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Bethany Hills, Nalanchira, Thiruvananthapuram



HOPE-HAPPINESS- HARMONY

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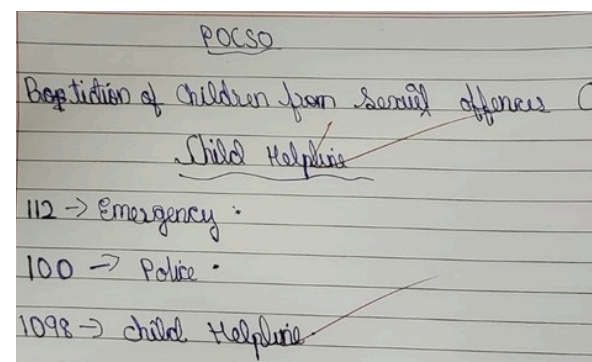
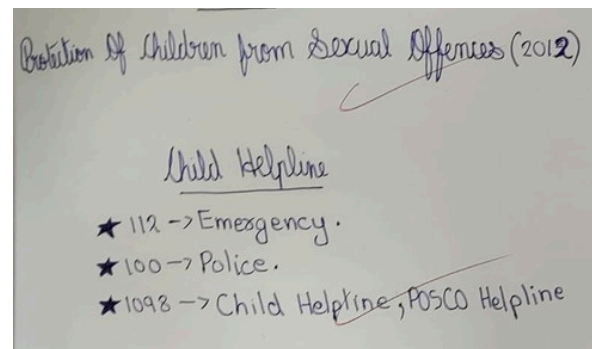
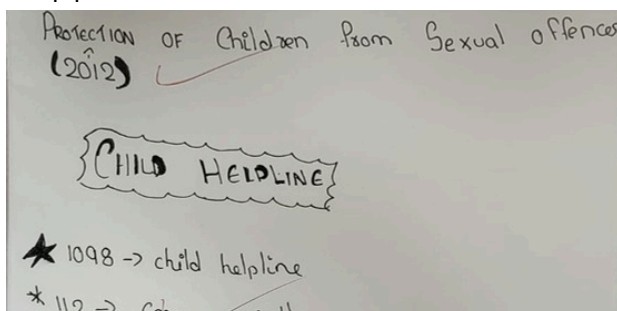
NOVEMBER 2024 **Think Big, Shine Bright** Global Happy School

Spotlight of the Month

"Let your thoughts bloom with positivity, and watch your world grow brighter!"

POCSO

This session introduced students to the Protection of Children from Sexual Offences (POCSO) Act, focusing on creating a safe and informed environment. Students learned the importance of recognizing unsafe behaviors, understanding personal boundaries, and knowing how to seek help from trusted adults. Age-appropriate discussions highlighted the difference between safe and unsafe touch, empowering students to confidently say "NO" to uncomfortable situations. The session also underscored the value of open communication, encouraging students to identify and approach trusted adults for support when needed.

