



Sabarigiri International School

Chempazhanthy P.O, Sreekaryam, Powdikonam-Pothencode



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 ”



EMBRACING BOX BREATHING

As part of our Global Happiness Project, students from Class 1 to +1 have enthusiastically embraced Box Breathing, a simple technique involving deep, rhythmic breathing, practiced at the start of each class and encouraged at home. This exercise, which reduces stress and anxiety, enhances focus, promotes emotional well-being, and improves physical health, has quickly

become a cherished part of our daily routine. The response has been overwhelmingly positive, with students and parents alike noticing significant benefits. Notably, the children in Class 6A have expressed experiencing a very calming effect from the practice. Box Breathing, also known as square breathing, is a technique that involves four simple steps: Inhale deeply

through the nose for a count of five, Hold the breath for a count of five, Exhale slowly through the mouth for a count of four, Hold the breath again for a count of four. This cycle is repeated several times, creating a calming and centering effect. Box Breathing offers numerous benefits, making it an ideal practice for our students. The deep, rhythmic breathing helps calm the mind and reduces

feelings of stress and anxiety. Students can improve their concentration and focus by starting the day with Box Breathing, leading to better learning outcomes. This practice helps students develop mindfulness, fostering a sense of inner peace and emotional balance. Regular practice of deep breathing exercises can enhance lung capacity and overall respiratory health.

FINGER YOGA SPARKS ENTHUSIASM AND REJUVENATION AMONG STUDENTS

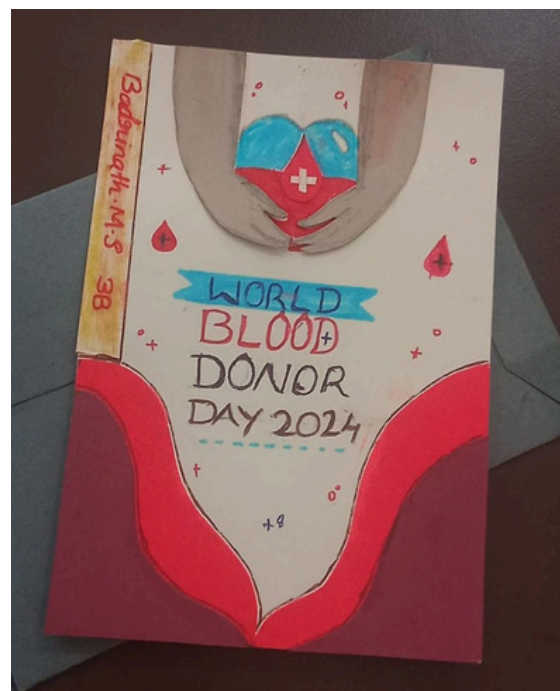
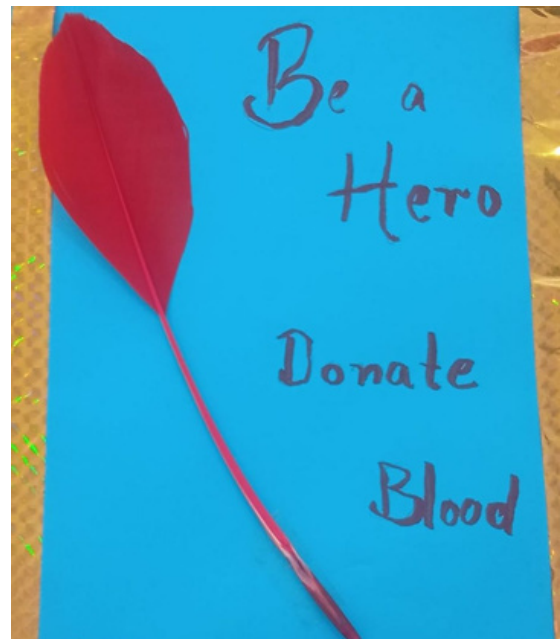
A Finger Yoga learning left our students feeling both enthusiastic and rejuvenated. In every class, various mudras—hand gestures used in yoga—that are believed to have significant benefits for mental and physical well-being were introduced. The Dhyana Mudra enhances concentration and promotes a deep sense of calmness, the Chin Mudra improves mental clarity and lifts the mood, the Uttarabodhi Mudra increases energy levels and boosts self-confidence, and the Hakini Mudra enhances memory and concentration. Our students embraced these practices with great enthusiasm, finding joy in the simplicity and effectiveness of the mudras. To maximize the benefits, we encourage students to practice these mudras at home, which can help manage stress, improve concentration, and enhance overall well-being. Practicing together with family can also strengthen family connections and promote mutual support.



