

CLASS - NURSERY AND KG (SANSKAR SAMVARDHAN CURRICULUM)

<u>Months</u>	<u>P-FOG</u>	<u>HAPPINESS (D.O.E)</u>	<u>DESHBHAKTI (D.O.E)</u>	<u>THINKING ACTIVITY</u>
Quarter 1 (Apr- June)	Personal Mastery <ul style="list-style-type: none"> ➤ Continuous Learning ➤ Embracing Challenges ➤ Practicing Equanimity 	Becoming aware of own emotions <ul style="list-style-type: none"> • Understanding Breathing (Mahapran Dhwani) • Sense of Smell • Mindful Breathing • Activity “Simon Says” for Concentration • Activity “Aalap” for Vocalization • Activity “ Do as Directed” for Alertness 	Knowing my country’s origin and my birth place through pictures <ul style="list-style-type: none"> ❖ Collage on the topic ❖ Story Telling ❖ Costume Presentation ❖ Cultural exchange Activity 	<ul style="list-style-type: none"> ✓ Telling Who am I and my senses? ✓ Proud of bring me.
Quarter 2 (July- Sep)	Forgiveness <ul style="list-style-type: none"> ➤ Thinking from other’s Point of View ➤ Letting Go ➤ Detoxing Guilt 	Learning to be mindful And practicing forgiveness <ul style="list-style-type: none"> • Mindful Listening (Noise and Silence) • Activity on different sounds like hooter, siren etc. • Activity on listening and appreciating sounds of nature • Follow up session 	Forgiveness Stories of Great Personalities of my country <ul style="list-style-type: none"> ❖ Skit on situations ❖ Storytelling ❖ Joyful Exercises ❖ Forgiveness Card 	Share an incident when you seek forgiveness and forgive someone
Quarter 3 (Oct – Dec)	Other’s Wellbeing <ul style="list-style-type: none"> ➤ Do Unto Others As You Wish To Be Done By ➤ Contributing To Others ➤ Live and Let Live 	Knowing my needs and other’s needs <ul style="list-style-type: none"> • Mindful Seeing (Classroom , home) • Activity on “Describing Things” 	Stories and activities based on how people of my country take care of other’s well-being. <ul style="list-style-type: none"> ❖ Reflective Conversation Activity 	How many times I think about other’s well-being in the last month.

		<ul style="list-style-type: none"> • Heartbeat Activity • Mindful Touch • Good Touch & Bad Touch 	<ul style="list-style-type: none"> ❖ Presentations ❖ Team Work ❖ Sharing and Caring ❖ Activity on “Empathy” 	
Quarter 4 (Jan- Mar)	<p>Gratitude</p> <ul style="list-style-type: none"> ➤ Celebrating All the Blessings Of The Universe ➤ Remembering Those Who Helped You in Life ➤ Reverence Towards Spiritual Gurus, Parents and Teachers 	<p>➤ Harmony in the self by showing gratitude</p> <p><u>Mindful Scribbling</u></p> <ul style="list-style-type: none"> • Crayon Activity <p><u>Mindful Walking</u></p> <ul style="list-style-type: none"> • Activity on Coordination between legs <p><u>Mindfulness of Feelings</u></p> <ul style="list-style-type: none"> • Emotions and Feel • Anger Management <p>➤ Happiness my goal</p>	<p>Paying Gratitude to my Country</p> <ul style="list-style-type: none"> ❖ Gratitude Poster ❖ Thank You Card ❖ Self-Expression Activity ❖ Gratitude Celebration Programme ❖ Gratitude Jar Activity 	List the things, person whom I am grateful to.

CLASSES – I & II (SANSKAR SAMVARDHAN CURRICULUM)

<u>Months</u>	<u>P-FOG</u>	<u>HAPPINESS (D.O.E)</u>	<u>DESHBHAKTI (D.O.E)</u>	<u>THINKING ACTIVITY</u>
Quarter 1 (Apr- June)	Personal Mastery <ul style="list-style-type: none"> ➤ Continuous Learning ➤ Embracing Challenges ➤ Practicing Equanimity 	Becoming aware of own emotions <ul style="list-style-type: none"> • Understanding Breathing (Mahapran Dhwani) • Sense of Smell <u>Mindful Breathing</u> • Activity “Simon Says” for Concentration • Activity “Aalap” for Vocalization • Activity “ Do as Directed” for Alertness <u>Mindful Listening</u> (Noise and Silence) • Activity on different sounds like hooter, siren etc. • Activity on listening and appreciating sounds of nature • Follow up session_ <u>Mindful Seeing</u> (Classroom , home) • Activity on “Describing Things” • Heartbeat Activity 	Knowing my country’s origin and my birth place through pictures <ul style="list-style-type: none"> ❖ Collage on the topic ❖ Story Telling ❖ Costume Presentation ❖ Cultural exchange Activity ❖ Patriotic Diary 	<ul style="list-style-type: none"> ✓ Telling Who am I and my senses? ✓ Proud of bring me.

