

# NAVYUG SCHOOL, MOTI BAGH

## Happiness Class

In order to make sure students feel safe, welcomed and at ease at school, a variety of activities and exercises were conducted during the Happiness period of middle school students. In one session with 7th graders, students were exposed to the idea of mindfulness and then applied the idea by learning the lyrics and swaying to the tune of 'We shall overcome'. A different Happiness session focused on social emotional learning and 6th graders delved deep into the question of identity. Students asked their peers and practiced reflection to make their own unique **Personality - Tree**.