We are delighted with the positive response from our students and look forward to more activities that contribute to their happiness and well-being.

STUDENTS CELEBRATE WORLD BLOOD DONOR DAY WITH CREATIVE AND COMPASSIONATE CARDS

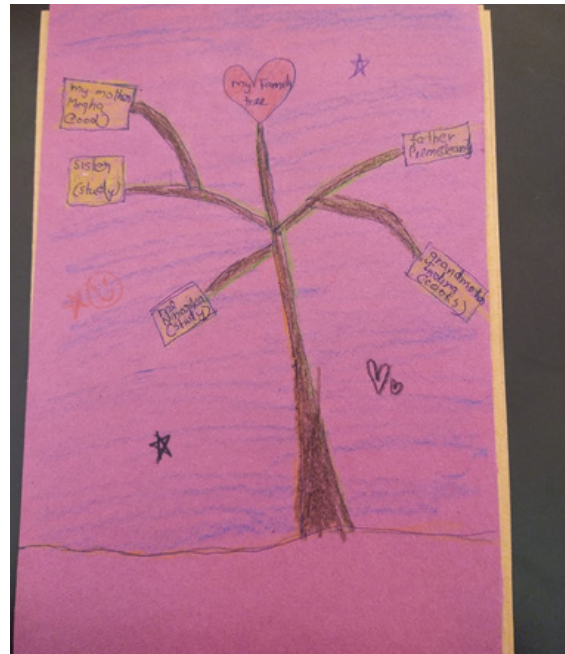
As part of our Blood Donation Day activities, our students showed remarkable creativity and compassion by preparing blood donation cards in celebration of World Blood Donor Day, which is observed on 14 June 2024. This year's theme, "20 Years of Celebrating Giving: Thank You Blood Donors!", emphasizes the importance of recognizing and appreciating the selfless contributions of blood donors around the world. Our students embraced the theme wholeheartedly, designing thoughtful and heartfelt cards to express their gratitude to blood donors. Through this activity, they learned about the critical role blood donors play in saving lives



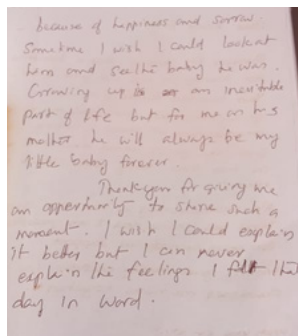
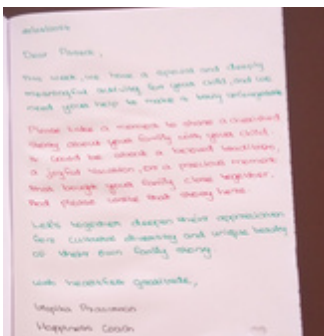
and supporting healthcare systems. The students' enthusiasm and dedication to this cause were truly inspiring, highlighting their understanding of the significance of giving and community support. By participating in this activity, our students not only developed their artistic skills but also gained a deeper appreciation for the act of donating blood. This initiative fostered a sense of empathy and community spirit among them, aligning perfectly with our school's values.

CELEBRATING FAMILY BONDS WITH HEARTWARMING FAMILY TREE INITIATIVE

In a heartwarming initiative to embrace and celebrate their families, our students made Family Tree . Each student created a family tree by drawing a tree and adding the names of their family members. This activity was not just an artistic endeavor but also an opportunity for students to share stories about their families, expressing love and compassion. The Family Tree activity provided numerous socio-emotional learning benefits. It encouraged students to connect with their roots, fostering a sense of identity and belonging. By sharing their family stories, students practiced empathy, understanding, and communication skills. They learned to appreciate the unique dynamics and values of their own families and those of their peers.