Quarter 2 (July- Sep)	<p>Forgiveness</p> <ul style="list-style-type: none"> ➤ Thinking from other's Point of View ➤ Letting Go ➤ Detoxing Guilt 	<p><u>Mindful Touch</u></p> <ul style="list-style-type: none"> • Good Touch & Bad Touch <p><u>Mindful Walking</u></p> <ul style="list-style-type: none"> • Activity on Coordination between legs_ <p><u>Mindful Scribbling</u></p> <ul style="list-style-type: none"> • Crayon Activity <p>Learning to be mindful And practicing forgiveness</p> <ul style="list-style-type: none"> • Observing activities of the body • Becoming aware of our likes • What do we like more - being with material versus being with people • Identifying sources of momentary happiness • Observing the desire to be happy always • Happiness and Forgiveness in learning a new skill 	<p>Forgiveness Stories of Great Personalities of my country</p> <ul style="list-style-type: none"> ❖ Skit on situations ❖ Storytelling ❖ Joyful Exercises ❖ Forgiveness Card ❖ My Tiranga – My Friend 	<p>Share an incident when you seek forgiveness and forgive someone</p>
Quarter 3 (Oct – Dec)	<p>Other's Wellbeing</p> <ul style="list-style-type: none"> ➤ Do Unto Others As You Wish To Be Done By ➤ Contributing To Others ➤ Live and Let Live 	<p><u>Mindful Stretching</u></p> <ul style="list-style-type: none"> • Activity on Coordination between legs_ <p><u>Mindfulness of Feelings</u></p> <ul style="list-style-type: none"> • Emotions and Feel Anger Management 	<p>Stories and activities based on how people of my country take care of other's well-being.</p> <ul style="list-style-type: none"> ❖ Reflective Conversation Activity ❖ Presentations ❖ Team Work ❖ Sharing and Caring ❖ Activity on "Empathy" 	<p>How many times I think about other's well-being in the last month.</p>

		Experiencing happiness in relationships through Feelings <ul style="list-style-type: none"> ● Observing contributions in relationships → mother → father → siblings ● Recognising feelings and values: <ul style="list-style-type: none"> ○ Respect ○ Affection ○ Care ● Proper Listening ● Sharing things with others ● Supporting others in need 	❖ Keeping my country clean ❖ Making Bookmark on Patriotism	
Quarter 4 (Jan- Mar)	Gratitude <ul style="list-style-type: none"> ➤ Celebrating All the Blessings Of The Universe ➤ Remembering Those Who Helped You in Life ➤ Reverence Towards Spiritual Gurus, Parents and Teachers 	➤ Harmony in the self by showing gratitude Happiness through Active Participation <ul style="list-style-type: none"> ● Creative expression of oneself ● Communication & Collaboration ● Joy of participation in school ● Joy of participation in family ● Observing various entities in nature 	Paying Gratitude to my Country <ul style="list-style-type: none"> ❖ Gratitude Poster ❖ Thank You Card ❖ Self-Expression Activity ❖ Gratitude Celebration Programme ❖ Gratitude Jar Activity ❖ Showing Gratitude towards Country and its people 	List the things, person whom I am grateful to.

CLASS –III-V (SANSKAR SAMVARDHAN CURRICULUM)

<u>Months</u>	<u>P-FOG</u>	<u>HAPPINESS (D.O.E)</u>	<u>DESHBHAKTI (D.O.E)</u>	<u>THINKING ACTIVITY</u>
Quarter 1 (Apr- June)	Personal Mastery <ul style="list-style-type: none"> ➤ Continuous Learning ➤ Embracing Challenges ➤ Practicing Equanimity 	Becoming aware of own emotions <ul style="list-style-type: none"> • Understanding Breathing (Mahapran Dhwani) • Sense of Smell <u>Mindful Breathing</u> • Activity “Simon Says” for Concentration • Activity “Aalap” for Vocalization • Activity “Do as Directed” for Alertness <u>Mindful Listening</u> (Noise and Silence) • Activity on different sounds like hooter, siren etc. • Activity on listening and appreciating sounds of nature • Follow up session_ <u>Mindful Seeing</u> (Classroom , home) • Activity on “Describing Things” • Heartbeat Activity 	<u>What is a country?</u> <ul style="list-style-type: none"> ❖ What makes a country? ❖ Close your eyes and visualize what comes to your mind when you think of your country? <u>Our country Around Us</u> <ul style="list-style-type: none"> ❖ Is your school door also part of your country? ❖ If somebody is kicking the door of your classroom, how do you feel? ❖ If someone destroys the plants in a park and you are watching,how would you feel? 	<ul style="list-style-type: none"> ✓ Discuss with any three people at your home that what do they understand by country? ✓ List the things and people in which/whom you see your country? ✓ Draw a picture to show your love towards your country? ✓ Record a video expressing your love towards your country and share with your teacher?

