

Class
1

My
Happiness
and **Me**

A Series on Well-being, Health and Life Skills



Oxford University Press

PREFACE

My Happiness and Me is a series of eight activity books for classes 1-8 based on well-being, health and life skills. A healthy body and a healthy mind are critical for the holistic development of the learners. As learners, during their school life, go through a transitional phase, schools should be able to provide a conducive learning environment which keeps their minds and bodies healthy. Hence, a curriculum that focusses on developing capacities that promotes learners' wellness such as fitness, good health, psycho-social well-being, and sound ethical grounding are critical for high quality learning, especially in the post-pandemic period. A healthy mind and body will in turn, lead to the good health and well-being of others, one's own surroundings and that of the environment.

Deriving from the visions of the National Curriculum Framework for School Education 2023, *My Happiness and Me*, expands on creating well-rounded individuals equipped with 21st century skills. It breaks down the pedagogy across stages into four areas of development: physical, emotional, social and ethical, and cognitive. Along with physical, mental, social and emotional well-being, the NCF also emphasizes on well-being through care for the environment and ecology. Contributing to the case of people's wellness, the United Nations Sustainable Development Goal 3 (Good Health and Well-being) also talks about ensuring healthy lives and promotes well-being for all ages. The series uses active pedagogies to develop a breadth of skills, including Social Emotional and Ecological Knowledge (SEEK) competencies and is designed around UN SDGs.

This series focusses on five main themes: My Mind, My Body, My Relationships, My World, and Nature Is Beautiful. These themes were inspired by the learner's interactions with their personal space, their family and the world around them.

My Mind deals with the learner's relationship with one's own self and their mind.

My Body deals with the learner's relationship with their own growing bodies and the challenges that come with it.

My Relationships deals with the learner's relationship with the people they are close to, their families and friends.

My World deals with how to cope with the challenges of the world and be responsible citizens.

Nature Is Beautiful deals with the learner's relationship with nature and how that is related to well-being.

A course focussing on health, well-being and life skills is the need of the hour and should be a part of the school curriculum. We sincerely hope *My Happiness and Me* will ensure higher learner engagement imbuing healthier practices and improved educational outcomes.



Theme 1

My Mind

I think about My Mind as I lay in my bed,
It is a very special place inside my head.

