



# Navajeevan Bethany Vidyalaya

Bethany Hills, Nalanchira, Thiruvananthapuram



HOPE-HAPPINESS- HARMONY

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June 2024

Green Month

Global Happy School

## Spotlight of the Month

*“ Knowledge and Wisdom for a Sustainable Future ”*

### PLEDGE TREE ACTIVITY: ENVIRONMENTAL AWARENESS

Students engaged in a Pledge Tree project to create environmental awareness. The Happiness Coach led discussions on the importance of protecting nature, including topics such as the benefits of trees, clean air, water conservation, and reducing pollution. Students shared their ideas on how to contribute to environmental protection.

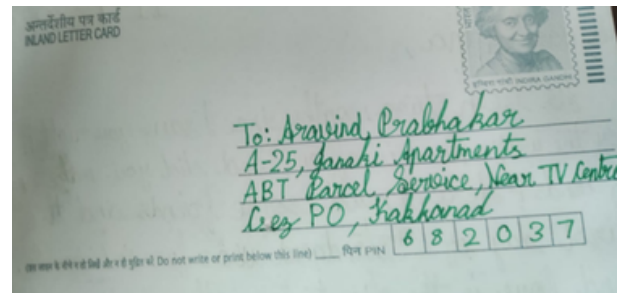
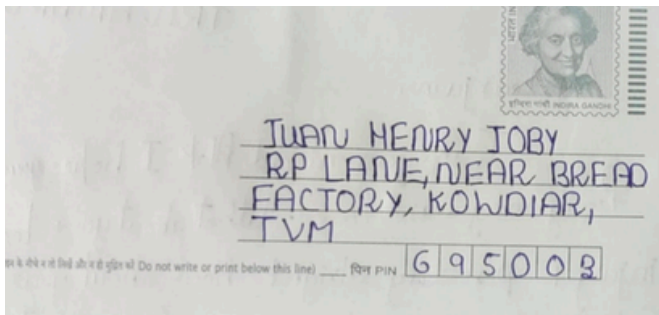
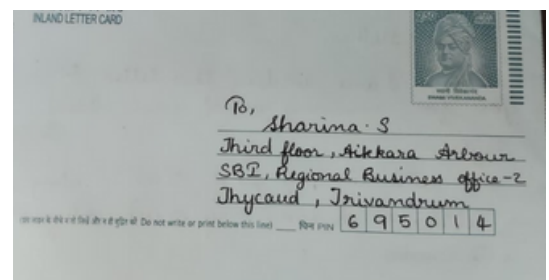


Each class created a Pledge Tree using large chart paper with a pre-drawn trunk and branches. Students made thumbprint leaves using poster colors symbolizing their commitment. After completing the tree, students took a pledge such as to conserve water, reduce waste, plant trees, and keep their environment clean, reinforcing their dedication to protecting nature.



## LEARNING ABOUT INLAND LETTERS: COMMUNICATION WITH GRANDPARENTS

Students learned how to write inland letters to enhance their understanding of traditional communication and have a emotional connections. Guided by the Happiness Coach, an explanation of the format and historical significance of inland letters, emphasizing their role in maintaining personal relationships before the digital age. Students learned key letter-writing techniques, including how to structure their letters with a proper salutation, body, and closing, as well as addressing the envelope correctly.



