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## KMM 2015, SESSION 5: Happiness is my Anchor!

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### SESSION PLAN

PART 1 - Jokes	(5 minutes)
PART 2 - Everyone has issues and challenges	(4 minutes)
PART 3 - To be happy requires 'courage'	(4 minutes)
PART 4 - If I can laugh at myself...	(3 minutes)
PART 5 - Parasthithi aur Manasthithi	(3 minutes)
PART 6 - Some people will always...	(4 minutes)
PART 7 - Who is your fall back person?	(3 minutes)
PART 8 - 10 things that make you happy	(5 minutes)
PART 9 - Glittering Finale!	(4 minutes)
PART 10 - BRAIN TATTOOS	(5 minutes)

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### PART 1 - Jokes

Santa Singh - Bandi Bana lo.

Maganlal tha kya?

How much further you want to see?

My ducks could cross over.

Two Sikhs captured a terrorist.

Wife - Lunch, Asking, Copying, Shopping.

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## **PART 2 - Everyone has issues and challenges**

Mother Teresa to your mother.

Your father to father of the nation.

Modi to Chaiwala.

Dhoni to Shahrukh.

Even our GODS.

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## **PART 3 - To be happy requires 'courage'**

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## **PART 4 - If I can laugh at myself, no one can HURT me.**

Do you think too much?

Chosen to clap.

He was given bath twice.

How much further you want to see?

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## **PART 5 - Parasthithi aur Manasthithi**

Guru - Cow - Wow - We will have lots of milk.

Now no cow - Wow - No more coudung!

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## **PART 6 - Some people will**

Never like you.

Always find faults.

Always be negative.

Shout.

Make you feel you are NOT good enough.

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## **PART 7 - Who is your fall back person?**

Shakuni or Krishna.

Revenge or peace.

Drink or buck up.

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## **PART 8 - 10 things that make you happy**

10 things that make you happy.

10 things that make you sad.

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## **PART 9 - Glittering Finale -**

Share and spread happiness!

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## **PART 10 - BRAIN TATTOOS**

Ask the class to share their brain tattoos. Make them write at least one thing that they have learnt out of the session.

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