

SANSKAR SAMVARDHAN CLASSWISE PEDAGOGIES AND ACTIVITIES

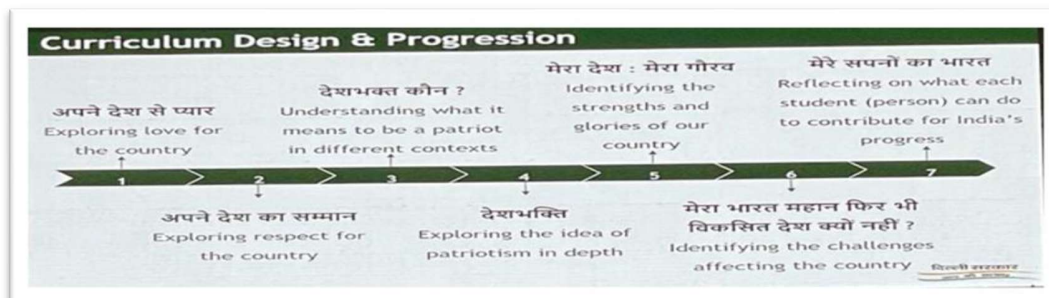
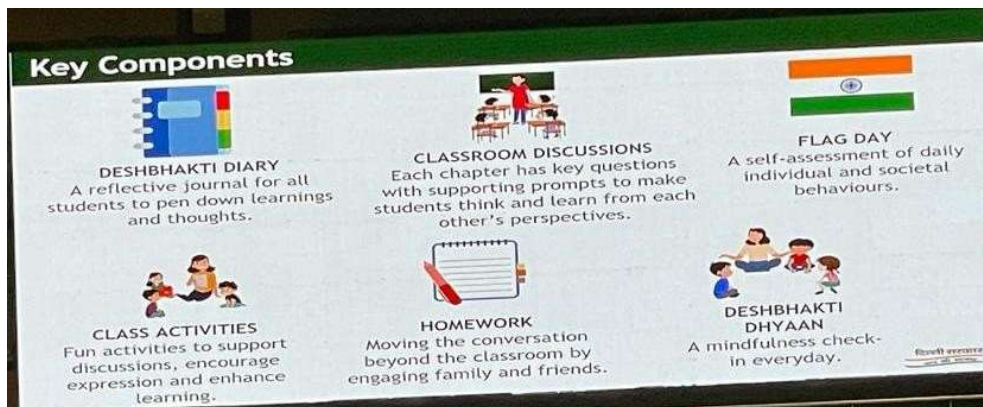
The Sanskar Samvardhan Curriculum (PFOG, Happiness (BY D.O.E), Deshbhakti (BY D.O.E) & Thinking Activity) looks to create a stimulating environment for learners from classes Nursery to VIII through a variety of methodologies to explore, experience and express happiness. Following methodologies would be used:

- 1. Joyful exercises**
- 2. Indoor games**
- 3. Active enquiry**
- 4. Reflective conversations**
- 5. Storytelling**
- 6. Guided practices for mindfulness**
- 7. Group Discussions**
- 8. Role-play/skits on situations**
- 9. Presentations - Individuals and group presentations**
- 10. Activities for Rapport Building and Team work**

The various activities and stories have been taken from ‘Happiness Manual’ and ‘Deshbhakti Manual’ by Directorate of Education.

DESHBHAkti CURRICULUM GUIDELINES(BY D.O.E)

- Facilitator driven
- No textbooks, only a collection of 100 stories of Deshbhakti.
- Extensive classroom discussion.
- Bridging the gaps between values and actions.
- Deshbhakti Meditation, Deshbhakti Diary, Class discussion, Class Activity, Flag Day Activity



CLASS NUR-KG

Refer to activities and Stories from Happiness Curriculum and Desh Bhakti Curriculum.

CLASS I

• STORIES FOR REFERENCE

- | | |
|------------------------------|--------------------------|
| 1. Sweet Apple | 15. Whose Biscuit? |
| 2. Raju's Tiffin Box | 16. We the people |
| 3. Rubber with Fragrance | 17. I can do |
| 4. New Friend | 18. Get rid of Fear |
| 5. Whose Seed is this? | 19. Vani and Red balloon |
| 6. Noni's wound | 20. I like |
| 7. Let's cook Pakode | 21. Broken pencil |
| 8. Rani's doll | 22. Joy's happiness |
| 9. Brother's handkerchief | 23. Younger sister |
| 10. When Riya went to school | 24. Mela |
| 11. Skyscraper | 25. Pen set |
| 12. My Piggybank | |
| 13. Colourful Doll | |
| 14. Sanju's Towel | |

• ACTIVITIES FOR REFERENCE

1. Namaskar
2. Ha-hi-hi-Hu
3. My Body
4. Hands UP & Down
5. Similarities in Us
6. Listen and Jump
7. Friend & Ball
8. My notebook
9. Duet
10. Super smile
11. Mirror
12. New challenge
13. Identify & Touch
14. Imaginary Ball
15. Join the fingers
16. My Smilie
17. I feel like...
18. My voice
19. Caterpillar
20. Guess Who?