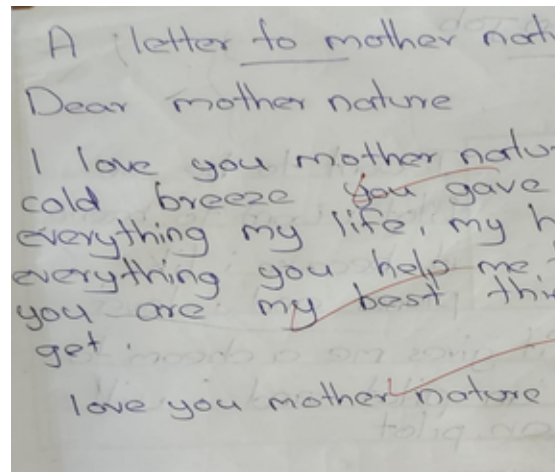
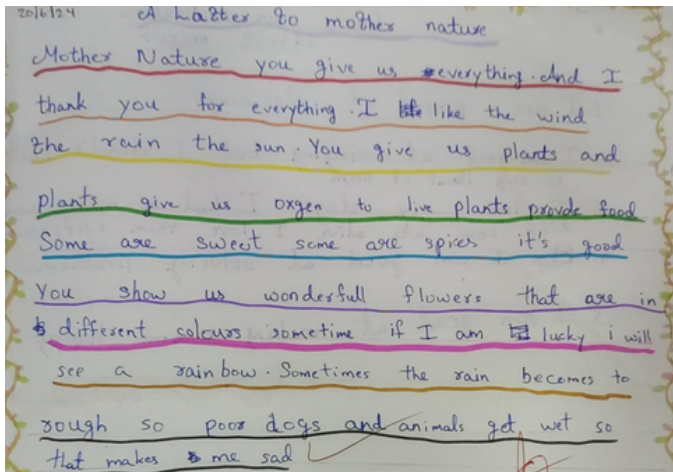
The process involved crafting a heartfelt message to their grandparents, which required them to engage in reflective thinking and empathy. This exercise improved the students writing skills and emotional communications. Writing to their grandparents also created a inter generational connection, strengthening family bonds and providing the students with a sense of continuity and belonging.

## WRITING LETTERS TO MOTHER NATURE

Students engaged in writing letters to Mother Nature to deepen their connection with the environment and express their appreciation and concerns. Guided by the Happiness Coach, the activity began with a discussion on the significance of nature and our relationship with the natural world. The coach introduced psychological concepts of gratitude emphasizing how expressing appreciation for nature can foster a stronger commitment to environmental protection.

They were encouraged to reflect on their personal experiences with nature, express their gratitude for its beauty and resources, and articulate their concerns about environmental issues such as pollution and deforestation. This exercise required them to engage in reflective thinking and empathy, imagining how their words might resonate with the concept of Mother Nature.





## FAMILY BIRTHDAY EXPLORATION

Students learned about the importance of family connections by researching and documenting the dates of birth of their family members. Guided by the Happiness Coach, the activity began with a discussion on the significance of family bonds and how understanding family history can foster a sense of identity and belonging. Students were tasked with gathering information about the dates of birth of their family members.

BIJU GS 25/5/1971	SURENDRAN NAIR 23/9/1943	GIRIJA 13/1/1959
RAJI O 25/5/1987	KRISHNAPILLA 29/4/1954	OMANA 2/8/1958

FAMILY		
NAME	GRANDFATHER	GRANDMOTHER
ANEESH	SREEKANDAN	SUOHDA
DATE OF BIRTH	DOB	DOB
30-09-1986	16 JUN 1956	22-FEB-1960
NAME	GRANDFATHER	GRANDMOTHER
PRARNA	VISAYAN	CHANDRIKA
DOB	DOB	DOB
8-Oct-1987	11-MAR-1962	20-Nov-1960

Name	DOB
Dad - Athif	1977 July 31
Mom - Fathima	1978 October 27
Dad's father - Shamshadun	1975 June 3
Dad's mother - Anifa	1952 July June 11
Mom's father - Rasheed	1977 1971 8 August
Mom's mother - Mairith	1977 March 11

DAD	AP	Am
Prakash	Viswambaran Viswambaran	Thangamma
28/05/1983	08/06/1942	20/11/1950
MOM	AP	Am
Kamala	Thampi	Seema
03/05/1983	05/10/1947	15/08/1950

Dad -	
Name	DOB
Dad - Pradeep V	10/5/1970
Dad's Father - Vasavannan	5/1/1920
Dad's Mother - Ratnamma	27/1/1950
Mom - Santhya MS	30/5/1974
Mom's Father - Sundharashan	11/7/1962
Mom's Mother - Madhavamma	10/6/1953

This process involved engaging in conversations with their parents, grandparents, and other relatives, which helped to enhance communication skills and deepen their understanding of family dynamics. They recorded these dates in a family box making a visual representation of their family's milestones. The activity of learning about their family members' dates of birth taught students practical skills in research and documentation.

