



# Navajeevan Bethany Vidyalaya

Bethany Hills, Nalanchira, Thiruvananthapuram



HOPE-HAPPINESS- HARMONY

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OCTOBER 2024

ELEVATE AND SHINE

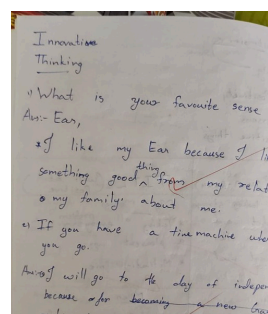
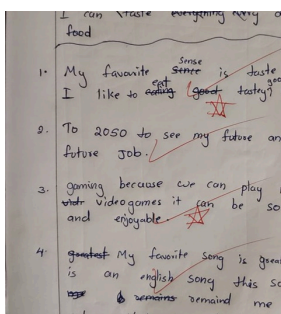
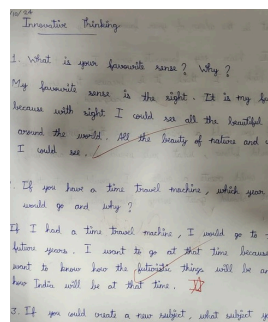
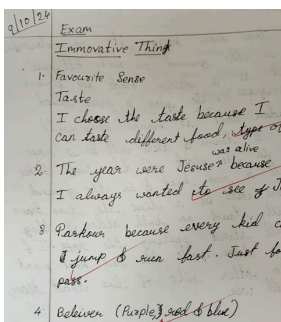
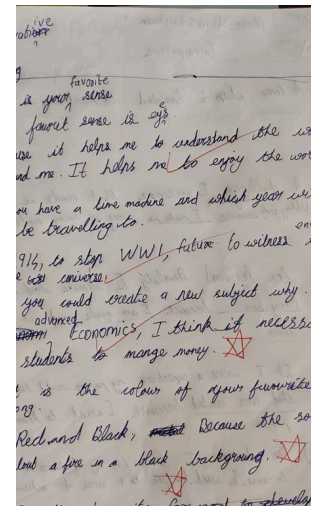
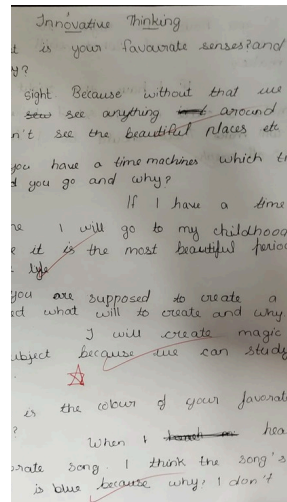
Global Happy School

## Spotlight of the Month

*"The future belongs to those who believe in the beauty of their dreams."*

## INNOVATIVE THINKING

The Innovative Thinking activity was an enriching experience that fostered creativity, collaboration, and critical thinking. Designed to help students move beyond conventional responses, this activity encouraged them to embrace originality in tackling open-ended scenarios, enabling them to see challenges as opportunities for creative exploration.

