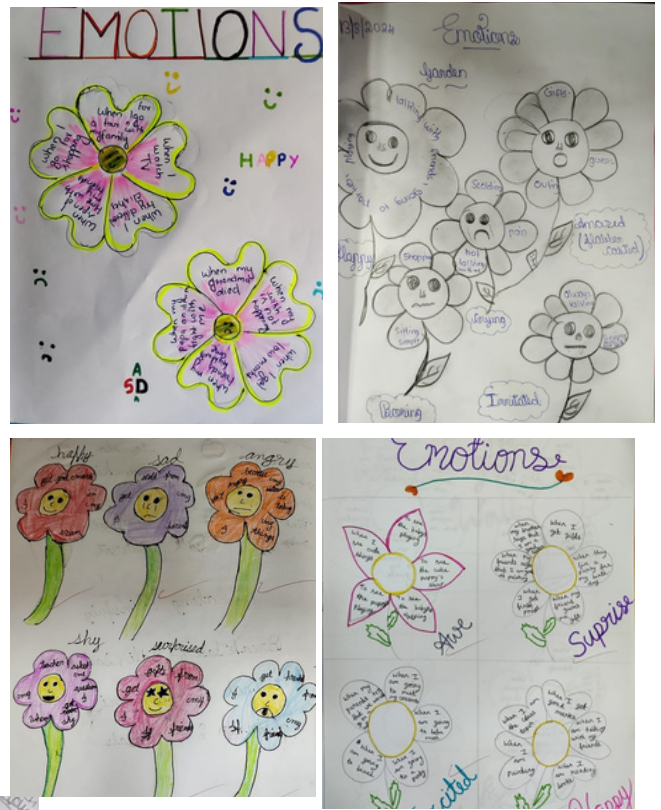
Global Happy School

Spotlight of the Month

"The more you know yourself, the more clarity there is"

EMOTION GARDEN

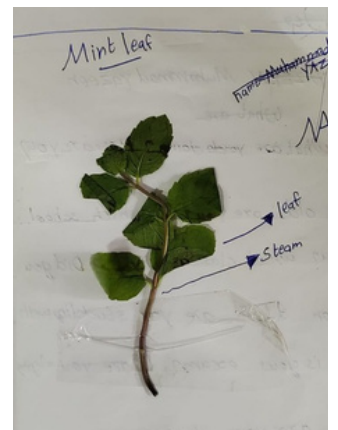
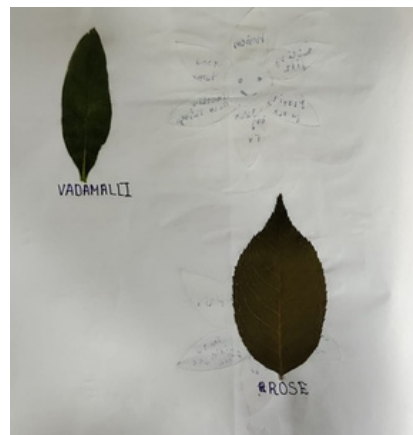
The Emotion Garden activity is a thoughtfully designed exercise aimed at enhancing students' emotional intelligence and self-awareness. The activity commences with an introduction to the concept of emotions, highlighting their significance in daily life and discussing a range of feelings such as joy, sadness, anger, and excitement. Following this, students participate in a brainstorming session to identify and articulate their personal emotional experiences. Each student then engages in creating a visual representation of their emotions by designing and decorating individual flower templates, with each petal representing a different emotion.



This activity helps students to recognizing and understanding their emotional landscape more profoundly. Through this activity, students develop crucial skills in emotional recognition, articulation, and empathy, fostering a supportive and reflective classroom environment.