## FINGER YOGA SPARKS ENTHUSIASM AND REJUVENATION AMONG STUDENTS

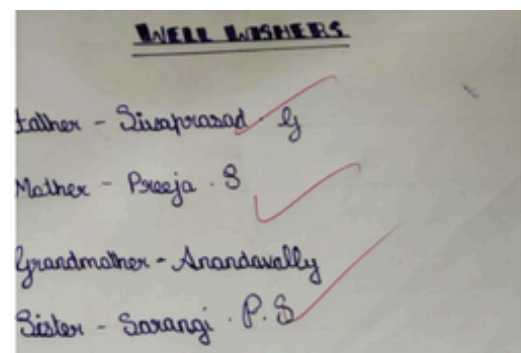
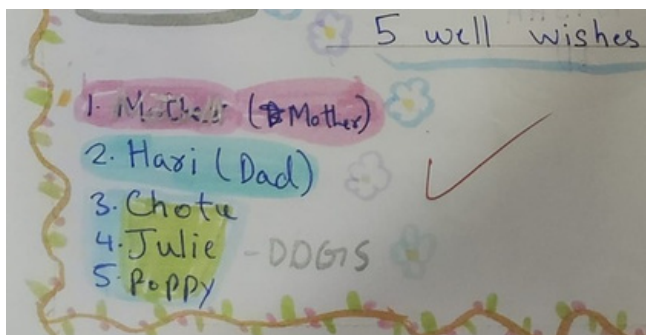
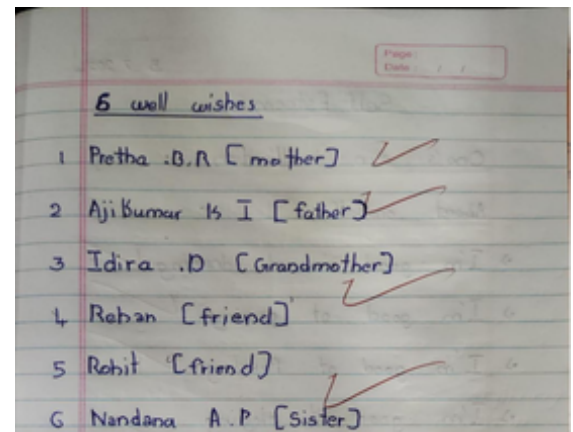
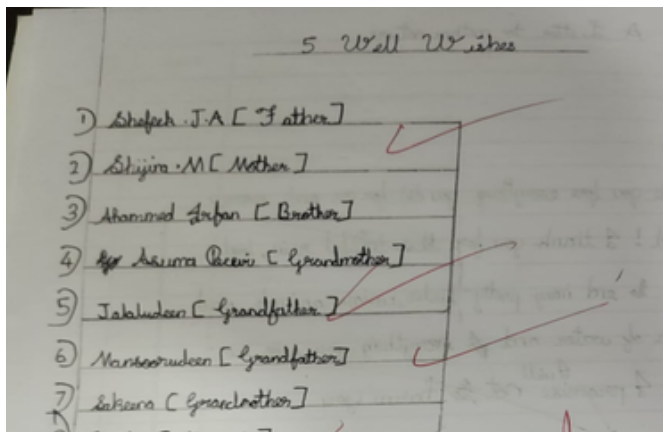
Students explored the practice of Finger Yoga to enhance their mindfulness and fine motor skills. Guided by the Happiness Coach, the activity began with an introduction to the concept of Finger Yoga, explaining its benefits for mental clarity and stress reduction. The coach introduced psychological concepts such as mindfulness, stress relief highlighting how simple hand exercises can have a profound impact on overall well-being. Students were taught a variety of Finger Yoga exercises, including specific finger stretches, bends, and holds. These exercises were designed to improve concentration, reduce anxiety, and promote relaxation. The coach emphasized the importance of breathing techniques, encouraging students to inhale and exhale

slowly while performing the movements to enhance their focus and calmness. By participating in this activity, students experienced the psychological benefits of mindfulness practices, such as increased self-awareness and emotional regulation. Finger Yoga helped them develop better hand-eye coordination and fine motor skills, which are essential for tasks like writing and using tools. Additionally, the calming nature of the exercises provided a way for students to manage stress and improve their ability to concentrate. The Finger Yoga activity taught students practical techniques for enhancing their physical and mental well-being. It encouraged them to integrate mindfulness into their daily routines, promoting a sense of calm and focus that can be beneficial in both academic and personal settings.



## WELL-WISHERS IN APPRECIATION

Students explored the concept of well-wishers and documented their names in their notebooks to recognize and appreciate the supportive people in their lives. Guided by the Happiness Coach, the activity began with a discussion on the role of well-wishers and appreciating those who contribute positively to our lives. Students were asked to reflect on the individuals who have positively influenced or supported them, such as family members, friends, teachers, or mentors.