<p>Quarter 2 (July- Sep)</p>	<p>Forgiveness</p> <ul style="list-style-type: none"> ➤ Thinking from other's Point of View ➤ Letting Go ➤ Detoxing Guilt 	<p><u>Mindful Touch</u></p> <ul style="list-style-type: none"> • Good Touch & Bad Touch <p><u>Mindful Walking</u></p> <ul style="list-style-type: none"> • Activity on Coordination between legs <p><u>Mindful Scribbling</u></p> <ul style="list-style-type: none"> • Crayon Activity <p>Learning to be mindful And practicing forgiveness</p> <ul style="list-style-type: none"> • Identifying activities and needs of the bod • Recognising differences in our decisions based on what we like versus what is good for us • Realizing the desire to be happy always • Recognising how we feel when there is harmony in relationships 	<p><u>Respecting My Country?</u></p> <ul style="list-style-type: none"> ▪ Do you love your country? ▪ Why do you love your country? <p><u>Loving and Respecting your country</u></p> <ul style="list-style-type: none"> ▪ Is there a difference in loving country and respecting your country? ▪ What happens when your book or the bat you play with falls on the ground? Is that love or respect? 	<ul style="list-style-type: none"> ▪ List some ways by which you can show respect to your motherland? ▪ Is following rules and doing your duties part of paying respect to your country? During the Corona times did you respect any rules? ▪ Is following discipline in school is part of respecting your country?
<p>Quarter 3 (Oct – Dec)</p>	<p>Other's Wellbeing</p> <ul style="list-style-type: none"> ➤ Do Unto Others As You Wish To Be Done By ➤ Contributing To Others ➤ Live and Let Live 	<ul style="list-style-type: none"> • Recognising similarities in humans at the level of desire - addressing the core desire for happiness • Observing contributions in relationships <ul style="list-style-type: none"> → parents → teachers → siblings → grandparents 	<p>Who is a Patriot?</p> <ul style="list-style-type: none"> ❖ What do you understand by Patriot? ❖ Name some patriots you know? ❖ Name some freedom fighters known to you? ❖ Who is your favourite freedom fighter? ❖ Can you think of the situations in which freedom 	<ul style="list-style-type: none"> ➤ Imagine being with your favourite freedom fighter and list what would you do with him? ➤ If freedom fighters did not fight for our country what kind of life we would have

		<p>→ extended family</p> <ul style="list-style-type: none"> • Recognising feelings and values: <ul style="list-style-type: none"> ○ Respect ○ Gratitude ○ Affection ○ Care ○ Guidance <p>Additional in class IV-</p> <ul style="list-style-type: none"> • Trust <p>Additional in class V-</p> <ul style="list-style-type: none"> • Collaboration • Cordiality • Feeling responsibility towards the collective in class, school, family • Taking responsibility instead of blaming in a conflict 	<p>fighters for the country?</p> <ul style="list-style-type: none"> ❖ What were the resources available to freedom fighters? ❖ Do we need limited number of patriots in our country? ❖ Name some patriotic people other than freedom fighters? 	<p>today?</p> <p>➤ List some acts which prove that you are a patriot too?</p>
<p>Quarter 4 (Jan- Mar)</p>	<p>Gratitude</p> <ul style="list-style-type: none"> ➤ Celebrating All the Blessings Of The Universe ➤ Remembering Those Who Helped You in Life ➤ Reverence Towards Spiritual Gurus, Parents and Teachers 	<p>➤ Harmony in the self by showing gratitude</p> <p>Happiness through Active Participation</p> <ul style="list-style-type: none"> • Participating in the collective, helping others and taking collective responsibility • Observing distinctions between entities and their interrelationships • Recognising characteristics and intrinsic nature of entities <p>Additional in class IV-</p>	<p><u>My Country My pride</u></p> <ul style="list-style-type: none"> ❖ What does it mean to feel proud of our country? ❖ Why do you feel proud for your country? ❖ Do you feel proud for your school? Why? ❖ Do you feel proud for your family? ❖ Do you feel proud of Delhi? ❖ Tiranga Gift Basket Activity. 	<p>➤ List some activities where you express your patriotism towards your country?</p> <p>➤ What does a true patriot need to do?</p> <p>➤ List few things for which you are proud of your country and for which you wish to say thank you?</p> <p>➤ How can you make your</p>

