

**CLASSES - NURSERY AND KG (SANSKAR SAMVARDHAN CURRICULUM)**

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

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

**CLASSES – I & II (SANSKAR SAMVARDHAN CURRICULUM)**

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

<p><b>Quarter 2 (July- Sep)</b></p>	<p><b>Forgiveness</b></p> <ul style="list-style-type: none"> <li>➤ Thinking from other's Point of View</li> <li>➤ Letting Go</li> <li>➤ Detoxing Guilt</li> </ul>	<p><b><u>Mindful Touch</u></b></p> <ul style="list-style-type: none"> <li>• Good Touch &amp; Bad Touch</li> </ul> <p><b><u>Mindful Walking</u></b></p> <ul style="list-style-type: none"> <li>• Activity on Coordination between legs_</li> </ul> <p><b><u>Mindful Scribbling</u></b></p> <ul style="list-style-type: none"> <li>• Crayon Activity</li> </ul> <p><b>Learning to be mindful and practicing forgiveness</b></p> <ul style="list-style-type: none"> <li>• Observing activities of the body</li> <li>• Becoming aware of our likes</li> <li>• What do we like more - being with material things versus being with people?</li> <li>• Identifying sources of momentary happiness</li> <li>• Observing the desire to be happy always</li> <li>• Happiness and Forgiveness in learning a new skill</li> </ul>	<p><b>Forgiveness Stories of Great Personalities of my country</b></p> <ul style="list-style-type: none"> <li>❖ Skit on situations</li> <li>❖ Storytelling</li> <li>❖ Joyful Exercises</li> <li>❖ Forgiveness Card</li> <li>❖ <b>My Tiranga – My Friend</b></li> </ul>	<p><b>Share an incident when you sought forgiveness and forgave someone.</b></p>
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<p><b>Quarter 3</b> <b>(Oct – Dec)</b></p>	<p><b>Other’s Wellbeing</b></p> <ul style="list-style-type: none"> <li>➤ Do Unto Others As You Wish To Be Done By</li> <li>➤ Contributing To Others</li> <li>➤ Live and Let Live</li> </ul>	<p><b><u>Mindful Stretching</u></b></p> <ul style="list-style-type: none"> <li>● Activity on Coordination between legs_</li> </ul> <p><b><u>Mindfulness of Feelings</u></b></p> <ul style="list-style-type: none"> <li>● Emotions and Feel; Anger Management</li> </ul>	<p><b>Stories and activities based on how people of my country take care of other’s well-being.</b></p> <ul style="list-style-type: none"> <li>❖ Reflective Conversation Activity</li> <li>❖ Presentations</li> <li>❖ Teamwork</li> <li>❖ Sharing and Caring</li> <li>❖ Activity on “Empathy”</li> </ul>	<p><b>How many times did I think about other’s well-being last month?</b></p>
		<p><b>Experiencing happiness in relationships through Feelings</b></p> <ul style="list-style-type: none"> <li>● Observing contributions in relationships: <ul style="list-style-type: none"> <li>→ mother</li> <li>→ father</li> <li>→ siblings</li> </ul> </li> <li>● Recognizing feelings and values: <ul style="list-style-type: none"> <li>○ Respect</li> <li>○ Affection</li> <li>○ Care</li> <li>● Proper Listening</li> <li>● Sharing things with others</li> </ul> </li> <li>● Supporting others in need</li> </ul>	<ul style="list-style-type: none"> <li>❖ <b>Keeping my country clean</b></li> <li>❖ <b>Making Bookmark on Patriotism</b></li> </ul>	

<p><b>Quarter 4 (Jan- Mar)</b></p>	<p><b>Gratitude</b></p> <ul style="list-style-type: none"> <li>➤ Celebrating All the Blessings of The Universe</li> <li>➤ Remembering Those Who Helped You in Life</li> <li>➤ Reverence Towards Spiritual Gurus, Parents and Teachers</li> </ul>	<p>➤ <b>Harmony in the self by showing gratitude</b></p> <p><b>Happiness through Active Participation</b></p> <ul style="list-style-type: none"> <li>● Creative expression of oneself</li> <li>● Communication &amp; Collaboration</li> <li>● Joy of participation in school</li> <li>● Joy of participation in family</li> <li>● Observing various entities in nature</li> </ul>	<p><b>Paying Gratitude to my Country</b></p> <ul style="list-style-type: none"> <li>❖ Gratitude Poster</li> <li>❖ Thank You Card</li> <li>❖ Self-Expression Activity</li> <li>❖ Gratitude Celebration Programme</li> <li>❖ Gratitude Jar Activity</li> <li>❖ Showing Gratitude towards Country and its people</li> </ul>	<p><b>List the things and persons I am grateful to.</b></p>
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**CLASSES –III-V (SANSKAR SAMVARDHAN CURRICULUM)**

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

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

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

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

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

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

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

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

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