NATURE'S MEMORY BOOK (HERBARIUM)

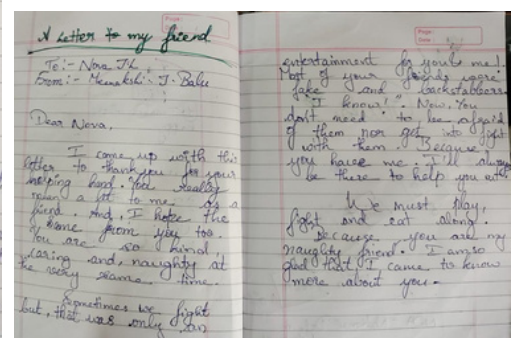
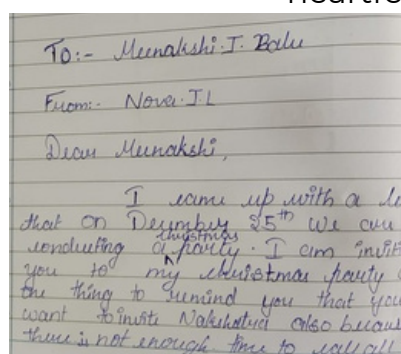
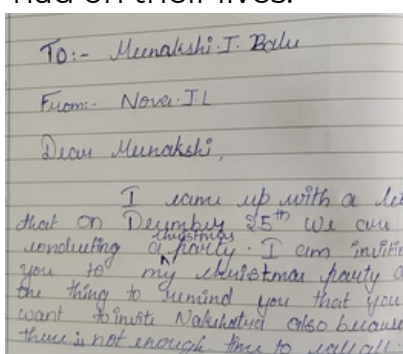
Students embarked on an enriching outdoor exploration to gather a diverse collection of leaves, flowers, and other natural objects, capturing the essence of their local environment. This hands-on project involved pressing and preserving these specimens in a herbarium, with each item meticulously labeled with its name and the date of discovery. The process provided students with an opportunity to enhance their observational skills and deepen their appreciation for nature's complexity. By documenting their findings, students developed a tangible connection to their surroundings, celebrating the beauty and diversity inherent in the natural world. This activity also promoted mindfulness, encouraging students to engage attentively with their environment.



HEARTFELT NOTES TO YOUR FRIEND

In the Heartfelt Notes to Your Friend activity, students take the time to express their appreciation and gratitude towards a close friend through handwritten letters. They reflect on specific memories, positive qualities, and the meaningful impact their friend has had on their lives.

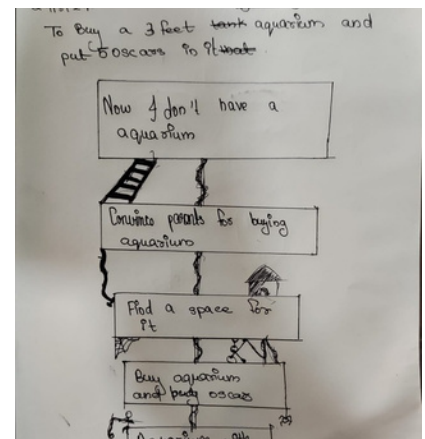
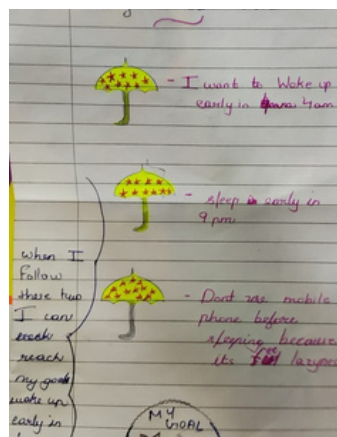
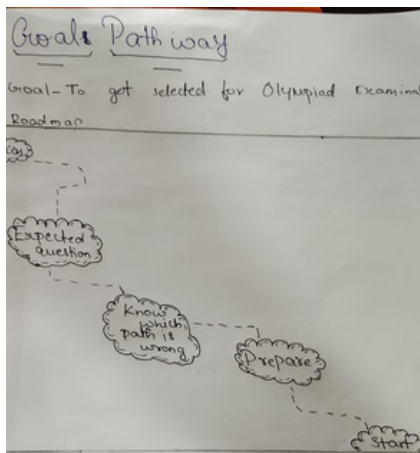
This activity encourages meaningful communication and strengthens interpersonal relationships, allowing students to deepen their connections. Students personalize their notes, making them even more special and heartfelt.