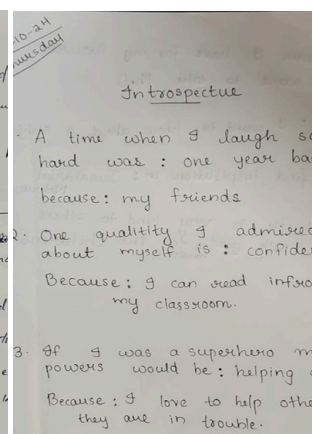
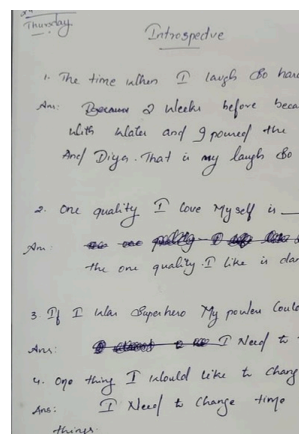
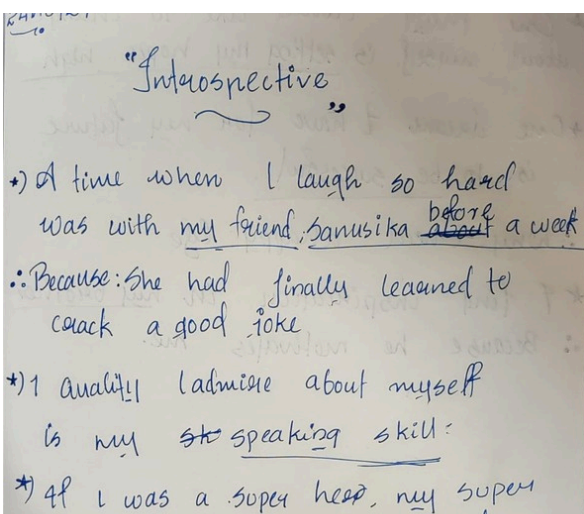
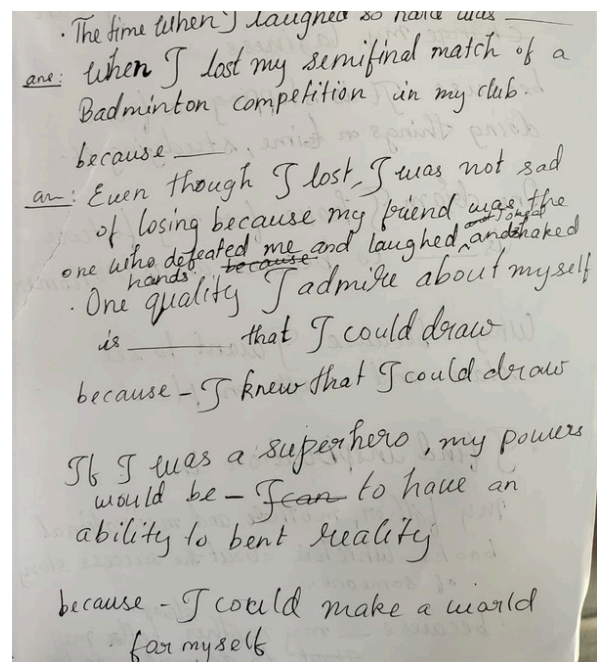
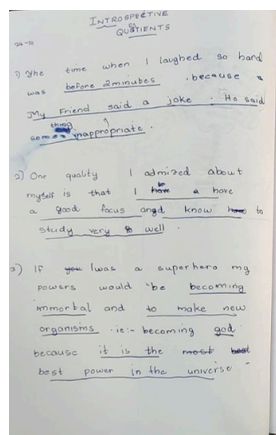
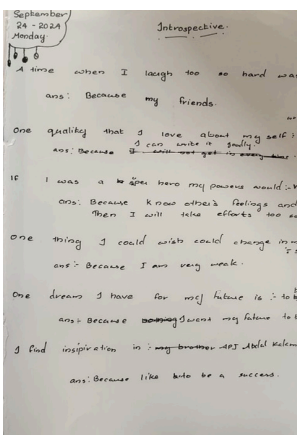


This exercise was more than just a creative activity; it was a structured opportunity for students to experience the power of out-of-the-box thinking, reinforcing the idea that great solutions often stem from novel, daring ideas. This activity introduced students to the principles of strategic thinking, teaching them to evaluate different solutions thoughtfully and remain open to diverse approaches. They learned that innovation is not only about creativity but also about adaptability and resilience in the face of challenges.

# INNER REFLECTIONS

The Inner Reflections activity allowed students to connect with their thoughts and feelings in a calm and meaningful way. Through thoughtful questions, they had a chance to explore what matters most to them, as well as recognize their personal strengths and areas where they might want to grow. This process encouraged them to become more aware of their emotions and helped them understand how these feelings affect their daily lives and goals.

time for self-reflection gave them a safe space to think about their goals and any changes they might want to make in their lives. Many students expressed that having this dedicated time to pause and look inward helped them feel more centered and focused.



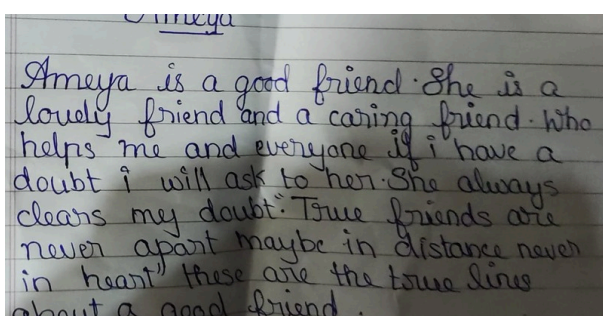
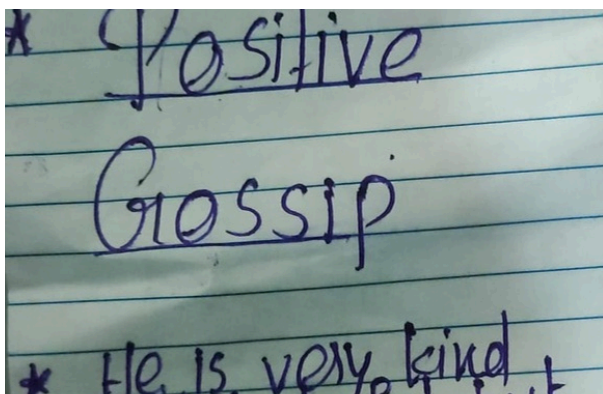
During the activity, students reflected on questions that guided them to consider their dreams, values, and challenges. This quiet

By gaining insight into themselves, students developed a balanced view of their strengths and areas for improvement. This self-awareness is an important step in personal growth.

