


International Day of Happiness - Poster Making

	SDGs covered	<p style="text-align: center;">All SDGs</p> 
1.	Title of activity	International Day of Happiness
2.	Class	IX-XII
3.	Subjects involved	Departments of Social Science and Geography.
4.	Facilitator	Ms. Diviya Mehra
5.	Brief description of the learning objectives, content of the activity and competencies acquired	<p>➤ <u>Learning Objectives-</u></p> <ul style="list-style-type: none"> • Cognitive learning objectives- Students will be able to understand the role happiness plays in their well-being and the well-being of others. • Socio- emotional objectives- Students will be able to promote happiness, well-being, and positive mental health for people all over the world. • Behavioral learning objectives- Students will be able to promote positive relationships and social connections by encouraging individuals to reach out to others, show kindness, and engage in acts of service and volunteerism. <p>➤ <u>Brief description of the activity-</u></p> <p>"Happiness is not something ready made. It comes from your own actions." - Dalai Lama</p> <p>Happy International Day of Happiness! Today, we celebrate the importance of happiness in our lives and in the world. At ITL Public School, we believe that happiness is essential for a healthy and fulfilling life.</p> <p>On this day, let us all take a moment to appreciate the simple things that bring us joy and make us happy. Let's spread positivity, kindness, and love to those around us, and create a ripple effect of happiness that spreads far and wide.</p> <p>Remember, happiness is a choice, and it starts with you. So, choose to be happy today and every day!</p> <p>#InternationalDayOfHappiness #Happiness #ChooseHappiness #ITLPublicSchool #SpreadJoy #SpreadLove #SpreadPositivity</p> <p>➤ <u>Competencies acquired-</u></p> <p>Strategic competency, critical thinking competency, and Integrative Problem solving competency</p>

6.	Time period of this activity	1 Day
7.	Evidences included	<p>Poster</p> 