DREAM BRIDGE STEPS TO SUCCESS

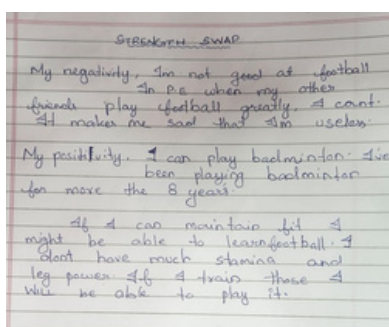
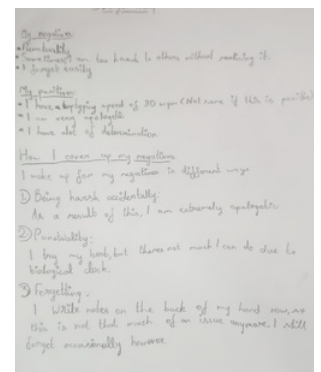
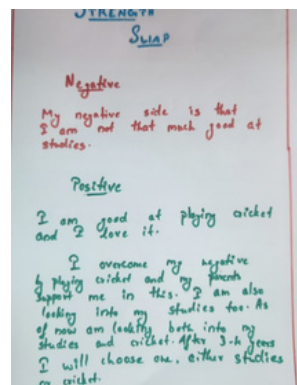
The Dream Bridge Steps to Success activity empowers students to transform their big dreams into manageable and actionable steps, giving them a tangible path toward achieving their goals. Students begin by visualizing a bridge, with the starting point representing their current position and the endpoint symbolizing their long-term aspirations, such as future careers or personal accomplishments.

Each plank of the bridge represents a smaller, actionable goal that helps them progress toward their dream. This visual representation allows students to see that achieving success is a step-by-step process that requires planning, commitment, and perseverance. By decorating the bridge with images, words, or symbols that resonate with their aspirations, they create a motivating and personalized visual reminder of their path to success.



STRENGTH SWAP

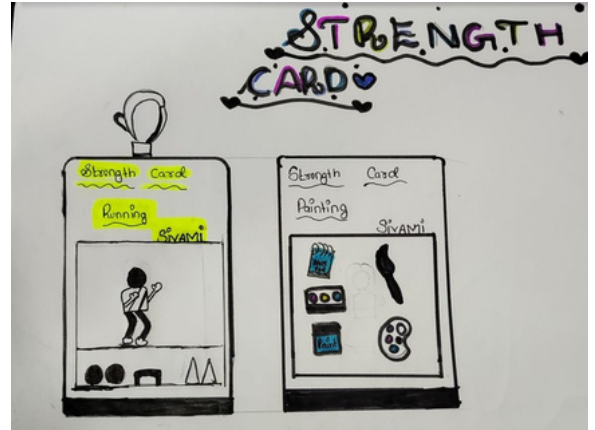
The Strength Swap activity encourages students to engage in self-reflection by revisiting past challenges and identifying the personal strengths that enabled them to navigate through difficult situations. In this activity, students write their negative and mention how they overcome that negatives



This reflective process emphasizes the significance of resilience and self-awareness and encourages students to recognize and celebrate their internal resources, fostering a deeper understanding of their own capabilities. The Strength Swap activity helps build confidence by affirming that challenges can be successfully managed through the application of personal strengths,

STRENGTH CARD

The Strength Card activity encourages students to reflect on their personal strengths and achievements, which they write or illustrate on individual cards. Each student takes time to identify and acknowledge their unique abilities, qualities, or accomplishments, creating a personal and meaningful representation of their strengths. Once completed, these cards are collected and displayed together, forming a powerful and uplifting visual of the group's shared talents.



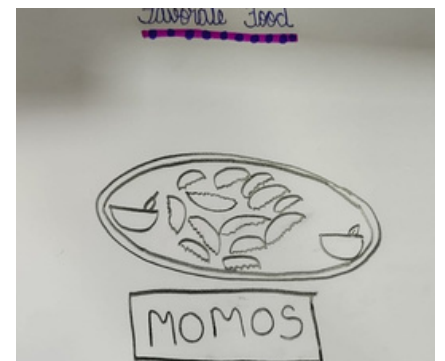
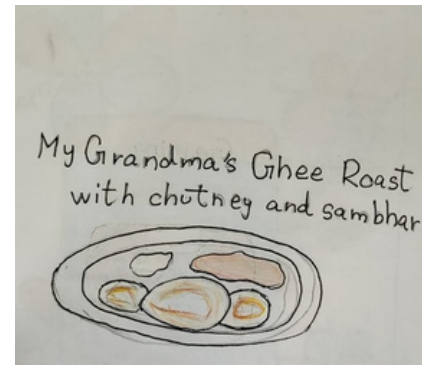
The strength cards serve as an ongoing reminder of their resilience and potential, reinforcing a positive mindset and encouraging collaborative growth. This activity not only boosts individual self-esteem but also promotes a culture of encouragement, where students actively celebrate each other's strengths and achievements, further enhancing the sense of community within the classroom. This activity not only boosts individual self-esteem but also promotes a culture of encouragement, where students actively celebrate each other's strengths and achievements, further enhancing the sense of community within the classroom.