CELEBRATING WITH HEARTWARMING FAMILY STORIES



As part of our Happiness Project, our foundation classes engaged in a heartwarming activity centered around family stories. A message was sent from our Happiness Coach to the parents, inviting them to share a cherished family story. We were thrilled by the enthusiastic response, as many parents actively participated and returned the notebooks with touching and memorable stories. In the classroom, these

family stories were read aloud, creating a warm and inclusive atmosphere. Students listened intently, learning about the diverse backgrounds and traditions of their classmates. Students gained a deeper appreciation for the experiences and traditions of their peers, fostering empathy and understanding. Parents and children connected over their family histories, reinforcing the bonds within their own families. Sharing and listening to stories enhanced students' verbal and listening skills, promoting effective communication.

Students felt a sense of pride in their heritage and belonging to a community that values and respects diverse backgrounds. To express our gratitude, a heartfelt thank you note was sent back to the parents for their invaluable contributions. We are immensely proud of our students and their families for participating in this enriching activity. The Family Stories activity not only celebrated the uniqueness of each family but also reinforced the values of love, compassion, and respect within our school community.

PLANTING SEEDS OF CHANGE: STUDENTS EMBRACE SEEDBALLS FOR ENVIRONMENTAL CONSERVATION

Seedballs, a traditional method of reforestation and conservation, have captured the interest and dedication of our students from Class 6A to +1, highlighting their commitment to environmental stewardship. Seedballs date back centuries and are a simple yet effective way to propagate plants and trees. They consist of a mixture of seeds, clay, and compost, compacted into small balls that protect the seeds from pests and harsh environmental conditions until they can germinate. They help restore degraded landscapes by promoting the growth of native plants and trees, enhancing biodiversity. The clay retains moisture, increasing the seeds' chances of germination and reducing water requirements. Involving students in SEEDBALL making fosters a sense of responsibility towards the environment and promotes teamwork. The initiative also emphasized the importance of socio-forestry education.

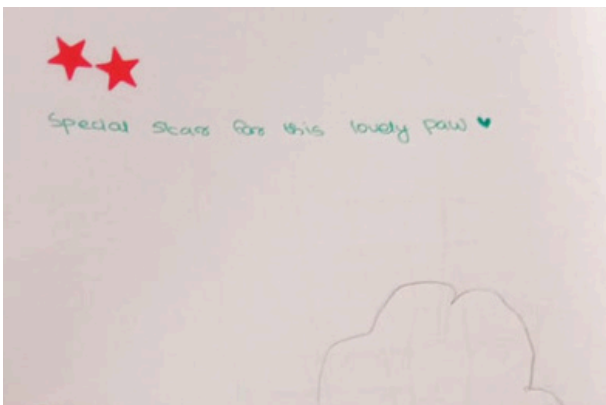


Our +1 students took this initiative a step further by preparing at home and submitting them to us. Their dedication and enthusiasm were commendable, showcasing their commitment to environmental conservation and community involvement. The seedballs prepared by our students were handed over to the principal as a symbol of our collective effort toward environmental sustainability. We are grateful for the support and encouragement from our school community in nurturing such initiatives.

MATCHING AND TRACING JOY

In a heartwarming appreciation activity, our students joyfully matched adjectives to their family members, celebrating their unique qualities and contributions. This initiative not only deepened family connections but also fostered gratitude and understanding among students towards their loved ones. As part of the activity, students were encouraged to trace the hands of their family

members, creating lasting keepsakes that symbolize unity and love within their households. One touching moment included a student tracing their dog's paw, exemplifying the inclusive spirit of the activity. Through these heartfelt gestures, our school community continues to strengthen bonds and cherish the invaluable support of families in nurturing our students' growth and happiness.



STUDENTS BUILD UNITY THROUGH APPRECIATION CIRCLE ACTIVITY

In a heartwarming display of camaraderie and positivity, our students recently participated in a special appreciation activity that strengthened bonds and uplifted spirits. Standing in a circle, each student took turns calling a friend and sharing heartfelt words about their admirable qualities. This activity not only promoted kindness and empathy but also boosted self-esteem and confidence among our students. As they expressed appreciation for each other's strengths and virtues, smiles and encouragement filled the room, creating a supportive atmosphere



where everyone felt valued and respected. Through this activity, our school community embraced the power of positive affirmations and mutual appreciation, reinforcing the importance of kindness and empathy in building strong friendships and a cohesive learning environment. We are proud of our students for their genuine expressions

of gratitude and for fostering a culture of encouragement and support at our school. Such initiatives continue to nurture a sense of belonging and unity among our students, promoting a positive school climate where every individual is celebrated for their unique qualities.