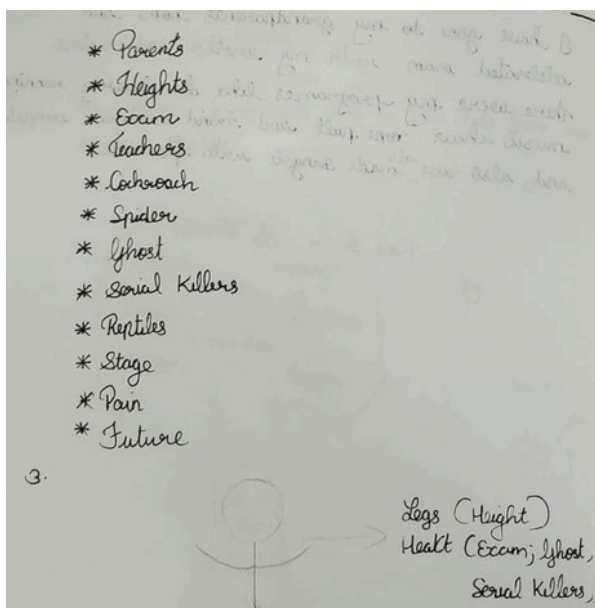
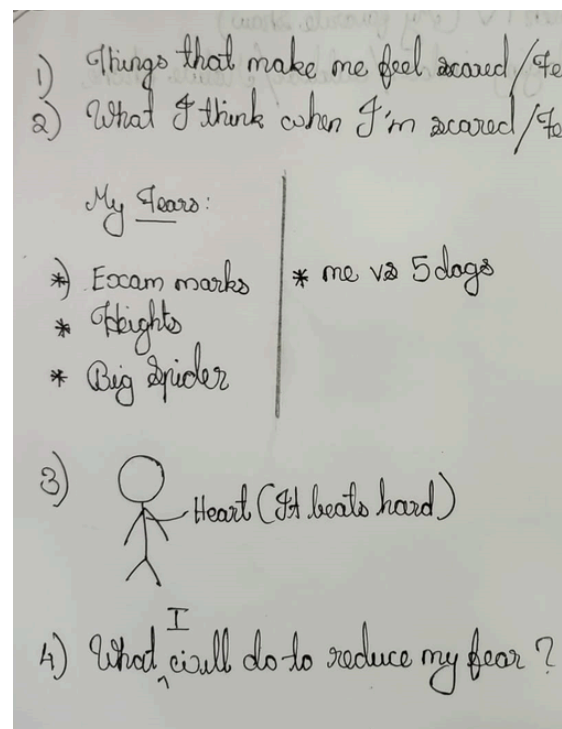
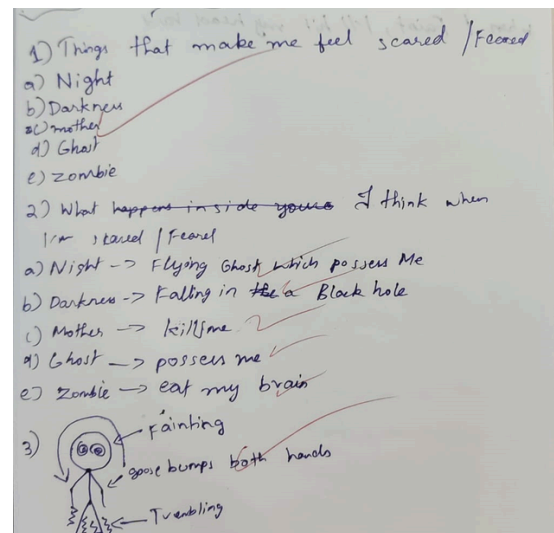
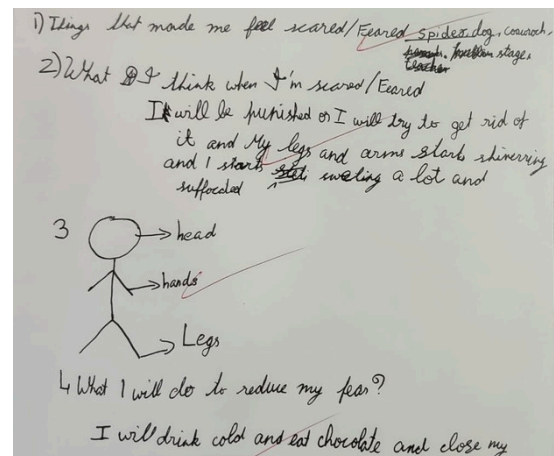


Scenarios included students acting as victims, trusted adults, and even abusers (handled with sensitivity), allowing them to practice recognizing red flags, asserting boundaries, and seeking help. Students were introduced to child helplines like 1098, learning when and how to use them in emergencies.

MY FEARS

Through a guided reflection activity, students explored their personal fears and expressed them creatively through drawings or written reflections. This exercise helped normalize fear as a natural part of the human experience, creating a safe and supportive environment for self-expression. By identifying and acknowledging their fears, students took an important step toward understanding them.

Open discussions followed, where students shared their fears with peers in a judgment-free setting. This collaborative approach encouraged mutual support and highlighted the importance of empathy and listening. Students also learned strategies for building resilience, such as facing challenges gradually, seeking help when needed, and focusing on positive outcomes.



GIGGLE FIESTA

Students participated in a series of laughter-based exercises aimed at reducing stress and boosting happiness. The session began with guided breathing techniques, which helped set a relaxed and positive tone. This was followed by fun and engaging laughter routines, allowing students to let go of tension and embrace joy in the moment.

The activity created an uplifting atmosphere, improving students' mood and energy levels while encouraging a sense of camaraderie among peers. Through shared laughter, students felt more connected, fostering a supportive and cheerful classroom environment.



