

## Tranquil Strokes: A Mindfulness Art Experience

### Class 4

Conducted on – 2<sup>nd</sup> May ,2025

Students participated in an **Art for Happiness** activity, creating **drawings or paintings** that represented what makes them feel **calm and happy**—such as nature, animals, or abstract designs. The **best artworks were displayed** in the classroom.

### Learning Outcome:

Students expressed their **emotions through art** and understood how **creativity can promote peace and happiness**.

