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HOPE-HAPPINESS- HARMONY

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SEPTEMBER 2024 **Confident Communication** Global Happy School

Spotlight of the Month

"Communication is the bridge that connects minds and hearts, turning ideas into understanding and words into action."

SILENT STORY TELLERS

Silent Storytellers activity made students engaged in creative role-playing to convey their messages and actions without spoken words. This approach helps students to understand the importance of non-verbal communication, helping them understand how body language, gestures, and facial expressions can effectively convey our messages and intentions. students demonstrated their creativity and built confidence as they interpreted and presented various scenarios using only their physical expressions and gestures

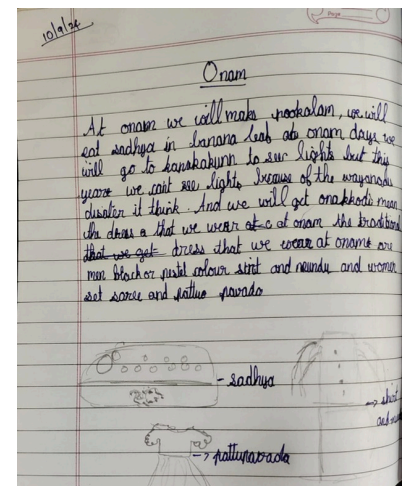
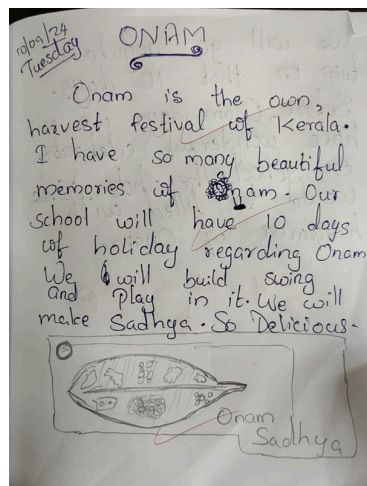
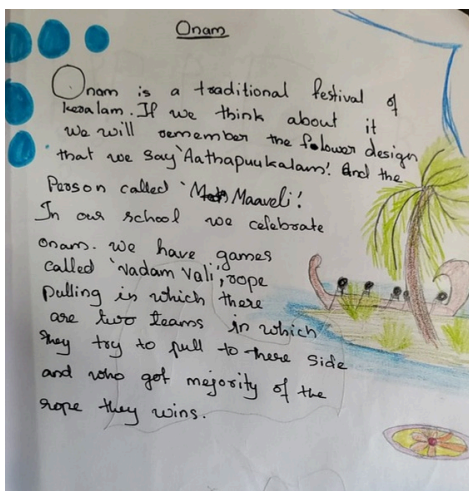
The activity helps students to enhanced their observational skills and develop a deeper appreciation for the non verbal cues of communication that often go unnoticed in verbal interactions. The activity helped students to work together to interpret other's performances, promoting an inclusive and supportive classroom environment. During this activity students can be seen laughing ,Keenly Observing and listening to others .Discussion about the use of non verbal communication after the activity was very much welcoming among students.



ONAM MEMORIES AND TRADITIONS

During the Onam Memories and Traditions activity, students reflected on their favorite Onam experiences, sharing personal stories that highlighted the cultural significance of the festival. This activity not only enhanced their public speaking and writing skills but also deepened their connection to cultural traditions. By remembering their cherished memories, students gained confidence in expressing their thoughts and feelings while fostering a sense of pride in their cultural traditions and heritage.

The classroom transformed into a vibrant space filled with shared laughter, traditional and personal stories from the students as students listened to each other's stories. This exchange of personal experiences helped cultivate a deeper understanding of diversity within the classroom. Encouraged students to embrace their cultural identities while appreciating their personal cultural backgrounds, traditions and festival occasions.



EMOTION CHARADES

In the Emotion Charades activity, students actively engaged in non-verbal expression by acting out a range of emotions without speaking. This approach heightened their emotional intelligence by encouraging both observation and interpretation of subtle cues. Through careful attention to facial expressions, gestures, and body language, students learned to identify emotions in their peers, enhancing their empathy and ability to recognize emotions beyond just words.