By the end of the session, students experienced the therapeutic benefits of laughter and its impact on mental well-being. The activity emphasized the importance of incorporating lighthearted moments into daily life, leaving students refreshed, energized, and ready to approach challenges with a positive mindset.



ALPHABET ADVENTURE QUEST

In this lively and interactive activity, students explored the world of alphabets by associating each letter with names, places, things, and animals. This creative challenge encouraged quick thinking and broadened their vocabulary as they brainstormed unique answers for each category. The activity served as an excellent exercise in building cognitive flexibility while keeping students engaged and motivated.

To promote teamwork, students were divided into small groups, fostering collaboration and mutual support. Each group worked together to come up with imaginative and diverse responses, creating a sense of camaraderie and shared achievement.

To reinforce learning, the activity concluded with a reflective session where students discussed their responses and highlighted any new words they discovered. This helped them understand the importance of vocabulary expansion and how creativity can enhance their language skills. It also encouraged them to think about connections between different categories, enriching their critical thinking.

By blending imagination, teamwork, and humor, this alphabet activity created a dynamic and enjoyable learning experience.



PMR(PROGRESSIVE MUSCLE RELAXATION TECHNIQUES)

Students explored progressive muscle relaxation techniques to release physical tension and achieve mental calmness. The session guided them through a step-by-step process of tensing and relaxing specific muscle groups, paired with mindful breathing. This hands-on approach encouraged students to tune into their bodies, fostering a sense of awareness and relaxation. By practicing these techniques, students gained valuable insights into how to manage stress effectively. The activity highlighted the importance of overall wellbeing.



SHINING STARS CELEBRATION

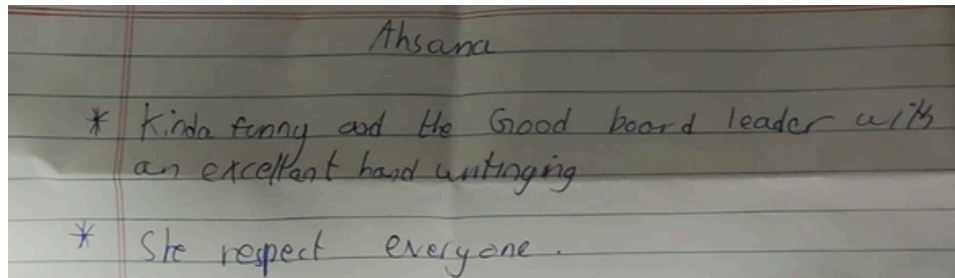
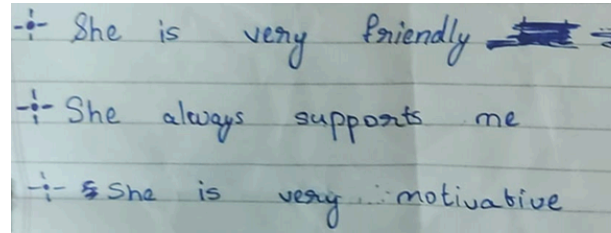
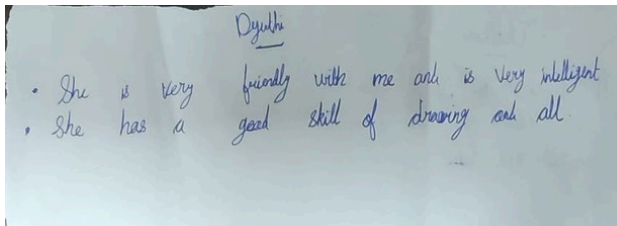
Students celebrated the positive qualities of their girl classmates and discussed the value of respect and equality in relationships. This activity encouraged appreciation for diversity and gender equality, fostering an inclusive classroom culture. Through open dialogue students gained a deeper understanding of mutual respect and learned respect the girls.

This activity nurtured an understanding of gender equality, inspiring students to embrace diversity and carry these values beyond the classroom.

She is very energetic and she is full with positive vibes.
She is very friendly to everyone.
She is a ~~athlete~~ sports person athlete.
She respects everyone.
Meemahishi

Amara
Amara is a very good ~~girl~~ girl.
She is so smart and brave. She will ask to help her we all help her. She is a good dancer. She is a good ~~dancing~~ Artist.