They wrote down the names of these well-wishers in their notebooks. This exercise encouraged students to practice gratitude and self-reflection, helping them to identify and appreciate the positive influences around them. The exercise promoted positive thinking and enhanced self-awareness, as students considered the importance of acknowledging the support they receive.

## FOSTERING CREATIVITY AND ENHANCING SKILLS

Students engaged in a crafting project designed to foster creativity and enhance fine motor skills. Led by the Happiness Coach, the activity began with a discussion on the value of creative expression and the psychological benefits of engaging in hands-on activities. Students were encouraged to create their own unique projects, such as collages, greeting cards, or personalized decorations. Throughout the process, students practiced important skills such as planning, attention to detail, and spatial awareness.



The coach instructed the students to be creative and experiment with different techniques and encouraged them to think outside the box. By participating in this crafting activity, students experienced the psychological benefits of creative expression, including increased self-esteem and emotional satisfaction. Crafting allowed them to explore their individual creativity and develop problem-solving skills as they planned and executed their projects. Additionally, the hands-on nature of the activity provided a calming and enjoyable break from academic tasks, promoting relaxation and reducing stress.



## CONCLUSION

In the first month we guided students through a variety of engaging and meaningful activities. These exercises not only introduced new ways of learning but also fostered a deeper understanding of important values such as environmental responsibility, traditional communication, family bonds, mindfulness, and creative expression. Watching the students grow through these experiences was truly rewarding, as they embraced empathy, gratitude, and self-awareness with open hearts. This initial month has laid the foundation for a strong, positive relationship between myself and the students. As they explored new ideas and connections, I witnessed them grow more confident, compassionate, and mindful.

Throughout this first month, the activities allowed students to strengthen their fine motor coordination, improve their communication skills, and develop a sense of mindfulness in everyday tasks. From writing letters to their siblings to creating vibrant art projects, every exercise helped nurture their emotional well-being and personal growth. It was heartening to see how these activities contributed to a joyful and positive learning atmosphere, where students felt supported and encouraged. Moving forward, I am excited to continue this journey of fostering happiness, balance, and personal development, knowing that these first steps have set the tone for a bright and meaningful future.

## RECOMMENDATIONS FOR JULY

### Healthy Eating Campaign

Launch a campaign promoting healthy eating habits. Include activities like cooking classes, nutrition education, and creating a school garden to grow vegetables and herbs.

### Personal Journaling:

Encourage students to keep personal journals where they can write about their thoughts, feelings, and daily experiences. Provide prompts that inspire self-reflection, such as "What makes me happy?" or "A moment I felt proud of myself."

### Self-Portrait Art Project:

Have students create self-portraits using various art mediums (drawing, painting, collage). This activity helps them explore and express their identities, emotions, and perspectives visually.

### Affirmation Creation:

Guide students in creating positive affirmations about themselves. They can write these affirmations on colorful paper and decorate them. Displaying these affirmations in the classroom can promote a positive self-image.

### International Day of Friendship

Conduct team-building games that promote trust and cooperation. Have students create friendship bracelets or other tokens of appreciation for their peers.

### Population Dynamics and Social Change

Use simulations and role-plays to explore population growth and its effects on resources. Discuss sustainable living practices and social change.

### Skill Development and Sand Art Projects

Host workshops on various skills like coding, photography, and entrepreneurship. Include a sand sculpture competition where students can express their creativity.

## A HEARTFELT REFLECTION FROM THE HAPPINESS COACH



As we conclude this month of enriching activities, I am filled with joy witnessing the remarkable growth and enthusiasm of our students. Their dedication to protecting the environment, their heartfelt letters to grandparents, their mindful practice of Finger Yoga, and their creative projects have all been truly inspiring. These activities have enhanced their communication skills, Writing skills, Crafting skills and strengthened their connections with family, nature, and themselves.

Let us continue to nurture these qualities of empathy, gratitude, and creativity in our daily lives. Together, we can create a supportive and nurturing environment that encourages our students to flourish academically, emotionally, and socially.

Pleasure to serve you ahead,

Guna Sekaran

Happiness coach

Nila School of Happiness



**GLOBAL HAPPY SCHOOL**