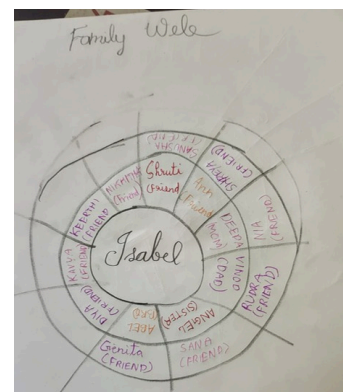
As each student took a turn, they were challenged to express emotions like joy, frustration, sadness, or surprise, relying solely on non-verbal communication. This not only deepened their understanding of how emotions are conveyed but also helped them build awareness of the nuances of emotional expression. Group discussions after each round allowed them to reflect on their interpretations and share how different cues contributed to their emotional insights.



FAMILY WEB

In the Family Web activity, students visually represented their family connections, gaining a deeper understanding of their relationships and roles within their families. By creating their family webs, students reflected on the emotional ties that bind them to their loved ones, fostering self-awareness and appreciation for their unique family dynamics. This exercise prompted meaningful discussions about the importance of family support and the diverse structures that families can take.

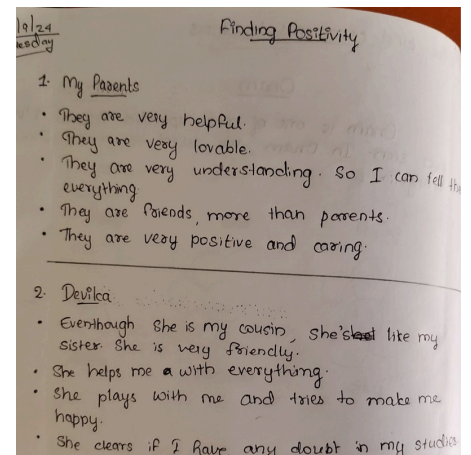
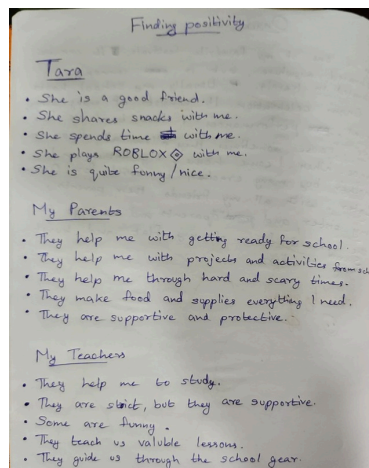
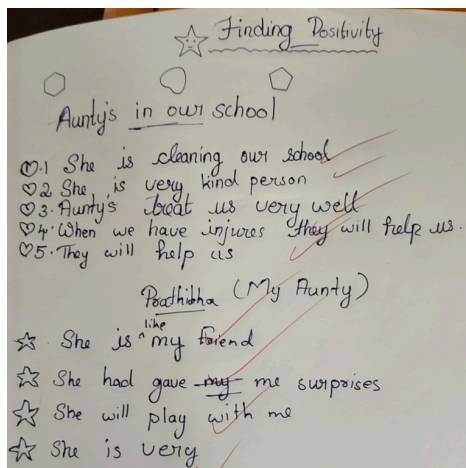
As students shared their family webs, they learned about each other's backgrounds, creating a sense of belonging and community. This activity not only enhanced students' social-emotional skills but also encouraged them to recognize the strengths and values that their families contribute to their identities. By the end of the activity, students felt empowered to share their personal narratives and embrace the richness of their family histories.



SPOTTING POSITIVITY

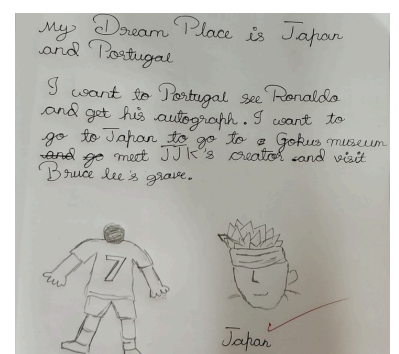
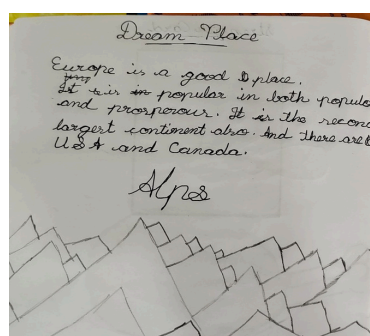
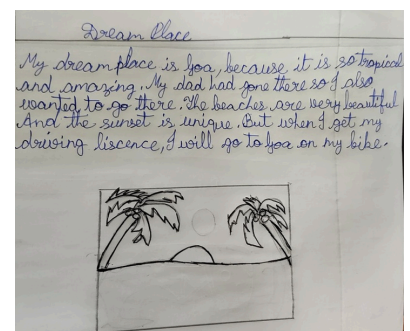
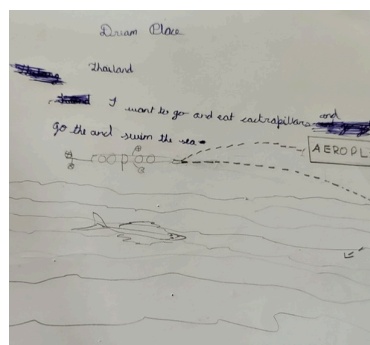
The Spotting Positivity activity involved students observing and noting positive traits in their classmates, friends or neighbors to create a positive mindset and enhancing their understanding of optimism. Looking out, recognizing and celebrating the strengths of others, students developed a habit of gratitude and appreciation for the people around them. This activity encouraged students to change their perspective from negative to positive attributes.