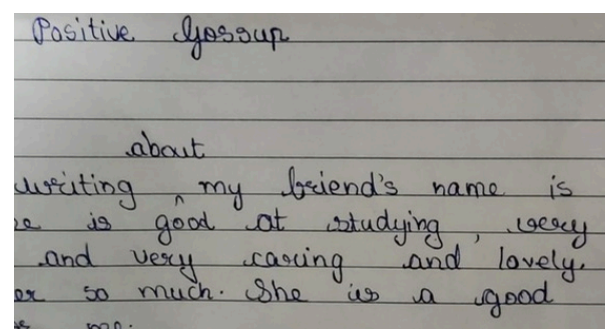
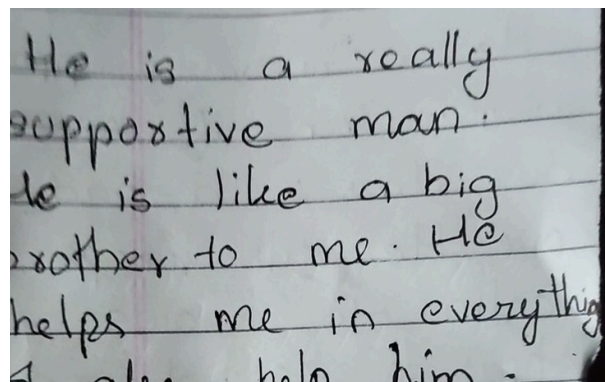
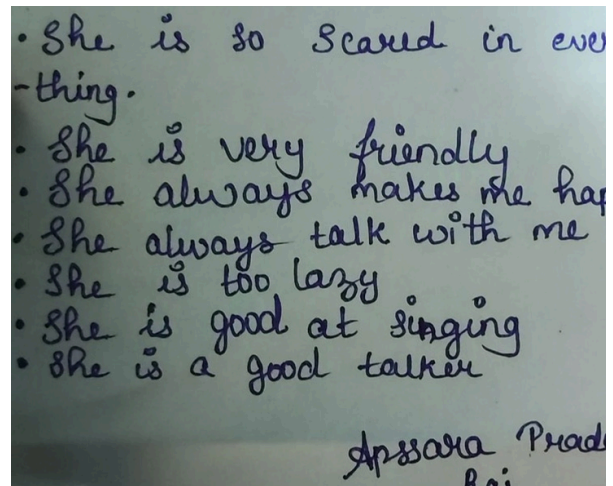


## POSITIVE GOSSIP

Positive Gossip transformed the idea of "gossip" by encouraging students to speak kindly and genuinely about each other. Instead of focusing on flaws or mistakes, students shared compliments and positive observations about their classmates. This shift helped create a classroom atmosphere full of encouragement and respect, where each student felt valued and appreciated for their unique qualities.



Through this activity, students practiced empathy and understanding as they learned to focus on each other's strengths and achievements. By giving and receiving kind words, they also boosted their own self-esteem and felt more connected to one another. The experience helped to create a sense of trust within the group, making it easier for students to support each other in the future.



## MINDFUL BREATHING

The Mindful Breathing activity introduced students to simple techniques for calming the mind and body. Guided by gentle instructions, students practiced taking slow, deep breaths, which helped them focus and relax. This exercise showed them how to manage stress and clear their thoughts, skills that can be especially helpful during busy or overwhelming times.



The activity also encouraged a sense of calm and focus that they could carry with them into other areas of their lives. Many students reported feeling more centered and peaceful, with a better understanding of how mindful breathing could help them stay positive and grounded.



As students practiced mindful breathing, they became more aware of their thoughts and emotions in the present moment. This awareness allowed them to feel more in control of their responses, promoting emotional balance and resilience. Learning to pause and breathe gave them a helpful tool for managing their feelings, especially during challenging moments.





## STRETCH & SHINE

Stretch & Shine combined gentle stretching exercises with positive affirmations to energize students and lift their spirits. The stretches helped students release any built-up tension, while affirmations like “I am strong” or “I am confident” boosted their self-belief. This connection between movement and positivity created a balanced experience that engaged both their bodies and minds.



As students moved through each stretch, they focused on their own well-being, allowing themselves to feel relaxed and refreshed. The affirmations helped them develop a positive mindset and reinforced their confidence in themselves. This activity was designed to help students understand that physical and mental health go hand in hand.



## ANIMAL ANTICS

In Animal Antics, students got to playfully explore different animal movements and sounds, which added a burst of energy to the classroom. Each student picked an animal and expressed its unique characteristics through movement and sounds. This playful exercise allowed them to step out of their comfort zones, promoting imagination, physical awareness, and self-expression.

