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HOPE-HAPPINESS- HARMONY

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July 2024

Embrace Yourself Month

Global Happy School

Spotlight of the Month

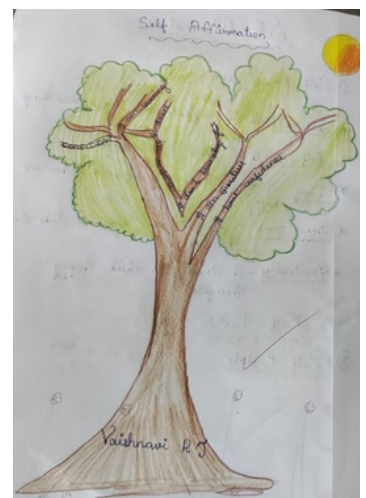
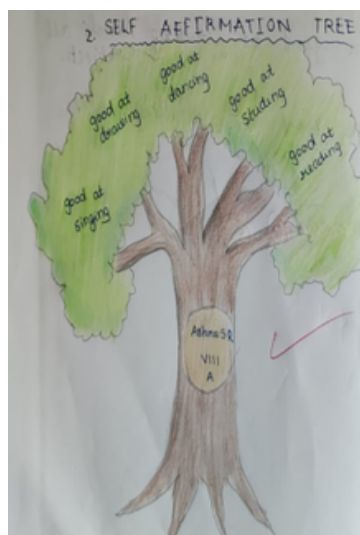
"Be your own biggest fan; the journey to self-discovery starts with self-love."

SELF AFFIRMATION TREE: CELEBRATING OUR UNIQUE QUALITIES



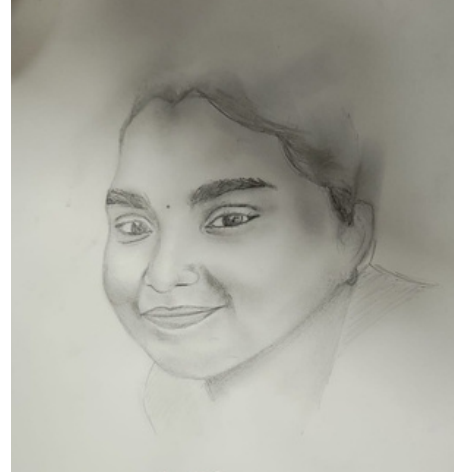
The Self-Affirmation Tree activity focuses on fostering self-esteem, motivation, and mental well-being by encouraging students to engage in positive self-reflection. In this activity, students are invited to reflect on their unique strengths and attributes, writing down personal affirmations that celebrate their individuality. As the tree grows with these positive statements, it visually represents the diverse strengths and qualities of the entire class, creating a powerful symbol of self-worth. The Self-Affirmation Tree serves as a daily reminder to students of their inherent strengths, reinforcing the practice of positive self-talk.

This activity helps students to boost their individual confidence and in creating an inclusive and affirming classroom atmosphere. It establishes a foundation for ongoing self-reflection, where students can return to the tree whenever they need a reminder of their personal value and the importance of celebrating their achievements and strengths.



SELF PORTRAIT: DISCOVERING AND EXPRESSING OUR TRUE SELVES

The Self-Portrait activity provided students with a meaningful opportunity to explore their identities through art, encouraging them to focus on personal expression and individuality. Each student began by sketching their face on paper, paying close attention to how they wished to represent themselves. The emphasis was not just on physical likeness, but on capturing elements of their personality, emotions, and unique characteristics. After completing their sketches, students personalized their portraits by adding decorations such as colors, patterns, or symbolic elements that represented aspects of their identity,