FAVORITE FOOD ART

The Favorite Food Art activity invites students on a creative exploration of their culinary preferences, allowing them to express their individuality through both art and storytelling. Students begin by selecting their favorite foods and creating detailed drawings that bring these dishes to life on paper. Using a range of artistic techniques such as shading, texture, and vibrant colors, they capture the essence of their chosen meals, from the golden crust of a pizza to the bright hues of a dosa. This artistic process encourages students to focus on fine details and engage their creativity, while also allowing them to experiment with different styles and approaches to visual expression.

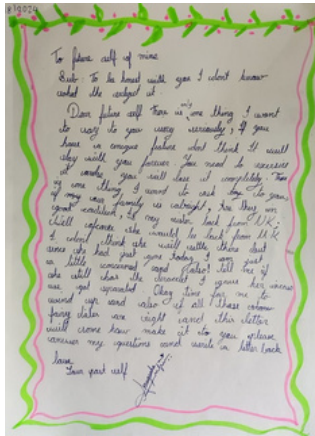
These descriptions may include cherished memories, such as family gatherings, special occasions, or traditional recipes passed down through generations. Through this reflective exercise, students gain an opportunity to connect their food choices with personal experiences and cultural heritage, enriching the activity with layers of meaning.



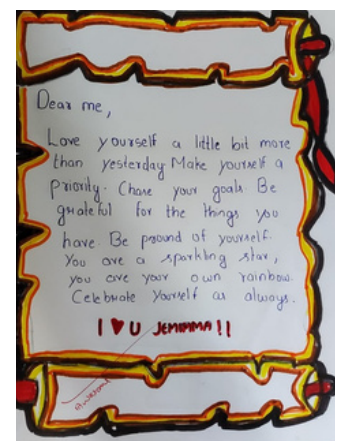
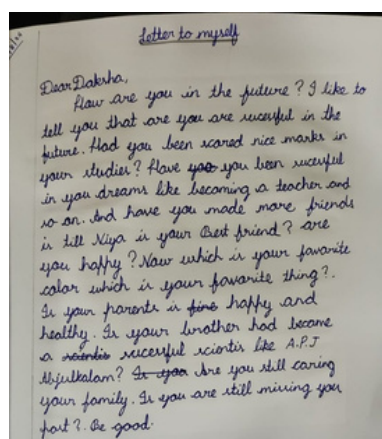
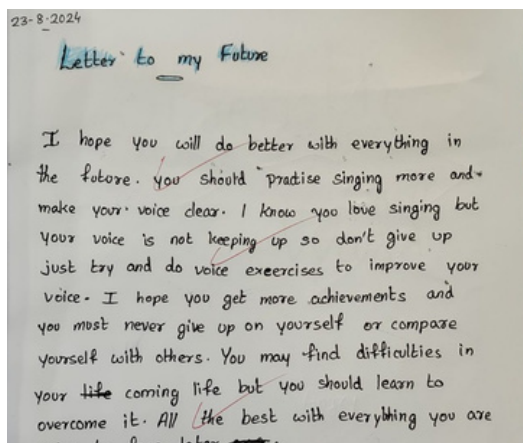
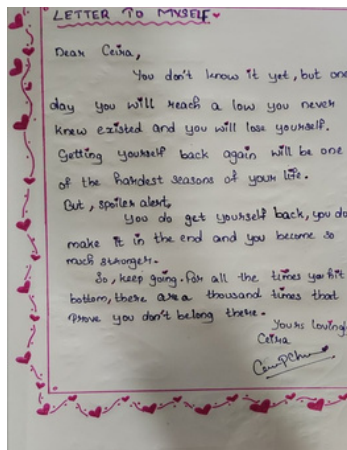
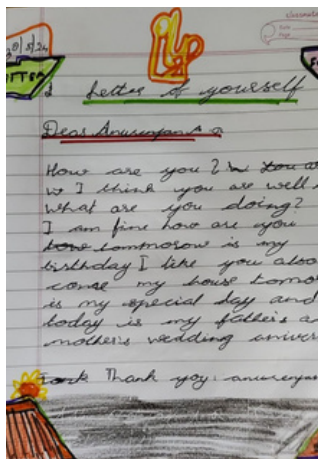
In addition to the visual component, students write brief descriptions alongside their artwork, explaining the personal or cultural significance behind their favorite dishes. The sharing of these stories in class fosters a deeper appreciation for the diversity of foods and traditions represented among their peers. This activity not only enhances artistic and writing skills but also promotes cultural awareness, empathy, and the joy of self-expression, creating a vibrant classroom atmosphere where personal stories and creative expression are celebrated.