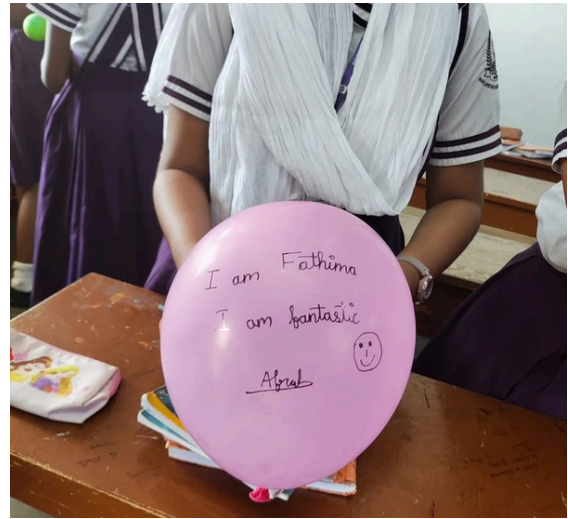


The activity brought a sense of joy and laughter, as students enjoyed watching each other embody various animals. By expressing themselves in a fun, carefree way, they developed confidence in their ability to be creative and outgoing.



## BALLOON JOY MARKS

Balloon Joy Marks gave students a unique way to express positivity and share it with others. Each student wrote a joyful memory, goal, or affirmation on a balloon. Once everyone had their balloons ready, they released them to float around the room, creating a colorful and uplifting atmosphere filled with positive energy. The floating balloons symbolized the spread of joy, reminding students that positivity is contagious. As students read each other's balloons, they were able to connect with the shared hopes, dreams, and happy moments of their classmates. This activity helped them express themselves in a light-hearted way and encouraged a sense of unity and support within the group. It also allowed students to practice optimism and reinforce their focus on positive experiences..



## CONCLUSION

October brought with it the usual exam season, and many students felt the weight of upcoming tests and the desire to achieve good marks. To support them through this time, we focused on activities that nurtured resilience, self-belief, and a positive mindset. Through Mindful Breathing and Stretch & Shine, students learned simple ways to stay calm, energized, and ready to handle any challenge. Activities like Inner Reflections and Innovative Thinking empowered students to recognize their strengths and see exams as a chance to learn and grow, not just as tests to pass. Our aim was to create a supportive, uplifting environment

## RECOMMENDATIONS FOR NOVEMBER

In November, we're excited to introduce a series of workshops designed to build essential life skills for our students' personal growth and well-being. These sessions will cover important topics that equip students to recognize safe behaviors and communicate confidently with trusted adults. Students will learn how to manage relationships positively, focusing on effective communication, empathy, and boundary-setting.

- **POCSO Awareness Workshop:** This activity introduces students to the fundamentals of the Protection of Children from Sexual Offenses (POCSO) Act, focusing on personal safety and understanding boundaries. Using age-appropriate language and interactive discussions, students learn to recognize safe and unsafe behaviors, empowering them to communicate effectively with trusted adults and seek help when needed.
- **Relationship Management Skills:** In this activity, students engage in role-playing scenarios and group discussions to practice effective communication, empathy, and conflict resolution. Through guided interactions, they explore ways to manage relationships positively, learn active listening, and establish healthy boundaries with peers and adults.
- **Etiquette and Social Skills Workshop:** This session covers the basics of social manners and respectful behavior in various situations. Students participate in role-play exercises to practice essential skills like greetings, table manners, respectful language, and phone etiquette, enhancing their confidence and social presence.
- **Progressive Relaxation Training:** This activity teaches students a relaxation technique called progressive muscle relaxation. In a calming environment, students are guided through tensing and relaxing different muscle groups, paired with breathing exercises. This practice helps them reduce stress, improve focus, and develop skills for emotional resilience.

## A HEARTFELT REFLECTION FROM THE HAPPINESS COACH



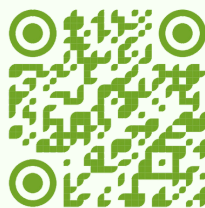
As the Happiness Coach, I have enjoyed seeing our kids participate in positive, creative, and self-boosting activities. In order to combine their academic endeavors with their emotional well-being, students engaged in events this month that focused mindful breathing, positivism, and creative expression despite the hectic exam schedule. Although it was somewhat difficult to carry out all of the scheduled events in October due to the demands of the exams, I am eager to provide the students with even more enjoyable and significant experiences in the months to come. By creating a supportive and cohesive atmosphere, these activities aim to enhance their development, resilience, and enjoyment. Sincere gratitude is extended to the management and employees for their unwavering support in making these efforts a reality.

Pleasure to serve you ahead,

Guna Sekaran

Happiness coach

Nila School of Happiness



**GLOBAL HAPPY SCHOOL**