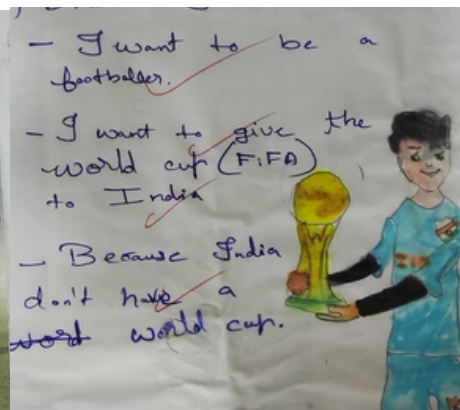
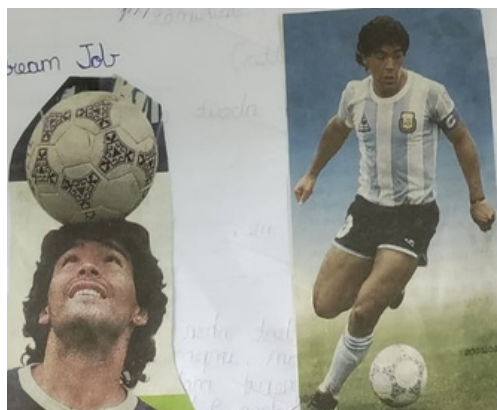
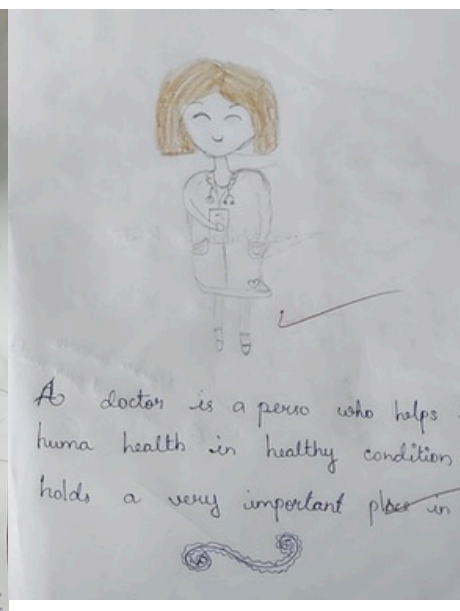
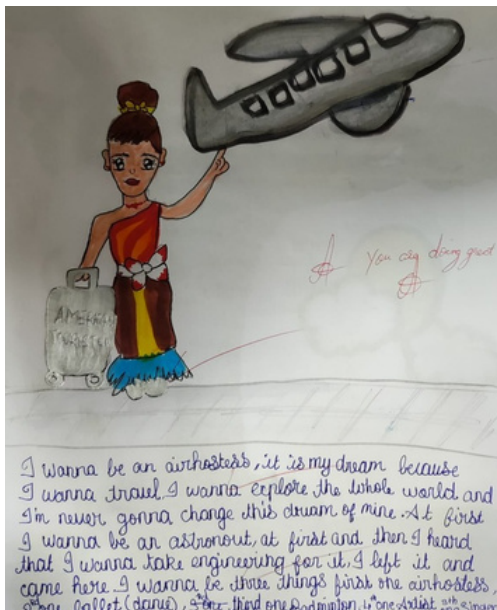
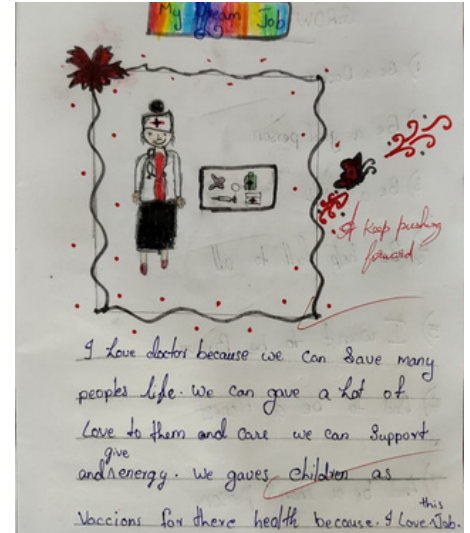


Sharing their self-portraits with the class added a communal dimension to the experience, fostering an environment of mutual respect and understanding. This activity promoted both personal and artistic growth by allowing students to reflect on their individuality and express it creatively, while also contributing to a supportive and inclusive classroom culture where diversity and self-expression were celebrated. The Self-Portrait activity became a powerful tool for self-discovery, confidence-building, and fostering a deeper sense of belonging within the group.