		<ul style="list-style-type: none"> • Self expression Additional in class V- <ul style="list-style-type: none"> • Creative expression in oneself 		<p>country proud of you? List the acts?</p> <p>➤ How do you visualize the future of your country? What can you do to make your country developed?</p>
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CLASS –VI-VIII (SANSKAR SAMVARDHAN CURRICULUM)

<u>Months</u>	<u>P-FOG</u>	<u>HAPPINESS (D.O.E)</u>	<u>DESHBHAKTI (D.O.E)</u>	<u>THINKING ACTIVITY</u>
Quarter 1 (Apr- June)	Personal Mastery <ul style="list-style-type: none"> ➤ Continuous Learning ➤ Embracing Challenges ➤ Practicing Equanimity 	Becoming aware of own emotions <ul style="list-style-type: none"> • Understanding Breathing (Mahapran Dhwani) • Sense of Smell <u>Mindful Belly Breathing</u> • Breathe in and out and feel the belly movements. • <u>Temperature of Breath</u> • <u>Mindful Seeing</u> (Classroom , home) • Activity on “Describing Things” • Heartbeat Activity 	<u>What is a country?</u> <ul style="list-style-type: none"> ❖ What makes a country? ❖ Close your eyes and visualize what comes to your mind when you think of your country? ❖ Is your school part of country? ❖ Are the trees around you and your friend sitting with you part of country? <u>Our country Around Us</u> <ul style="list-style-type: none"> ❖ Is your school door also part of your country? ❖ If somebody is kicking the door of your classroom, how do you feel? ❖ If someone destroys the plants in a park and you are watching,how would you feel? <u>Loving my Country</u> <ul style="list-style-type: none"> • Do you love your country? <p>What exactly do we love when we say we love our country?</p>	<ul style="list-style-type: none"> ✓ Discuss with any three people at your home that what do they understand by country? ✓ List the things and people in which/whom you see your country? ✓ Draw a picture to show your love towards your country? ✓ Record a video expressing your love towards your country and share with your teacher? ✓ Draw the flag of your country? ✓ List five things you feel you do to show your love towards your country? ✓ List five things

				you feel you can improve to express your love towards your country?
Quarter 2 (July- Sep)	<p>Forgiveness</p> <ul style="list-style-type: none"> ➤ Thinking from other's Point of View ➤ Letting Go ➤ Detoxing Guilt 	<ul style="list-style-type: none"> • <u>Mindful Drawing</u> • <u>Awareness of Eating</u> • Mindful Smelling • Progressive Muscle relaxation • <u>Mindful Walking</u> <p>Learning to be mindful And practicing forgiveness</p> <ul style="list-style-type: none"> • Identifying separate needs of the self and body • Identifying voluntary activities in a human being based on decision by the self • Understanding the difference between knowing and assuming • Evaluating our assumptions and preconditioning about life and situations around us • Understanding the desire to be happy always • Understanding our desire for clarity 	<p><u>Respecting My Country?</u></p> <ul style="list-style-type: none"> ▪ Do you love your country? ▪ Why do you love your country? <p><u>Loving and Respecting your country</u></p> <ul style="list-style-type: none"> ▪ Is there a difference in loving country and respecting your country? ▪ What happens when your book or the bat you play with falls on the ground? Is that love or respect? <p><u>Understanding the respect for your country</u></p> <ul style="list-style-type: none"> ▪ What things do you love about your country? ▪ Do you respect the parents 	<ul style="list-style-type: none"> ▪ List some ways by which you can show respect to your motherland? ▪ Is following rules and doing your duties part of paying respect to your country? During the Corona times did you respect any rules? ▪ Is following discipline in school is part of respecting your country? ▪ Make a greeting showing your respect towards different caste and religions in our country? ▪ What activity of yours disrespect the flag of your country?

