

Class  
**3**

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

Find all the words given on the beach, in the word search below.

R	X	R	Y	D	H	P	L	O	M	P
Z	T	B	E	X	P	L	O	R	E	R
V	G	R	C	G	W	V	X	C	M	S
I	M	A	G	I	N	A	T	I	O	N
N	M	H	T	D	G	N	H	F	R	T
P	O	S	I	T	I	V	I	T	Y	I
H	D	I	E	H	I	X	N	G	F	V
Y	F	D	F	R	H	G	K	Y	R	E
P	O	S	I	T	I	V	E	E	F	E
G	G	E	V	B	C	O	N	D	E	X
L	E	A	R	N	I	N	G	C	E	C
D	R	E	A	M	E	R	S	V	L	B
C	R	E	A	T	I	V	E	G	I	N
R	H	R	H	T	E	F	S	R	N	M
T	H	I	N	K	I	N	G	S	G	L



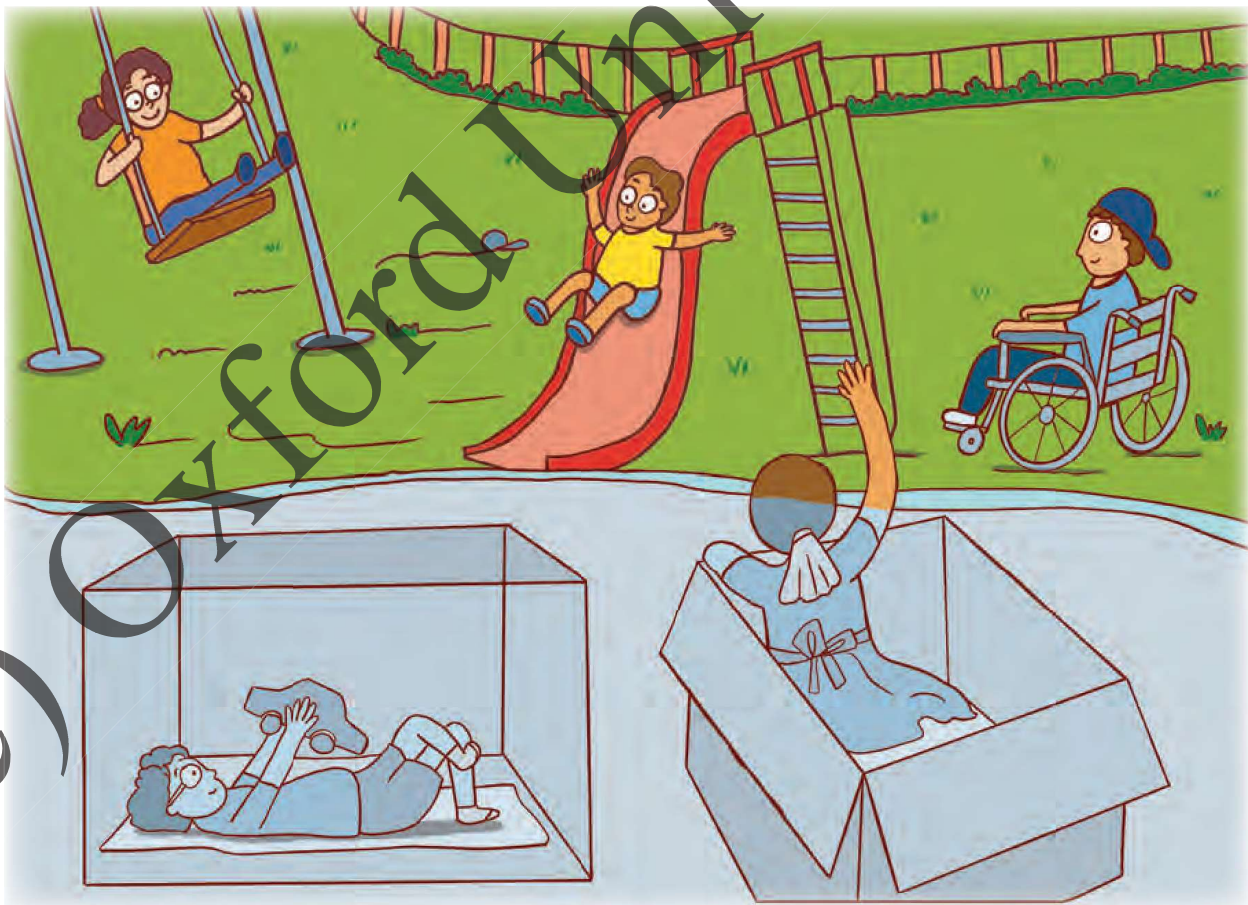
## 1.1 Challenging Myself

Think of a place in your house where you feel comfortable and safe. It can be a room of your choice. This room is your **comfort zone**. Imagine never leaving that room. Would you miss out on the things happening in the other rooms?

Similarly, you have a comfort zone in your mind—your emotional comfort zone. Here you feel safe, confident and comfortable. But, if you keep staying in your emotional comfort zone, you might miss out on new experiences and opportunities to learn and grow.

Stepping outside of your comfort zone means trying new things, even if they might feel a little scary at first. But we all need to step out of it sometimes.

Have you ever stepped out of your comfort zone and done something that you find difficult? Think of the most difficult thing you have had to do this week. Then, draw or write a story or a poem about it.



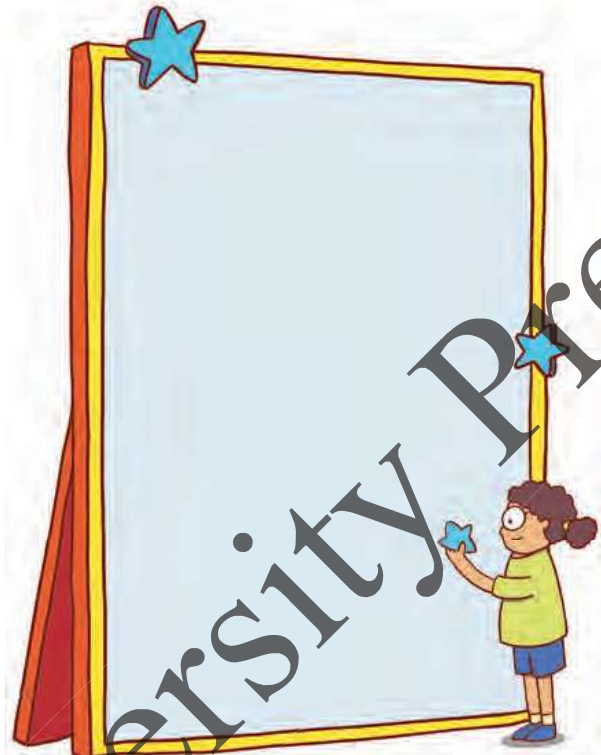


## I Am Proud Of Me

When I look at myself, I feel proud!

Write down all the reasons you feel proud of yourself below. Draw a picture or write a poem about what you think you have achieved in the last month, on the empty board here.

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## My Future Goals

A goal is something that you would like to achieve in the future. All goals are important. If you could set a goal for your future self, what would it be?

Draw your future self here.



1 Now, write what you have drawn.

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2 What do you think you need to do to achieve your future goals?

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3 Who can help you achieve your future goals?

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4 Are there things that might make it hard to achieve your future goals?

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### Building My Self-esteem

Self-esteem is a feeling of being happy with your own self and your abilities. As you grow, your self-esteem will grow too. Believe in yourself, be kind to yourself, and celebrate your unique qualities.

One way to build self-esteem is by using positive self-talk.

Use your kind, caring inner voice to fill in the list below with all the things you are good at. List them in order of how good you think you are at something. Once your list is complete, take a look at the last three points at the bottom. What can you do to improve those things?

