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## Happiness Curriculum: Blooming Positivity in Children

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### ABSTRACT

Happiness is the key to achieving self satisfaction in life. Happiness of children can be understood by some indicators like friendship, cooperation and optimism. Positive experiences during childhood can shape better personality and perspective of human beings in further life.

It is an ethical responsibility of teachers and parents to understand the requirements of children related to emotional, psychological and social needs. In psychology the concept of positive education is becoming more popular day by day. As a teacher, there is a need to judge whether new policies and strategies in education are really being fruitful in the teaching learning process or just mere.

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### INTRODUCTION

Our new National policy of education promulgates emotional and social well being of young learners. In today's times when stress can easily creep into one's life, it becomes imperative that one is equipped with all approaches and strategies to deal effectively with stress and be happy.

It is an initiative introduced in 2018 with the aim of promoting the mental well-being and happiness among children. The curriculum, introduced by Delhi Government is based on the principles of mindfulness, meditation, and positive well-being of students. It is a part of the school curriculum for children from kindergarten to the eighth grade. The curriculum is aimed to instil self-awareness and positive elements in them. The curriculum is aimed to stimulate good mental health, character, and resilience i.e. moral values. The happiness curriculum would improve cognitive ability of the students. The happiness curriculum would reduce anxiety, depression, and intolerance among students.

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### OBJECTIVES OF HAPPINESS CURRICULUM

1. To help students develop a positive outlook towards life.
2. To help students understand and manage their emotions.
3. To teach students mindfulness and meditation techniques.
4. To provide students with life skills such as communication, problem-solving, and decision-making.
5. To promote holistic development of students by nurturing their physical, emotional, and mental well-being.

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### IMPLEMENTATION OF THE HAPPINESS CURRICULUM

The Happiness Curriculum is implemented as a part of the regular school curriculum for students in Delhi. It consists of 45 minutes of daily practice, where students are taught various techniques such as mindfulness, meditation, and breathing exercises. The curriculum also includes activities such as storytelling, games, and group discussions to promote social and emotional learning.

The curriculum is designed to be interactive and engaging, with a focus on experiential learning. The teachers are trained to deliver the curriculum effectively and to create a safe and supportive learning environment for the students.

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### TRACED IMPACT OF THE HAPPINESS CURRICULUM

The Happiness Curriculum has received positive feedback from students, teachers, and parents. According to a survey conducted by the Delhi government, 90% of the students reported feeling happier and more positive after attending the Happiness Curriculum classes. The curriculum has also been found to improve student behavior, academic performance, and social skills.

The success of the Happiness Curriculum has led to its adoption by other states in India and has also gained international recognition. The United Nations has recognized the Happiness Curriculum as a model for promoting well-being and happiness in schools.

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## **HAPPINESS CURRICULUM AND POSITIVITY IN STUDENTS**

The Happiness Curriculum has been shown to have a positive impact on the growth of students. By promoting emotional and mental well-being, the curriculum helps students develop a positive outlook towards life and cope with stress and challenges. Here are some ways in which the Happiness Curriculum promotes the growth of students:

1. **Enhances emotional intelligence:** The Happiness Curriculum teaches students to understand and manage their emotions effectively. By learning to identify and regulate their emotions, students become more emotionally intelligent, which helps them build better relationships and make better decisions.
2. **Improves academic performance:** The Happiness Curriculum has been found to improve academic performance by reducing stress and anxiety among students. When students are happy and stress-free, they are better able to concentrate and learn.
3. **Promotes positive behavior:** The Happiness Curriculum teaches students social and emotional skills such as empathy, compassion, and gratitude. These skills promote positive behavior and help students build healthy relationships with their peers and teachers.
4. **Fosters creativity and innovation:** The Happiness Curriculum encourages students to think outside the box and come up with creative solutions to problems. By promoting a positive and supportive learning environment, the curriculum helps students develop their creativity and innovation skills.
5. **Builds resilience:** The Happiness Curriculum teaches students mindfulness and meditation techniques that help them cope with stress and challenges. By building resilience, students are better able to bounce back from setbacks and overcome obstacles.

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## **HAPPINESS CURRICULUM AND STUDENTS' PSYCHOLOGICAL GROWTH**

The Happiness Curriculum has been shown to promote positivity in students. By teaching mindfulness, meditation, and positive psychology, the curriculum helps students develop a positive outlook towards life. Here are some ways in which the Happiness Curriculum promotes positivity in students:

1. **Increases happiness:** The Happiness Curriculum aims to promote happiness among students. By teaching them to focus on the present moment and cultivate positive emotions the curriculum helps students experience more joy and happiness in their lives.
2. **Reduces stress and anxiety:** The Happiness Curriculum teaches students techniques such as mindfulness and meditation, which are effective in reducing stress and anxiety. When students are less stressed and anxious, they are better able to focus on positive experiences and emotions.
3. **Improves self-esteem:** The Happiness Curriculum promotes positive self-talk and self-reflection, which helps students develop a positive self-image. By focusing on their strengths and positive qualities, students develop a sense of self-worth and confidence.
4. **Enhances social connections:** The Happiness Curriculum teaches students social and emotional skills such as empathy and compassion. By promoting positive social interactions, the curriculum helps students build strong and supportive relationships with their peers and teachers.
5. **Promotes positive behaviour:** The Happiness Curriculum encourages students to engage in positive behaviours such as kindness, gratitude, and forgiveness. By promoting positive behaviour, the curriculum helps students develop a sense of purpose and fulfilment.

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## **HAPPINESS CURRICULUM: NEED OF THE ERA**

The need for a happiness curriculum has been identified as a way to promote well-being and resilience among students. According to a report by the American India Foundation, the Happiness Curriculum is designed to instil life skills that can help young people, their parents, and teachers overcome adversity and thrive in a fast-changing world. The curriculum consists of four components that work together to promote a sense of sustained happiness. As part of the program, students spend one period each day in Happiness Classes engaging in a variety of activities such as games, reflective conversations, storytelling, and mindfulness practice.

The goal of the curriculum is to understand and identify the factors that contribute to happiness and develop measures that capture teacher and student behaviours associated with those factors. Additionally, the Happiness Skills Workbook by the Berkeley Well-Being Institute focuses on building skills related to happiness, well-developed measures that capture teacher and student behaviours associated with those factors.

Additionally, the Happiness Skills Workbook by the Berkeley Well-Being Institute focuses on building skills related to happiness, well-being, and thriving, and can be helpful for individuals with mental health issues, although it is not a substitute for professional guidance from a trained therapist.

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## RESULTS AND FINDINGS

The Happiness Curriculum is a pioneering initiative that aims to promote mental well-being and happiness among students. It is a holistic approach to education that recognizes the importance of emotional and mental health. The curriculum has shown promising results and has the potential to transform education by promoting a positive and compassionate learning environment.

In addition, the Happiness Curriculum has a significant impact on the growth of students. By promoting emotional and mental well-being, the curriculum helps students develop a positive outlook towards life, improve academic performance, promote positive behaviour, foster creativity and innovation, and build resilience.

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## CONCLUSION

In conclusion, the Happiness Curriculum promotes positivity in students by increasing happiness, reducing stress and anxiety, improving self-esteem, enhancing social connections, and promoting positive behaviour. By cultivating positivity, students are better able to cope with challenges and thrive in all areas of their lives.

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