21. Car & Driver
22. Freeze & Melt
23. Balance
24. Concentrate & Comprehend
25. Let's solve the problem
26. Upside down
27. What changed in me
28. My friend's qualities
29. Role play
30. What's hidden & what's new?

CLASS II

• STORIES FOR REFERENCE

- | | |
|-----------------------------|---------------------------|
| 1. Together | 13. Flowerpot |
| 2. Lunch Break | 14. A race of Friendship |
| 3. Aaloo Paratha | 15. I will help |
| 4. Rohan's socks | 16. That Money |
| 5. A new tune | 17. My friend's boat |
| 6. Heart's Burden | 18. Center Page |
| 7. A shoe | 19. Magic Straw |
| 8. Two friends | 20. Mobile Game |
| 9. Whose pencil is better? | 21. Loving Moon |
| 10. A letter to Grandfather | 22. Rohit Bhaiya's Rocket |
| 11. Chandu's Wit | 23. Why? |
| 12. A little fun | 24. Dadi's Birthday |

• **ACTIVITIES FOR REFERENCE**

- Hello
- We are similar
- If not...
- Let's hear and do
- I am an artist
- Anyone can make mistake
- Anger (Good / Bad)
- My notebook
- Right or wrong
- Let's build a beautiful house
- Will fly an aeroplane
- Unique Sheet
- Hidden message
- Let's talk about them
- Our needs
- Imaginary Ball
- Friend- Picture
- Let's add together
- Caterpillar
- Identifying emotions
- We are the best
- Let's share our fears
- Let's thank everyone

CLASS III

• STORIES FOR REFERENCE

- | | |
|--------------------------|-------------------------------|
| 1. Towards better Future | 11. Nani's laddoo |
| 2. A hundred rupee note | 12. Picnic at Manjeet's house |
| 3. Realization | 13. I wanna run the fastest |
| 4. Newspaper | 14. Delicious custard |
| 5. Prize | 15. Brother's birthday |
| 6. Mother's care | 16. Effect of company |
| 7. Poor performance | 17. Burnt Chappati |
| 8. I will tell story | 18. Little effort |
| 9. Saving box | 19. Tam Tam and his drum |
| 10. My lucky pen | 20. Rohan's Garden |

• ACTIVITIES FOR REFERENCE

- Let's make the shape
- Let's go for a picnic
- See we are similar
- Let's thank them
- My favourite place
- Who is my hero
- My actual happiness
- My Companion
- I and nature
- I feel...
- Happiness wall
- Happiness line
- My gesture and happiness
- Nature's walk
- Gratitude
- Helper
- Wrong in many and right in one
- Black or white
- Everyone's role
- Needs and Likes

CLASS IV

• STORIES FOR REFERENCE

- | | |
|---------------------------------|------------------------------------|
| 1. Finale | 11. Granny becomes a teacher |
| 2. Utility is beauty | 12. A step towards change |
| 3. Ruchi's vermicelli | 13. Meaning of real happiness |
| 4. Importance of hardwork | 14. Brother! Nothing is impossible |
| 5. Video game | 15. Billoo and Gullu |
| 6. Support of elders | 16. Who will change |
| 7. Ticking of a watch | 17. Burnt Chappati |
| 8. A bucket full water | 18. Taller tower than Geeta madam |
| 9. Change in Prachi's behaviour | 19. A shoe |
| 10. Father's letter | 20. Why education is necessary? |

• ACTIVITIES FOR REFERENCE

- We are the creator of our happiness
- Friends
- Short or long term happiness
- From field to table
- Let's share your qualities
- Name and signal
- My qualities
- My good deeds
- I know you
- Health and cleanliness stations
- Thumbs up and down
- My contribution in arrangements
- My surroundings
- My feelings
- Other side of the coin
- Harmony in relationships
- Invisible stars
- Good or bad
- You are special