DREAM JOB COLLAGE: VISUALIZING OUR FUTURE CAREERS

The Dream Job Collage activity offered students a dynamic platform to explore their career aspirations while expressing their creativity. This activity invited students to reflect on their future ambitions, encouraging them to imagine and think about what jobs they are interested in, skills, qualities, and values associated with those roles. Using magazines, printed images, words, and drawings, students crafted collages that visually represented their dream jobs. The process involved cutting, pasting, and arranging these elements into a cohesive and personalized visual representation, allowing students to tangibly express their future career goals.



The Dream Job Collage activity seamlessly blended artistic expression with career goal-setting, offering students a meaningful way to visualize their future while strengthening their confidence and sense of purpose.

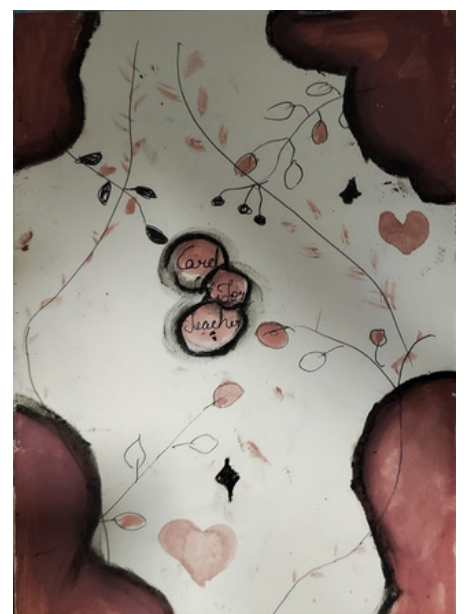
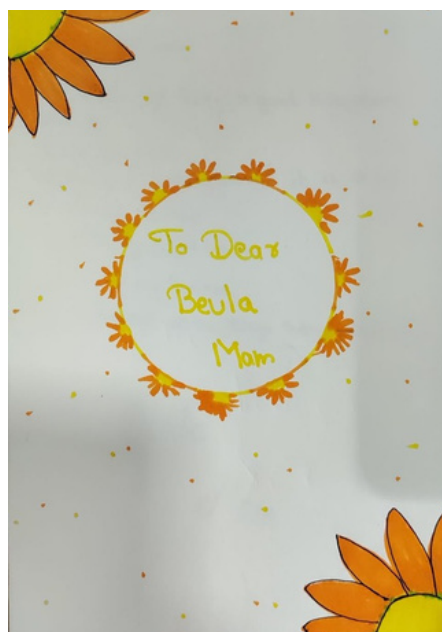
GRATITUDE CARD FOR TEACHERS: CELEBRATING OUR TEACHERS

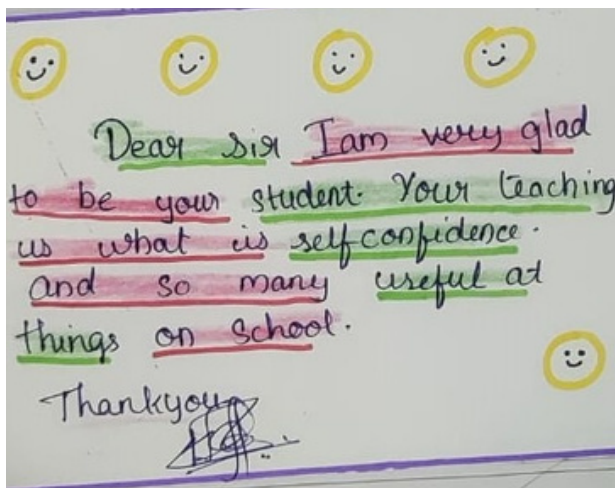
The Gratitude Card for Teachers activity offered students a heartwarming and creative way to show their appreciation for their teachers, fostering a deeper sense of connection and gratitude. During this activity, students were encouraged to design and decorate personalized cards using various art supplies, transforming their appreciation into visually appealing and heartfelt expressions. Each student crafted a unique card, allowing for personal expression and creativity, while reflecting on the profound impact their teachers had on their academic journey and personal growth.