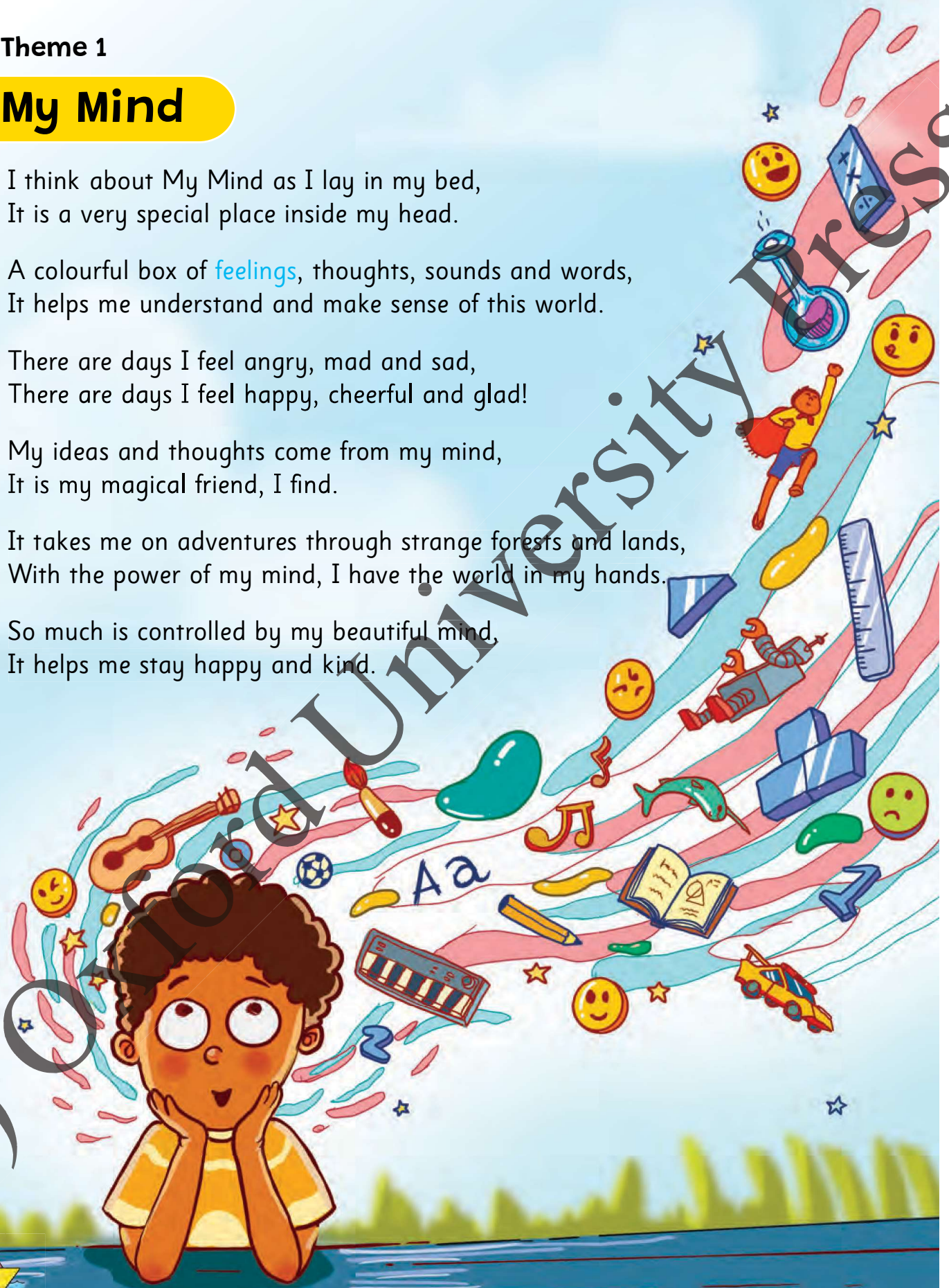
A colourful box of **feelings**, thoughts, sounds and words,
It helps me understand and make sense of this world.

There are days I feel angry, mad and sad,
There are days I feel happy, cheerful and glad!

My ideas and thoughts come from my mind,
It is my magical friend, I find.

It takes me on adventures through strange forests and lands,
With the power of my mind, I have the world in my hands.

So much is controlled by my beautiful mind,
It helps me stay happy and kind.





1.1 My Feelings

Talking about My Feelings: The Playground

We have different feelings each day. Some feelings stay longer, for days. Talking about them makes us feel light and happy.

Look at the playground below. Every child has a different feeling.



1 Write what each child is feeling.

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2 Which of these feelings have you felt in the last few days and why?

.....

.....





