

# HAPPINESS CLASS

Empowering Happy, Resilient, and Life-Ready Learners

"हर बच्चा खुश रहे, हरदिन तनावमुक्त रहे –  
जब स्कूल में हो हैप्पीनेस की क्लास"



**"Every child deserves to feel happy and stress-free – every single day."**

## What's Inside Happiness class



(Mindfulness)

**Breathe**  
**Relax**  
**Focus**



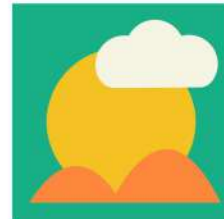
(Circle Time)

**Listen**  
**Share**  
**Care**



(Reflection Journals)

**Think**  
**Reflect**  
**Write**



(Emotional Awareness)

**Feel**  
**Understand**  
**Express**



(Happy Culture)

**Smile**  
**Shine**  
**Connect**

### INSPIRED BY A POWERFUL INITIATIVE

The **Happiness Curriculum** at Shree Vidya School is inspired by the widely appreciated initiative started by the **Delhi Government**. It has shown that happiness in school is not just nice to have – it is essential for a child's growth, confidence, and well-being.

We believe that learning is most meaningful when children feel safe, calm, and connected. That's why we have made the Happiness Curriculum a regular part of our school life.

**"खुश रहने की आदत डालना, जीवन भर का सबसे अनमोल पाठ है।"**



# WHAT IS THE HAPPINESS CURRICULUM?

In today's fast-moving and competitive world, children often feel pressure, stress, or emotional confusion. While subjects like Math, Science, and English help children think better, the Happiness Curriculum helps them feel better.