By writing thoughtful messages of thanks, students engaged in a reflective process, considering the ways in which their teachers contributed not only to their learning but also to their overall development. This mindful reflection helped reinforce positive emotions, cultivating a culture of gratitude within the classroom.

Moreover, this activity provided students with an opportunity to enhance their written communication skills by crafting sincere and thoughtful messages. Expressing emotions in a constructive and articulate manner contributed to their emotional intelligence and social development. The process of creating and giving these gratitude cards filled the classroom with an atmosphere of joy and appreciation, strengthening bonds and encouraging students to recognize and celebrate the positive influences in their lives.

Ultimately, the Gratitude Card for Teachers activity combined artistic creativity with emotional expression, creating a space for students to connect more deeply with their teachers, while reinforcing important social-emotional skills.

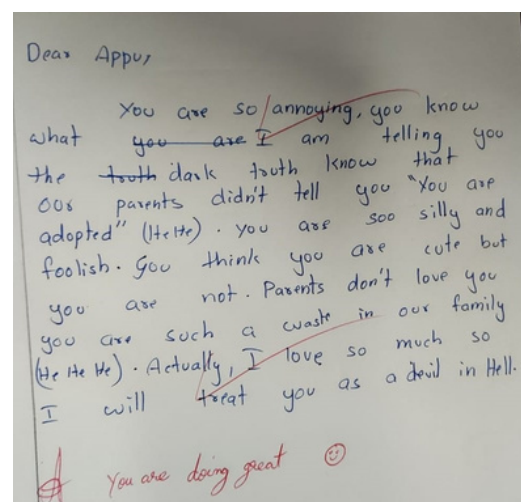
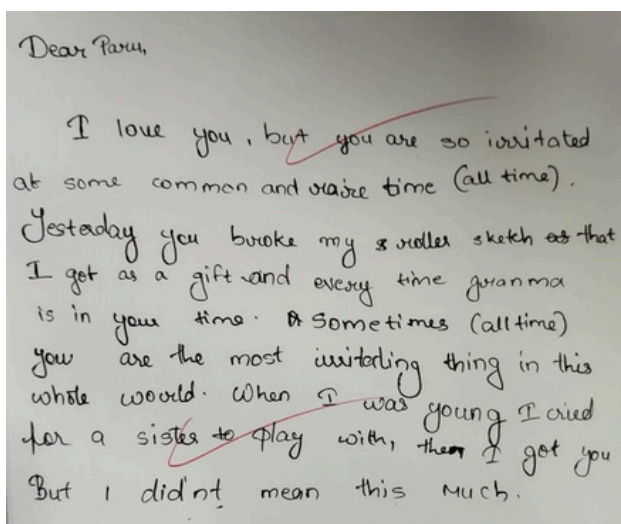