Meenabhi
She always sends me the notes when I ask her.
She always tells me about what happens during school activities in school when I am absent.



CONCLUSION

The diverse range of activities aimed to nurture students' personal, social, and emotional growth, addressing essential life skills and fostering a positive and inclusive classroom environment. Activities such as the POCSO Awareness Session and Shining Stars Celebration instilled values of safety, equality, and mutual respect, empowering students to understand their rights and appreciate diversity. These sessions helped build trust and confidence, ensuring that students felt valued and equipped to handle challenges in their personal and social lives. Through activities like My Fears, Relationship Management, and Progressive Muscle Relaxation (PMR), students explored their emotions, learned effective stress management techniques, and enhanced their resilience. By creating a safe space for expression, the activities helped normalize discussions around fear and stress while fostering empathy among peers. These sessions also encouraged students to reflect on their strengths and develop strategies to navigate real-life challenges, building a sense of emotional stability and self-awareness.

Engaging and creative tasks, such as the Alphabet Adventure Quest and Giggle Fiesta, promoted teamwork, laughter, and joy in learning. These activities provided students with a much-needed break from academic pressure while fostering collaboration and creativity. By incorporating humor and positivity, the sessions boosted energy, improved moods, and strengthened peer relationships, contributing to a more connected and harmonious classroom culture. While the outcomes were largely positive, some challenges were encountered, such as initial hesitation from students to share personal fears or participate in open discussions. Encouraging shy students to engage in role-playing or group activities required additional support and creative strategies.

RECOMMENDATIONS FOR DECEMBER

As we step into the final month of the year, December is all about equipping students with essential life skills that prepare them for personal, academic, and social success. Through a series of thoughtfully designed activities, we aim to inspire creativity, empower advocacy, and build practical abilities that will serve as stepping stones for a brighter future.

1. Word Weavers

A collaborative storytelling activity where students work together in teams to craft unique narratives. Each team member contributes ideas, ensuring the story evolves dynamically. This activity sparks creativity, imagination, and teaches teamwork, active listening, and adaptability. By sharing their stories with peers, students practice communication skills while celebrating the diverse perspectives within their group.

2. SWOT Analysis

Students will reflect on their Strengths, Weaknesses, Opportunities, and Threats (SWOT) to gain a clearer understanding of themselves. This exercise fosters self-awareness, encourages strategic thinking, and helps students identify areas for improvement.

3. Memory Making Through Fingerprints

This symbolic and artistic activity encourages students to use their fingerprints to create unique artwork representing cherished memories. Each fingerprint, with its distinct pattern, serves as a reminder of their individuality.



4. Voice for Changes

Empowering students to express their thoughts and advocate for change by writing impactful letters on issues they care about.

5. Exam Diet

A session dedicated to educating students on nutritious eating habits to boost focus, energy, and well-being during exam preparations.

December activities will help the students to increase their creativity and originality, empowering students to think innovatively and solve problems effectively. Students will be guided in setting achievable goals, reflecting on their progress, and taking actionable steps toward personal success. By focusing on time management and prioritization, they will gain the ability to balance responsibilities and work efficiently.



A HEARTFELT REFLECTION FROM THE HAPPINESS COACH



As the Happiness Coach, I have thoroughly enjoyed witnessing our students engage in positive, creative, and self-empowering activities this term. Even amidst the demanding exam schedule, students were able to participate in events focusing on mindful breathing, positivity, and creative expression. These activities provided a much-needed emotional boost and helped to balance their academic tasks with their emotional well-being. While the busy exam period presented some challenges in executing all the planned activities, I am eager to offer even more meaningful and enjoyable experiences in the upcoming months.

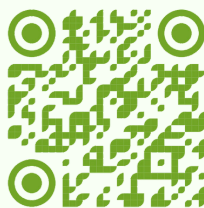
I would like to extend my sincere gratitude to the management and staff for your unwavering support in making these initiatives a reality. Together, we are creating a school community where students can thrive both academically and emotionally.

Pleasure to serve you ahead,

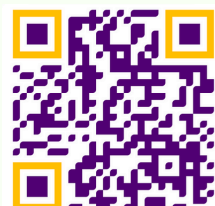
Guna Sekaran A

Happiness coach

Nila School of Happiness



GLOBAL HAPPY SCHOOL



smile hub