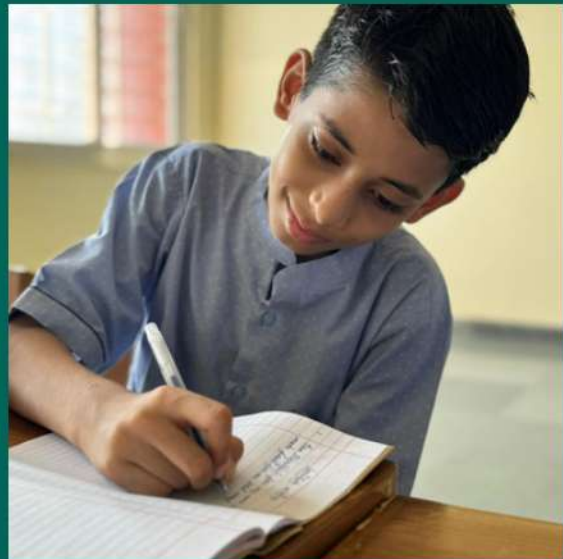


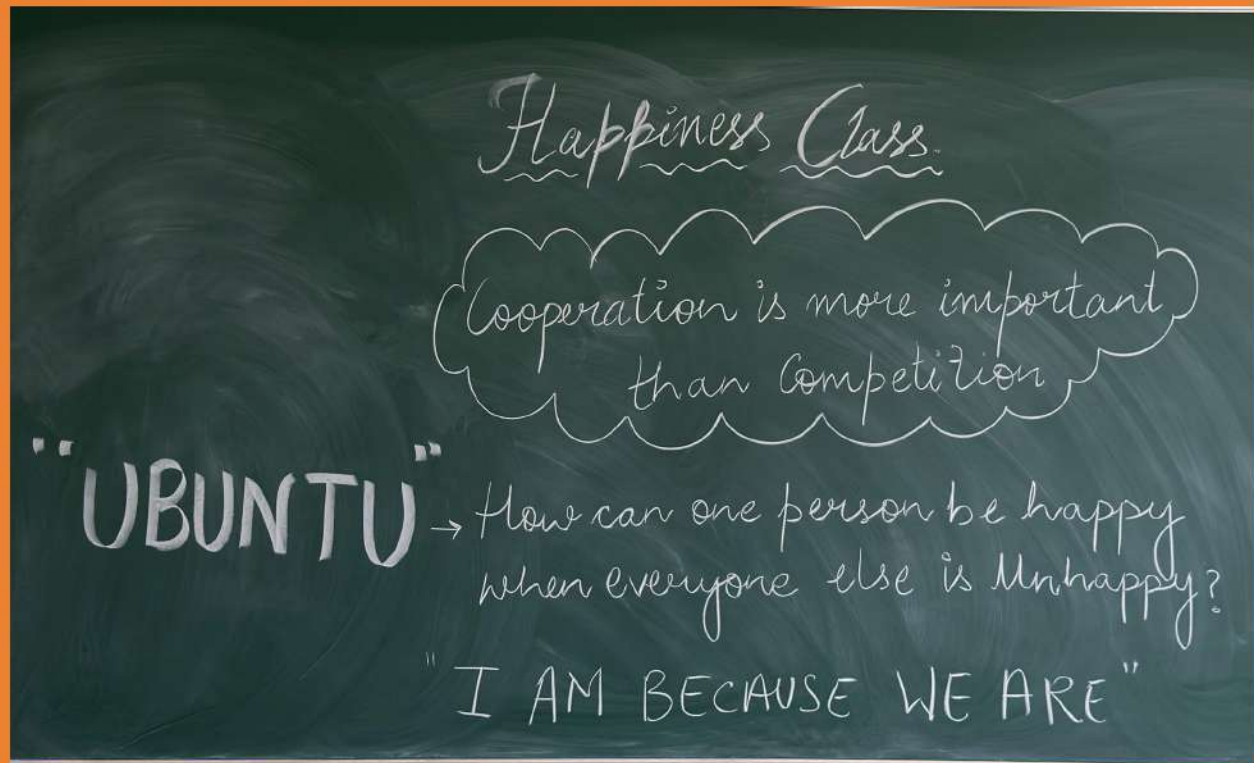




# IT HELPS CHILDREN DEVELOP:

- Mindfulness – learning how to focus and stay calm
- Self-awareness – understanding their own emotions
- Empathy and kindness – caring about others
- Positive thinking and reflection – making sense of their experiences
- A sense of belonging – feeling safe, supported, and accepted





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**SO THINK ABOUT IT — “DO YOU WANT TO DO SOMETHING TO BE HAPPY, OR YOU WANT TO DO SOMETHING WHILE YOU ARE HAPPY?”**

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**This simple question lies at the heart of our Happiness Curriculum. When children start from a place of inner joy and calm, everything they learn becomes more meaningful and lasting.**

# Our Goals at Shree Vidya School



## EMOTIONAL AND MENTAL WELL-BEING

- Teach children how to calm their minds and manage stress
- Encourage emotional growth through mindfulness and reflection



## CONFIDENCE AND COMMUNICATION

- Build self-confidence through storytelling and real-life conversations
- Foster positive expression and active listening skills



## CREATING A POSITIVE CLASSROOM ENVIRONMENT

Support our teachers' well-being so they can model calmness, empathy, and positivity – building classrooms where every child feels safe, happy, and ready to learn.



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"जब बच्चा अंदर से खुश और तनावमुक्त होता है, तभी वह सच में खुशी को समझ पाता है — यही है Happiness Class का उद्देश्य।"

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# **How We Make It a Part of School Life**

**We do not treat Happiness as a separate subject. Instead, we include it in many parts of the school day:**

- **Storytelling sessions that teach life lessons**
- **Mindfulness practices like simple breathing or quiet reflection.**
- **Circle Time where children share how they feel and listen to each other.**
- **Reflection journals for writing thoughts and emotions.**
- **Value-based lessons that include honesty, compassion, and gratitude.**





# A SCHOOL WHERE HAPPINESS IS A HABIT

**At Shree Vidya School, happiness is not once a week — it's part of everyday learning:**

- **Morning assemblies start with thankfulness and mindfulness**
- **Teachers manage behavior through understanding, not punishment**
- **Children learn to solve conflicts by talking and listening**
- **We celebrate kindness, small achievements, and efforts**
- **Teachers attend wellness sessions to stay calm, balanced, and positive**



# OUR PROMISE TO PARENTS



**At Shree Vidya School,  
every child is seen, heard, valued  
— and happy.**

**we're not just preparing students  
for exams —  
We're preparing them for life.**

"पढ़ाई के साथ ज़िंदगी  
जीने की समझ देना ही  
हमारी सच्ची शिक्षा है।"

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