		<ul style="list-style-type: none"> • Exploring the desire for prosperity - a feeling of having more than I need • Evaluating our assumptions about happiness • Exploring the need for education • Exploring what education entails - whether it is accumulation of wealth, or transformation of mindset • Exploring how humans are different from the other 3 orders 	<p>of a soldier?</p> <ul style="list-style-type: none"> ▪ How can we show the parents of a soldier? ▪ Do you respect the farmers of your country? ▪ The various people who help you in daily life like peons, guard etc , how do you show respect to them? ▪ Do you respect land of your country? 	
Quarter 3 (Oct – Dec)	Other's Wellbeing <ul style="list-style-type: none"> ➤ Do Unto Others As You Wish To Be Done By ➤ Contributing To Others ➤ Live and Let Live 	<ul style="list-style-type: none"> • Classification of Emotions • Mindfulness of Feelings • Happy Experiences • Recognising similarities in humans at the level of desire - addressing the core desire for happiness • Observing contributions in relationships <ul style="list-style-type: none"> → parents → teachers → siblings → grandparents → extended family • Recognising feelings 	Who is a Patriot? <ul style="list-style-type: none"> ❖ What do you understand by Patriot? ❖ Name some patriots you know? ❖ Name some freedom fighters known to you? ❖ Who is your favourite freedom fighter? ❖ Can you think of the situations in which freedom fighters for the country? ❖ What were the resources available to freedom fighters? ❖ Do we need limited number of patriots in our country? ❖ Name some patriotic people 	<ul style="list-style-type: none"> ➤ Imagine being with your favourite freedom fighter and list what would you do with him? ➤ If freedom fighters did not fight for our country what kind of life we would have today? ➤ List some acts which prove that you are a patriot too?

		<p>and values:</p> <ul style="list-style-type: none"> ○ Respect ○ Gratitude ○ Affection ○ Care ○ Guidance ○ Cooperation ○ Cordiality ○ Humility ○ Commitment ○ Generosity ○ Forthrightness ○ Simplicity ○ Oneness <p>Additional in class VII-</p> <ul style="list-style-type: none"> ● Body Scan <p>Additional in class V-</p> <ul style="list-style-type: none"> ● Collaboration ● Cordiality ● Feeling responsibility towards the collective in class, school, family ● Taking responsibility instead of blaming in a conflict ● Contribution in others studies - younger sibling, classmate etc. 	<p>other than freedom fighters?</p> <p><u>Patriotism</u></p> <ul style="list-style-type: none"> ❖ What lied in the hearts of freedom fighters? ❖ What will happen if our love to our country is limited to our national symbols only? ❖ Do you feel patriotism in yourself? 	
<p>Quarter 4 (Jan- Mar)</p>	<p>Gratitude</p> <ul style="list-style-type: none"> ➤ Celebrating All the Blessings Of The Universe ➤ Remembering Those Who Helped You in Life ➤ Reverence Towards Spiritual Gurus, Parents and Teachers 	<ul style="list-style-type: none"> ➤ Harmony in the self by showing gratitude ➤ Word Association ➤ Mindfulness of thoughts ➤ Sticky Thoughts ➤ Thoughts as Traffic <p>Additional in class VII-</p>	<p><u>My Country My pride</u></p> <ul style="list-style-type: none"> ● What does it mean to feel proud of our country? 	<ul style="list-style-type: none"> ➤ List some activities wher you express your patriotism towards your country? ➤ What does atrue patriot needs to do?

		<p>➤ Gatekeeper</p> <p>Additional in class VIII-</p> <p>➤ Thoughts as Bus Passengers</p> <p>➤ Mind Jar</p> <p>➤ Brain House</p> <p>➤ Silence between thoughts</p> <p>Happiness through Active Participation</p> <p>➤ Joy of participation in the neighborhood</p> <p>➤ Recognising contribution in society, supportive role in maintaining systems</p> <p>➤ Exploring uniqueness in the various entities in nature, classified in 4 broad categories - material order, plant order, animal order, human (or knowledge) order</p> <p>Additional in class VII-</p> <p>➤ Observing feelings of confidence and usefulness due to participation</p> <p>➤ Exploring uniqueness and complementarity between the various entities in nature, classified in 4 broad categories - material order, plant order, animal order, human (or knowledge) order exploring balance in</p>	<ul style="list-style-type: none"> • Why do you feel proud for your country? • Do you feel proud for your school? Why? • Do you feel proud for your family? • Do you feel proud of Delhi? • Tiranga Gift Basket Activity. <p><u>My great country, still not developed</u></p> <ul style="list-style-type: none"> • Our country is developing or developed? • What are the various problems which our country is facing? • Where is our country going wrong? • Poverty and unemployment • Would you like to do a job or provide a job after finishing your studies? • Is there corruption in our country? • Are educated people also contributing to corruption? • Can I contribute towards making my country developed? • My pledge for my country 	<p>➤ List few things for which you are proud of your country and for which you wish to say thank you?</p> <p>➤ How can you make your country proud of you? List the acts?</p> <p>➤ How do you visualize the future of your country? What can you do to make your country developed?</p> <p>➤ What changes need to be done to make our country developed?</p>
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