Expression Section

- ❖ Care
- ❖ Affection
- ❖ Gratitude
- ❖ Respect

CLASS V

• STORIES FOR REFERENCE

- | | |
|-----------------------------------|---------------------------|
| 1. Mother's specs | 11. I am there |
| 2. Understand to know | 12. My loving dad |
| 3. Raju's intention | 13. Preparation |
| 4. Confusion | 14. Let's go for a picnic |
| 5. Solution of a problem | 15. Mann ki baat |
| 6. Little but useful conversation | 16. Man with a sticker |
| 7. Rupam's chair | 17. Tarana's umbrella |
| 8. Neeta's pen | 18. Yes it matters |
| 9. Applauding pen | 19. Gift wrap |
| 10. Happy people spread happiness | 20. Road block |

• ACTIVITIES FOR REFERENCE

- Snake and ladder
- Three corners
- Respect and material
- Let's improve usefulness
- Support
- Companion's best habit
- Is material important or aim
- Whose turn
- Gift of inventions
- Think that way
- What's my journey?
- Respect
- I like when...
- My needs

- Rules for facilities
- Good or not
- Anger (strength or weakness)
- Do or don't
- I was happy when...
- Is it good or not
- Riddles

Expression Section

- ❖ Care
- ❖ Affection
- ❖ Gratitude
- ❖ Respect

CLASS VI

• STORIES FOR REFERENCE

- | | |
|--------------------------|---------------------------------------|
| 1. Elephant's rope | 11. What's useless |
| 2. It's better to forget | 12. What's priceless- pen or friend? |
| 3. President | 13. Who is the winner? |
| 4. Burden of complaints | 14. After two days |
| 5. Whose decision | 15. Nepolean |
| 6. Body's ego | 16. Right mirror |
| 7. Picaso's painting | 17. Three labourer and their attitude |
| 8. Park | 18. Bandage |
| 9. Workshop | 19. Moon and stars |
| 10. My new friend | 20. Story of a seed |

• ACTIVITIES FOR REFERENCE

- Our qualities
- Mine of virtues
- Check in
- Good habits and Good talks
- Gratitude wall
- Happiness and emotion
- Let's understand happiness
- Happiness for all
- The power of our thoughts
- Intentionally or unintentionally
- Needs of body and mind
- My role
- Happiness for how long
- Feeling good – Be good
- Material or Respect
- Difference in Price or cost
- I want it always
- Illusion

Expression Section

- ❖ Care
- ❖ Affection
- ❖ Gratitude
- ❖ Respect

CLASS VII

• STORIES FOR REFERENCE

- | | |
|-------------------------|------------------------------------|
| 1. Love of mother | 11. Final Shot |
| 2. Who am I | 12. Khushi's understanding |
| 3. Ubuntu | 13. Right in one, wrong in many |
| 4. Vipul's decision | 14. A cup of tea |
| 5. Sweeter | 15. Diksha |
| 6. Portrait | 16. Behaviour is the certification |
| 7. Do not stop | 17. Habit |
| 8. Meaning of Education | 18. How big a circle |
| 9. Tansen's music | 19. Slave's pot |
| 10. Types of pictures | 20. Story of a seed |

• ACTIVITIES FOR REFERENCE

- Knowing each other
- You are unique
- What are you doing/
- Let's know each other
- Nature's walk
- My aim in life
- Happy moments
- Need money or only need money
- Whose benefit
- Guess the mood
- My problems my reasons
- Like or being good
- My remote in my hands
- Own slips
- Body and mind
- Whom do I respect
- How do I know
- Be happy – with whom or how long
- Who is happy or unhappy

Expression Section

- ❖ Care
- ❖ Affection
- ❖ Gratitude
- ❖ Respect

CLASS VIII

• STORIES AND ACTIVITIES FOR REFERENCE

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1. Understanding happiness

❖ Why happiness class

a. Why education.

STORY: Alexander and Diagnosis

How much Happiness – (always or sometimes) , (less or more)

❖ How much happiness I want

STORY: Palace in heart

Rabia's needle

2. Needs

❖ Understanding needs

❖ Are our needs limitless or materials?

STORY: How much land?

3. Needs of a heart

❖ Ego and Show off

❖ Need of a heart: Emotions

STORY: Room for an ego

Turban

My Identity

4. Trust

❖ Self-trust

❖ Trust in relationships

STORY: Arunima Sinha

5. Identifying Similarities

❖ Uniqueness

6. Smart man Vs. Happy man

❖ What's understanding

❖ Participation in understanding

STORY: Three labourer and their attitude

❖ Prosperity

❖ Happy heart

7. Happy family

❖ Family System

STORY: Kite

Gentleman

My brother is not a burden

Together

8. Happy society

❖ Why Society?

❖ How is society?

STORY: Sugar in milk

9. Nature and space

❖ Four Situations

❖ Space and reality

Expression Section

❖ Trust

❖ Respect

❖ Gratitude

❖ Affection