Discussions after the session was used to help students to change their outlook about life and to inspire and give ideas to other classmates about how to change their perspectives. Exchanging the kind words with their friends can also help them to improve their relationship and inspire them further. Also sharing the kind words with others also make the students more committed in the future to observe and notice more positive in others.



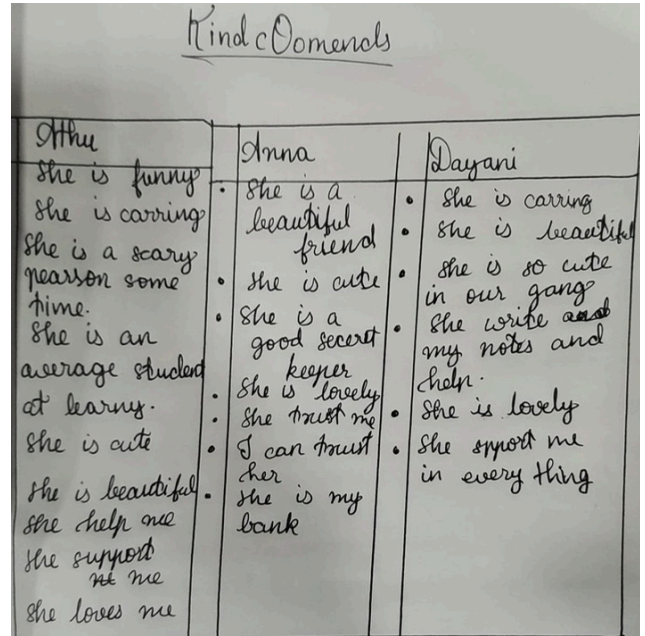
DREAM DESTINATION

The Dream Destination activity inspired students to imagine, create and share their ideal travel spots and present their dream place to the class. This activity focus on introspection, imagination and self awareness by encouraging students to explore their ambitions and explaining the reasons behind their choices. Students were instructed to first use descriptive language to describe their dream place and draw something related to their dream place.

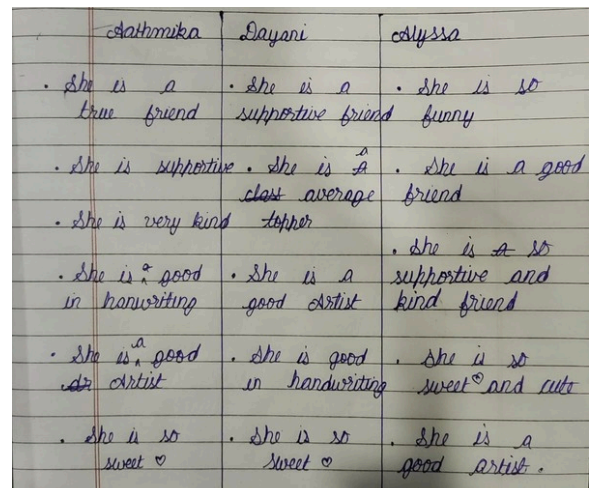
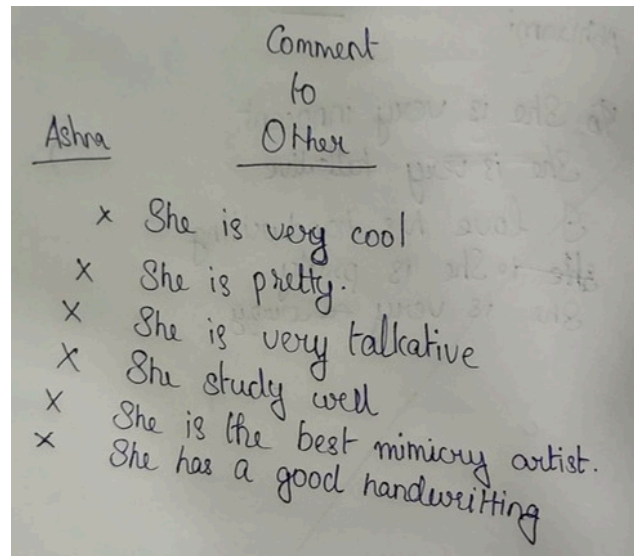


