



01

Gratitude List



- Think about the things, people, or moments that make you feel thankful.
- Create a sentence that matches your feelings of gratitude towards Family, Friends, Teachers, Grandparents, Nature, Pets, Home, Favorite Toy, Food etc.
- For Eg: I am thankful for my family, who loves and supports me.
- I am grateful for my friends that make me laugh and accompany me on excursions.

02

I feel Happy when.....



- I think about the things that bring happiness to my heart, from cozy days with your favorite food to watching a flower grow. Happiness is a true feeling.
- Let's explore happiness in our everyday life by writing few sentences,

For eg:

I feel happy when I spend time with my family because...
I feel joyful when I play with my friends because...
I am delighted when I learn something new like...
I feel proud and happy when I accomplish...

Reflection and Sharing

- Consider how you feel when you think about the positive aspects of your life which you have noted down.
- If it makes you happy, color the smiley face; if it makes you grateful, color the heart.



03

Creative Expressions

- Begin by finding a quiet and comfortable space. Play some soft and calming music in the background.
- Choose any creative form like drawing, painting, clay modelling, handicraft etc.
- Share your thoughts about Inner Harmony, is it being at peace with self and kind to others.?

Express this through a vibrant art. Write affirmations like "I am at peace with myself." "I am kind to others." "I feel loved and cared by my friends and family." Hang it in your room and recite these affirmations daily, fostering positivity and harmony within.



04



CAPTURE IMAGES, VIDEOS OF ALL THE 4 STAGES OF THE PROJECT AND COMPILE AND SHARE THE FINAL PROJECT WITH LINKS OF IMAGES AND VIDEOS IN

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