

LIFE SKILLS CLASSROOM NEWS

April- May month in Grade 7

THEME- THE ART OF HAPPINESS

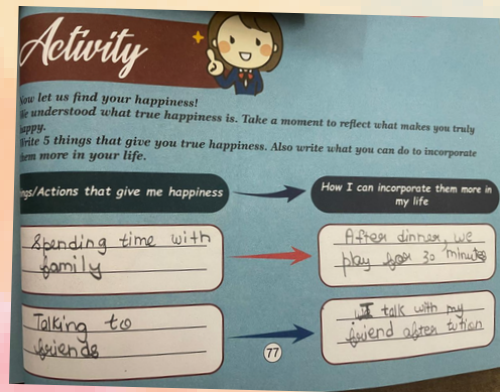
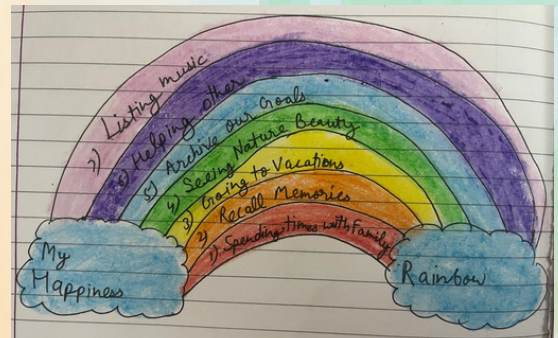
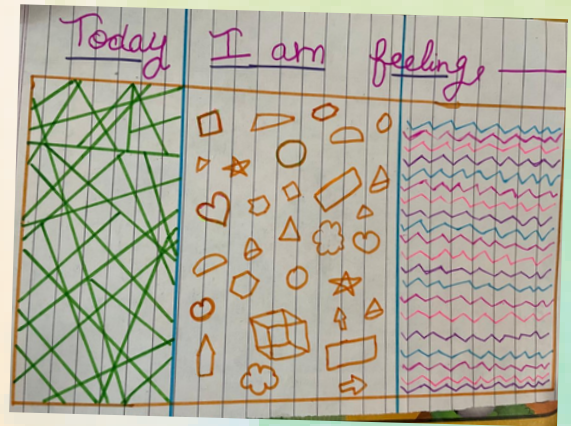
Look What We
Learned



Student's
Takeaways



Happiness in its truest sense can be said in words of Marcus Aurelius Antoninus, "Very little is needed to make a happy life; it is all within yourself, in your way of thinking." The theme focussed on helping learners understand the meaning of happiness by realizing that it is a journey and not the destination. They did explore that true happiness lies in giving and being in gratitude. Lastly, they were equipped with ways to experience true happiness by altering their thinking. Learning was imparted through various channels like discussions, activities, story narration and reflections. Finally, learners had applied their learning either by making 'My Book of Happiness' for themselves or by creating a group song on Happiness.



Reminders



- Share with your child you stories of staying happy even in difficult times.
- Practice gratitude with your child by being thankful for whatever you have.
- Connect with your child when they are feeling low and help them see the positive side of the situation.

Fun Time!!!



Let's try solving a few riddles.....

1. If you drop me, I'm sure to crack. Give me a smile, and I'll always smile back. What am I?
2. Fashions change but what can a person wear that is never out of style?
3. I do not eat food but I enjoy a light meal every day. What am I?
4. I I am something that multiplies when shared, but diminishes when kept to oneself. What am I?

Answers: 1. A mirror 2. A smile 3. A plant 4. Joy



Tip For Conscious Parenting

Accept and appreciate your child for who he/ she is to help them accept themselves and build their self-esteem which in turn will equip them to lead a peaceful life.