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## 1.2 Stay Calm


Sometimes, we may feel scared or worried when something unexpected or challenging happens. When we feel this way, it is called **panic**. Due to panic, our hearts beat faster, our breathing becomes faster, and we might even feel like we want to cry or run away.



But, it is important to remember that we have the power to stay calm, even when we feel scared. **Calmness** is the state when one does not get nervous or upset. We take deep breaths as it helps us to think clearly.

Using the letters on the left, write down the things you might feel when you get panicked. For example, P for panic. On the right, turn those negative feelings around to something positive. For example, P for peace.



	<b>P</b>		<b>P</b>
	<b>A</b>		<b>A</b>
	<b>N</b>		<b>N</b>
	<b>I</b>		<b>I</b>
	<b>C</b>		<b>C</b>



Who can you go to for help, when you feel worried or scared?

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## What Is Stress?

**Stress** is our body's reaction to certain feelings and emotions. Stress can be good as well as bad. Good stress could be the butterflies of excitement in your stomach before making a presentation in class. Bad stress could be long periods of feeling sad.

When we feel stressed, there are things we can do to cope and make ourselves feel better.

In the picture, the child seems stressed.

What do you think could be causing him stress? Fill in the bubbles with your answers.

Now, look at the picture below, where the child seems to have found ways to deal with stress.

How do you think he found a way to deal with stress?

Fill in the bubbles with your answers.





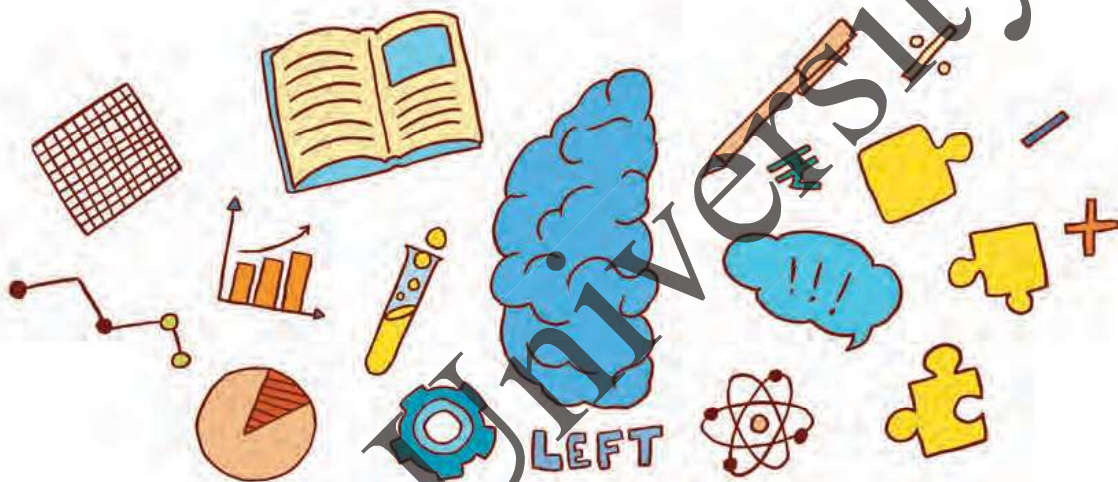


## 1.3 My Big, Beautiful Brain

Your brain is a very important part of your body. It is inside your head. Your brain helps you think, learn, remember and do all the things you do every day. But, did you know that your brain has a left and a right side? Each side has different jobs and helps us do different things.



The left side of the brain is responsible for things like maths and language. It helps us with tasks such as reading, writing and solving problems.



The right side of the brain is more creative. It helps us with things like art, music and imagination. It helps us to see things in a different way and comes up with new ideas. When you draw a picture or play a musical instrument, your right brain is in action!



Both sides of the brain work together to help us do all sorts of things. For example, when you write a story, your left brain helps you with the words and grammar, while your right brain helps you with creativity and ideas.

Look at the pictures below and write down 'left brain' or 'right brain' below each picture.



Colouring



Building blocks



Reading



Arranging flowers



Imagining



Organizing