LETTER TO MYSELF



The Letter to Myself activity provides students with a structured and introspective opportunity to engage in self-reflection by writing letters to either their future or past selves. In these letters, students are encouraged to articulate their current thoughts, emotions, aspirations, and challenges, while also offering advice or guidance they might give themselves at different stages of life. This process allows students to pause and reflect on their present circumstances, giving them a moment to consider how their past experiences have shaped them and how their future goals might unfold. By addressing their future selves, students can outline personal aspirations and set meaningful goals.



This exercise fosters students' self-awareness, helping them understand their personal evolution and appreciate their progress over time. It also promotes goal-setting and accountability, as students are encouraged to think critically about their future ambitions and the steps needed to achieve them.

Additionally, writing to their past selves cultivates self-compassion, as students recognize the challenges they've overcome and offer empathy towards their younger selves. The Letter to Myself activity supports personal growth, encourages forward thinking, and reinforces the importance of self-reflection.

CONCLUSION

The conclusion of these activities had a significant psychological influence on the students, fostering both individual and collective growth. The Emotion Garden exercise helped students understand their emotions and express them creatively. The Nature's Memory Book encouraged mindfulness and connection to the natural world. The Letter to Myself activity encouraged self-reflection and introspection, allowing students to set personal goals, give themselves affirmations, and offer self-compassion, thus enhancing their emotional resilience.

Through Heartfelt Notes to Friends, students practiced gratitude to strengthening their interpersonal relationships and fostering a sense of belonging. The Dream Bridge Steps to Success facilitated goal-setting and task management, providing students with a clear, structured pathway toward their aspirations, building self-efficacy in the process. Finally, the Strength Wall nurtured a sense of self-esteem and collective empowerment, as students recognized their own capabilities while contributing to the group's shared strengths.

RECOMMENDATIONS FOR SEPTEMBER

- **Message Relay Game:** In this game, students pass along a message verbally through a line of classmates. Each student whispers the message to the next person, and the final message is compared to the original. This activity highlights the importance of clear and accurate communication.
- **Speech Debates:** Organize friendly debates where students argue for or against a given topic. They practice structuring their arguments, presenting their points clearly, and responding to opposing views. This activity enhances their public speaking and critical thinking skills.
- **Communication Charades:** Students play a game of charades where they communicate different messages or ideas through gestures and facial expressions alone. This activity helps them practice non-verbal communication and interpret others' body language.
- **Persuasive Pitch:** Students create and deliver a persuasive pitch to convince their peers to support a cause or idea they care about. This activity focuses on structuring arguments, using persuasive language, and engaging the audience effectively.

A HEARTFELT REFLECTION FROM THE HAPPINESS COACH



As we conclude this enriching month of “Nurturing Inner and Outer Worlds,” I want to extend my heartfelt gratitude for your enthusiastic participation and support. Each activity has been a journey into understanding ourselves and connecting more deeply with the world around us. From exploring our emotions through creative expression to appreciating the beauty of nature and celebrating personal strengths, we have all taken significant steps toward greater self-awareness and empathy.

This month has shown us the power of reflection, creativity, and connection in fostering a positive and supportive environment. The Emotions garden has helped us articulate our feelings, while the Nature’s Memory Book has deepened our appreciation for the natural world. Through the Dream Bridge Steps to Success and Strength Wall, we have visualized our goals and celebrated our achievements,

Thank you for your dedication and spirit. I look forward to our continued journey of positivity and growth.

Warm regards,

Gunasekaran

Happiness Coach



GLOBAL HAPPY SCHOOL