LETTER TO THEIR SIBLINGS:CONNECTING THROUGH WORDS

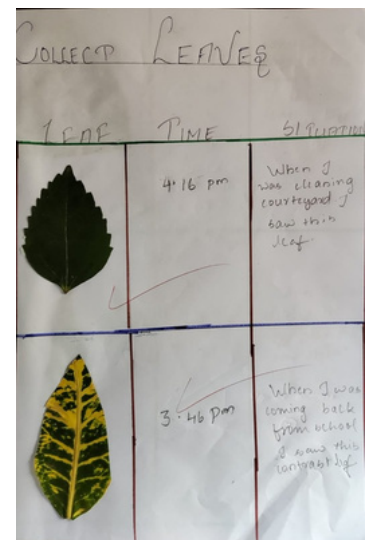
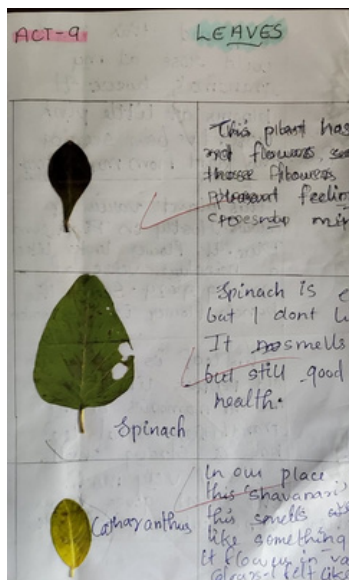
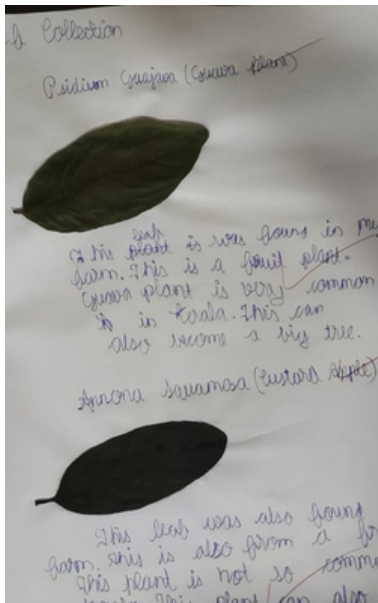
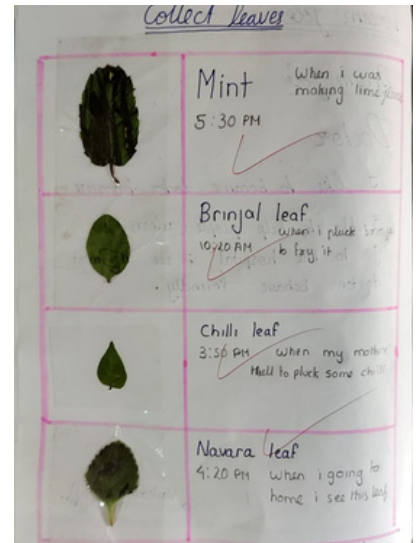
The Letter to Their Siblings activity provided students with a heartfelt opportunity to express their thoughts and emotions toward their siblings. By writing personalized letters, students were able to communicate appreciation, share cherished experiences, and strengthen the bonds within their families. This meaningful exercise promoted reflective thinking, allowing students to pause and consider the special moments and qualities they value in their siblings.

In addition to improving their written communication skills, the activity allowed students to personalize their letters by including anecdotes, memories, or small tokens of appreciation, making their messages even more special. This added layer of creativity deepened the emotional connection between siblings and reinforced the importance of family relationships. The Letter to Their Siblings activity not only encouraged students to express their feelings in a thoughtful way but also created a lasting, positive impact on their familial bonds.

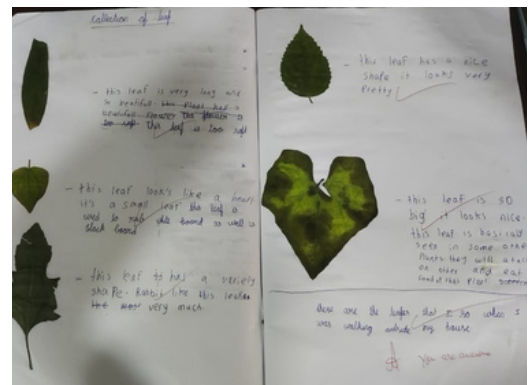


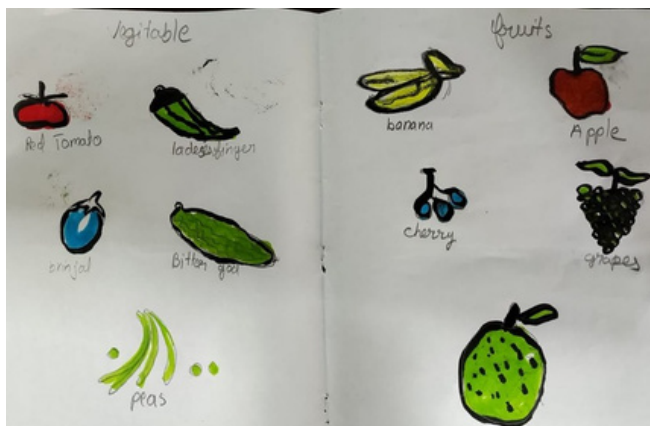
LEAF COLLECTION: EXPLORING NATURE'S DIVERSITY

The Friendship Tree activity's main aim was to improve the classroom's social dynamics and the students' emotional well-being. Each child was instructed to go on a nature adventure a journey where they will be collecting variety of leaves and later adding them in their collections, by mentioning the names and dates of the leaves they added they will think about their journey in retrospective manner in future. This collection will act a memory token for them to remember the positive things that happened.