KIND WORDS

The Kind Words activity main aim was to cultivate and promote positivity and mutual respect by encouraging students to share their honest compliments about their friends or classmates whom they see regularly. Students were instructed to write and share a kind compliment to their classmates which they never shared before ensuring that their compliments were thoughtful and genuine and heartfelt. After writing the kind comments they were asked to share it with their them.



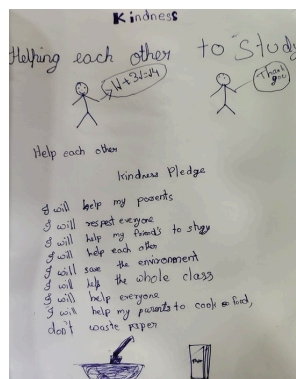
When students share their kind comments to their classmates it created a jovial and supportive atmosphere. The laughs and genuine care when receiving comments from their friends was encouraging and heartwarming to witness. This created a warm and supportive atmosphere, with students visibly uplifted as they received kind feedback from their peers. The activity not only boosted the confidence of those being complimented but also encouraged students giving the compliments, as they recognized the value of spreading positivity.



KINDNESS PLEDGE

Through the Kindness Pledge activity, students reflected on the importance of kindness and made personal commitments to perform specific acts of kindness by the end of this year. By participating in this exercise, students gained a sense of awareness, realizing the positive impact they could have on their class and to their society.

The activity encouraged introspection and critical thinking as students brainstormed meaningful ways to enact their kindness. The pledges were shared in classroom to make the students committed to their pledge and also to inspire other students to participate. By publicly committing to their pledges, students felt accountable for their actions and inspired to foster a culture of kindness within and outside the classroom.



CONCLUSION

The activities successfully engaged students in exploring their cultural identities, enhancing essential life skills like confidence, optimism, and emotional awareness. They learned to express emotions effectively, enhance creativity, and reflect on family ties. Activities like Spotting Positivity, Kindness Pledge, and Kind Words fostered a classroom culture of kindness, gratitude, and mutual respect. These activities increased participation, empathy, communication, and engagement, fostering stronger friendships and respectful classroom communities.

RECOMMENDATIONS FOR OCTOBER

To enhance student engagement and learning outcomes, it is essential to incorporate activities that foster creative thinking and in this technologically advanced world where most of the kids are involved in a social media it is important to address cybersecurity awareness, Cyberbullying and digital detoxification .

INNOVATIVE INSIGHTS :Students will enhance their creative thinking skills by engaging with abstract questions and articulating their thoughts, encouraging innovative thinking and effective communication.

FACT OR FICTION: Students will demonstrate the ability to critically evaluate information, identify key issues, and apply logical reasoning to form sound conclusions.

THINKING OUT OF THE BOX: Students will enhance their problem-solving skills by learning to think creatively and understand that critical thinking involves viewing issues from various perspectives to find innovative solutions

Enhance Communication Skills: Teaching students about communication strategies focused on active listening and role-play difficult feedback scenarios to improve communication skills.

KIDGLOVE:Kid glove focuses on creating awareness and capacity to counter and tackle the threats of cyberspace. Children are highly vulnerable as they are exposed to cyber space with limited understanding of cyber threats and safeguards.

EVALUATION: We are planning to evaluate the Term 1 about the course and its impact from students . This evaluation will help us assess our progress and identify areas for improvement. We aim to use this feedback to enhance our learning experience and celebrate our achievements.

A HEARTFELT REFLECTION FROM THE HAPPINESS COACH



As the Happiness Coach, I am thrilled to share that after Term 1, all the activities and classes have been of engaging and heartwarming. Watching students actively participate, express themselves, and grow emotionally has been incredibly fulfilling. The enthusiasm and joy they bring to every session reflect the positive environment we've built together. I'm excited to continue this journey with even more uplifting activities in the months ahead!

A special thanks to the school administration for their unwavering support and commitment to fostering this nurturing space. Together, we're creating something truly wonderful!

Pleasure to serve you ahead,

Guna Sekaran

Happiness coach

Nila School of Happiness



GLOBAL HAPPY SCHOOL