HYDRATED HAPPINESS: A SPLASH OF JOY IN OUR CLASSROOMS

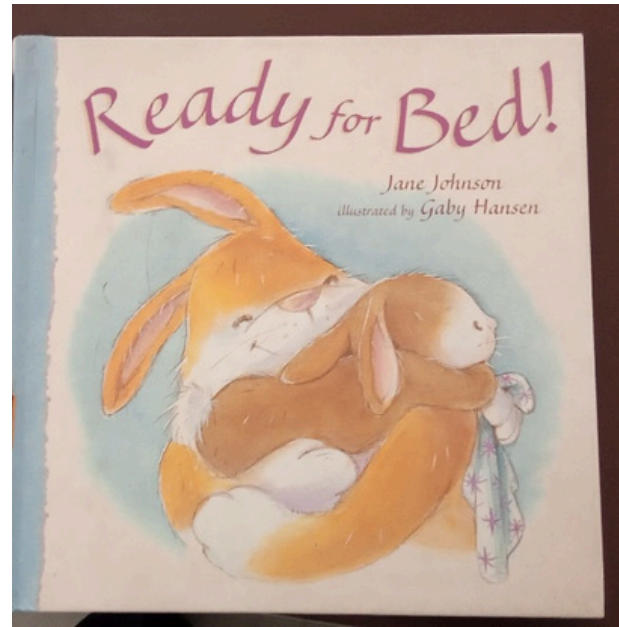
Hydrated Hours" are introduced during our Happiness Hour! This initiative ensures our students stay refreshed and energized by encouraging them to drink water throughout this special time. By keeping

hydrated, we're boosting physical well-being and enhancing focus and joy, making every moment in the classroom a happier and healthier experience. Cheers to a new wave of wellness and smiles



EMBRACING VALUABLE LESSONS THROUGH STORY TIME

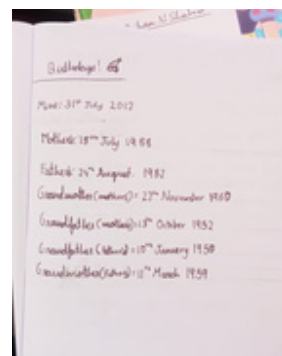
Story time in our foundation classes has been a delightful experience filled with valuable socio-emotional benefits for our young learners. Through engaging tales like "The Boy and the Apple," students explore themes of empathy, responsibility, and perseverance. These stories spark their imagination and help them develop crucial skills such as emotional understanding, communication, and moral reasoning. By discussing characters' feelings and actions, children learn to navigate their own emotions and interactions with others, fostering a supportive classroom environment where respect and empathy flourish. Story time not only enriches their vocabulary and comprehension but also cultivates a love for



learning and storytelling, laying a solid groundwork for their holistic development.

FAMILY BIRTHDAY EXPLORATION

A heartwarming activity recently engaged our students as they explored the birthdays of their family members, especially their beloved grandparents. This initiative not only encouraged students to connect with their grandparents and parents to discover their birthdays but also fostered meaningful conversations about family history and cherished memories. Additionally, students learned the importance of personal information such as writing their addresses, enhancing their understanding of identity and belonging within their families and communities. This activity not only



strengthened familial bonds but also enriched our students' appreciation for their heritage and the significance of personal connections.

STUDENTS ILLUMINATE WITH VIBRANT SMILES: A COLLABORATIVE ART JOURNEY

Our younger students engaged in a heartwarming smile drawing activity that not only fostered creativity but also nurtured a host of valuable skills and virtues. Through this activity, children practiced hand-eye coordination while carefully selecting colors to bring their smiles to life, fostering a deeper appreciation for art and self-expression. More importantly, they learned the joy of appreciating each other's efforts and sharing their ideas, working collaboratively as a team to create vibrant and cheerful artworks. As they exchanged thanks and welcomed each other's contributions, the activity promoted a culture of kindness and gratitude. This experience not only celebrated their



individual creativity but also strengthened their bonds as a supportive and inclusive school community, where every smile drawn was a testament to their growing empathy and artistic spirit.