This labeling process helped them deepen their knowledge of the natural world and pay closer attention to the details around them. Personalizing the leaves allowed students to express their individuality and take ownership of their contributions. They then shared their selections with the class, explaining what attracted them to those particular leaves—be it the color, shape, or texture. This sharing session enhanced communication skills and encouraged students to confidently express their thoughts and observations.





FUNNY FACE ACTIVITY: EXPRESS YOURSELF: THE ART OF EMOTIONS

The Funny Face Activity was a playful exercise that encouraged students to explore and exaggerate facial expressions, fostering creativity, imagination, and stress relief. It aimed to create entertaining and humorous looks, promoting self-awareness and a positive classroom atmosphere. Sharing and discussing funny faces with peers added to the fun and fostered a positive, inclusive atmosphere.



CONCLUSION

July month's activities have enhanced students' educational experience by promoting creativity, self-expression, and personal growth. Activities like Self-Affirmation Tree, Self-Portraits, Dream Job Collages, Growth Garden, Leaf Collection, Rainbow of Nutrition, Gratitude Cards, Letters to Siblings, Funny Face, and Friendship Tree have fostered emotional connections, positive social interactions, and a supportive environment.

RECOMMENDATIONS FOR AUGUST

1. Emotion Wheel:

Create a large wheel divided into segments, each representing a different emotion (e.g., happiness, sadness, anger, fear). Students can use the wheel to identify and discuss their current emotions. This activity encourages emotional awareness and vocabulary development.

2. Feelings Journal:

Have students keep a daily journal where they record their emotions and reflect on events that triggered those feelings. This practice helps students develop emotional intelligence and self-reflection skills.

3. Emotion Charades:

Play a game where students take turns acting out different emotions without using words, while the rest of the class guesses the emotion. This activity enhances empathy and helps students recognize and understand various emotional expressions.

4. Storytelling with Emotions:

Provide students with story prompts that focus on different emotions. Have them write or share stories that convey how characters might feel in various situations. This activity promotes empathy and creativity.

5. Emotion Art Gallery:



Ask students to create artwork that represents different emotions. Display their creations in a classroom gallery and have students explain the emotions they depicted. This activity allows for creative expression and discussion about feelings.

6. Emotion Scavenger Hunt:

Create a scavenger hunt where students find and discuss objects, stories, or scenarios that represent different emotions. This fun activity helps students connect emotions with real-world examples.

7. Emotion Art Gallery:

Ask students to create artwork that represents different emotions. Display their creations in a classroom gallery and have students explain the emotions they depicted. This activity allows for creative expression and discussion about feelings.



A HEARTFELT REFLECTION FROM THE HAPPINESS COACH



Reflecting on the recent activities with students, I am deeply touched by the positive impact they have made. Witnessing students engage with the Self-Affirmation Tree, Self-Portraits, and Dream Job Collages was truly inspiring, as they embraced their unique qualities, expressed themselves creatively, and envisioned their futures with enthusiasm. The Growth Garden and Leaf Collection fostered self-reflection and a deeper appreciation for nature, while the Gratitude Cards and Letters to Siblings highlighted their capacity for genuine appreciation and strengthened their relationships. The Funny Face Activity brought joy and creativity into the classroom, and the Rainbow of Nutrition instilled valuable lessons about healthy eating. These experiences have enriched their personal growth and fostered a nurturing and inclusive community. I am excited about the future opportunities to continue supporting and celebrating the incredible potential within your students.

Pleasure to serve you ahead,

Guna Sekaran

Happiness coach

Nila School of Happiness

GLOBAL HAPPY SCHOOL

smile hub