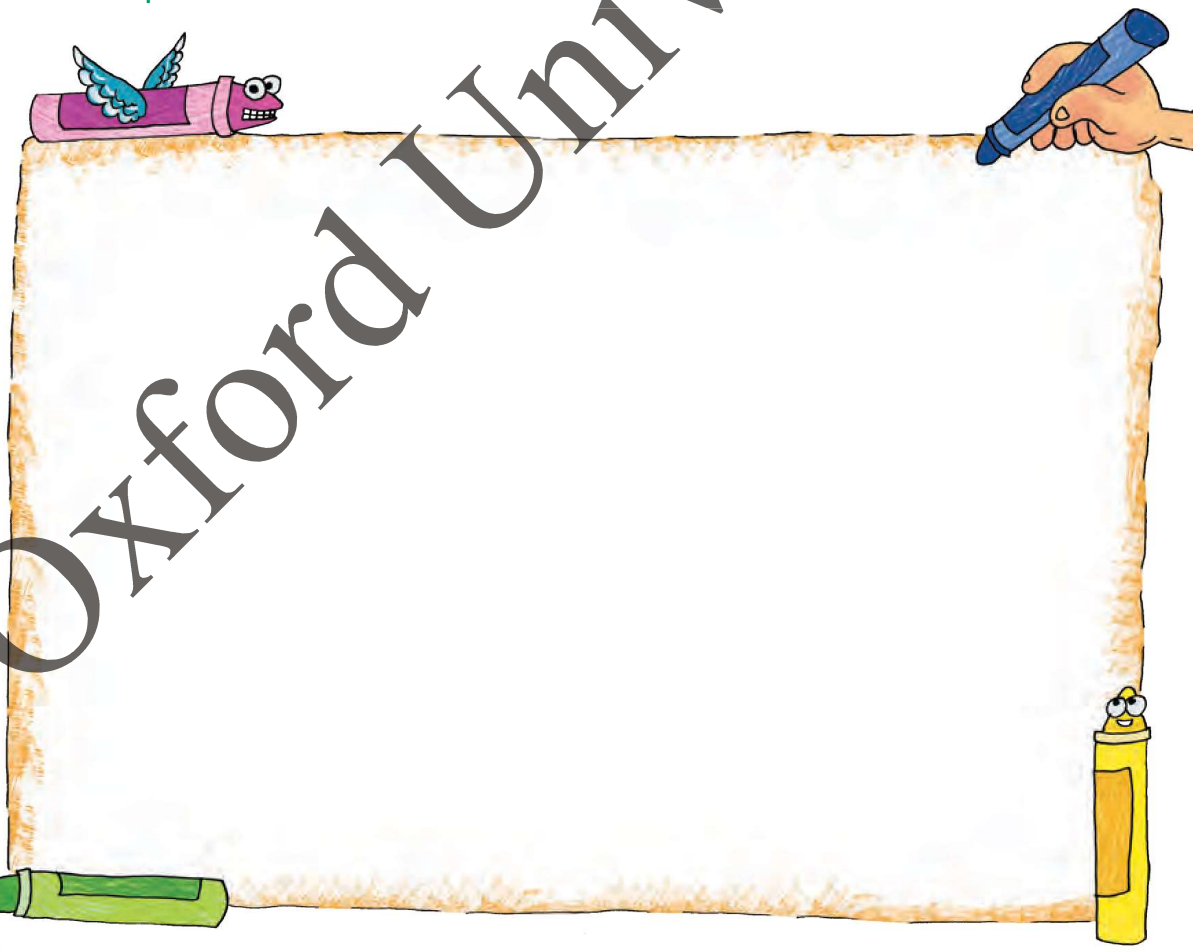
People Who Are There for Me

There are some people who help us and make us feel better whenever we need it. For example, our parents, brothers and sisters, friends and teachers.

We feel like going to them whenever we feel sad or need help.



When you feel like you need someone to talk to, who do you go to?
Draw the person below.



My Anger Dragon

Anger is a strong feeling that we get when we feel something bad has happened with us. Anger makes us feel like a scary dragon, blowing fire out of our mouths. Have you ever felt this way?

If your anger were a dragon and had a name, draw it below and give it a name.



When you feel angry, you can try the following:

Counting

Walking

Playing a game

Drinking water

Talking to someone

Drawing



1.2 The Right Words

Sometimes, it can be hard for us to talk about our thoughts and feelings to others. You may not find the right words. But what if you could draw it?



Draw below how you feel right now. Is the size of your feeling big like an elephant, tiny like an ant or somewhere in between the two?



1.3 My Happiness

All Aboard the Happy Express, Toot Toot!

The Happy Express train has five happy stops. Get off at each stop to draw and show an activity/thing that makes you happy.





My Favourite Places Make Happy Spaces!

You spend the most time at home and school.

What is your favourite place in school?

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.....

Why is it your favourite?

.....
.....

What do you like doing there?

.....
.....

When do you go there?



What is your favourite place at home?

.....
.....

Why is it your favourite?

.....
.....

What do you like doing there?

.....
.....

When do you go there?

.....
.....

1.4 My Trusted Five!

Place your hand on the blank space below. Trace it with a pencil. On each finger, write the name of an adult you trust and feel safe with.

These adults are your trusted five!



Write why you feel safe with these adults.

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