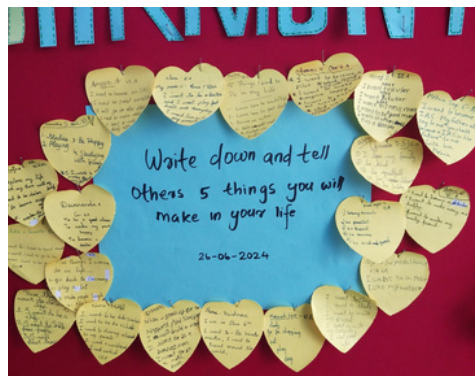
ARTISTRY THROUGH HAND TRACING ACTIVITY



In a heartwarming and skill-building activity, our younger students recently took part in a delightful hand tracing exercise that not only encouraged creativity but also fostered important developmental milestones. Through tracing their hands, children engaged in refining their fine motor skills, enhancing their ability to precisely control their hand movements. This activity was a wonderful opportunity for them to focus on hand-eye coordination while attentively tracing the contours of their hands, leading to a sense of achievement as they adorned their tracings with vibrant colors and imaginative designs.

EMBRACING JOY: THE DAILY INSPIRATION OF OUR SCHOOL'S HAPPINESS BOARD

In a bid to promote positivity and holistic development, We have an exciting initiative: the Happiness Board. Each day is filled with 365 happiness quotes, carefully selected to uplift spirits and inspire. These quotes span a range of themes, from resilience and perseverance to kindness and personal growth, fostering a supportive and encouraging atmosphere throughout the school. Additionally, the Happiness Board features weekly themes, with students actively contributing to the creation of informative and visually appealing charts. These charts delve into various topics such as mental health awareness, environmental stewardship, and cultural diversity, reflecting our students' commitment to learning and community engagement.



CONCLUSION

To summarize the impact of our initiatives, Activities such as Box Breathing and Finger Yoga have effectively enhanced students' emotional well-being and resilience. Family involvement in activities like Family Stories and empathy-building exercises has significantly fostered a sense of belonging and empathy among students. Creative projects, including Smile Drawing and art activities, have successfully nurtured students' creativity, confidence, and positive self-image. Furthermore, initiatives focusing on historical appreciation, gratitude, and communication skills have enriched the educational experience, broadened students' perspectives, and deepened their understanding of cultural and historical contexts.

RECOMMENDATIONS FOR JULY

Self-Expression and Self-Esteem

Implement regular creative activities like art projects and storytelling to foster students' self-expression. Encourage students to celebrate their unique qualities and talents, boosting their self-esteem and confidence.

Empathy and Diversity Understanding

Integrate lessons on diverse cultures and perspectives into the curriculum to broaden students' worldviews. Facilitate discussions and activities that promote empathy and inclusivity, helping students appreciate and respect differences.

Enhancing Empathy and Perspective-Taking

Develop activities that require students to consider different viewpoints, enhancing their ability to empathize. Foster cooperative learning and peer mentoring programs to encourage students to support and learn from one another.

Promoting Self-Awareness and Collaboration

Encourage reflection on personal growth and strengths to help students become more self-aware. Create opportunities for collaborative projects and presentations, promoting teamwork and effective communication skills.

World Day Against Child Labour

Host a workshop on child labour, discussing its causes and impacts. Create advocacy materials like posters and digital content to raise awareness.

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



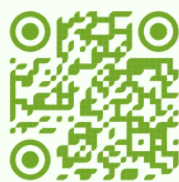
Dear Sabarigiri School Family,

As I reflect on the past month, my heart swells with joy and gratitude for the beautiful connections I've made with our incredible children. The genuine hugs, thoughtful notes, enthusiastic high-fives, and bright smiles I've experienced reflect the significant impact of our Happiness Project. Each day, I am reminded that happiness is a choice, a journey of working on ourselves and finding joy in the little things. Seeing the children's faces light up and feeling their genuine affection reaffirms the power of love and positivity in our lives. Together, we are creating a sanctuary of happiness, where every moment is cherished, and every heart is uplifted. Thank you for sharing this wonderful journey with me and for embracing the essence of true happiness.

Pleasure to serve you ahead,

Gopika Prasannan
Happiness coach
Nila School of Happiness

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GLOBAL HAPPY SCHOOL

