MARCH, 2021

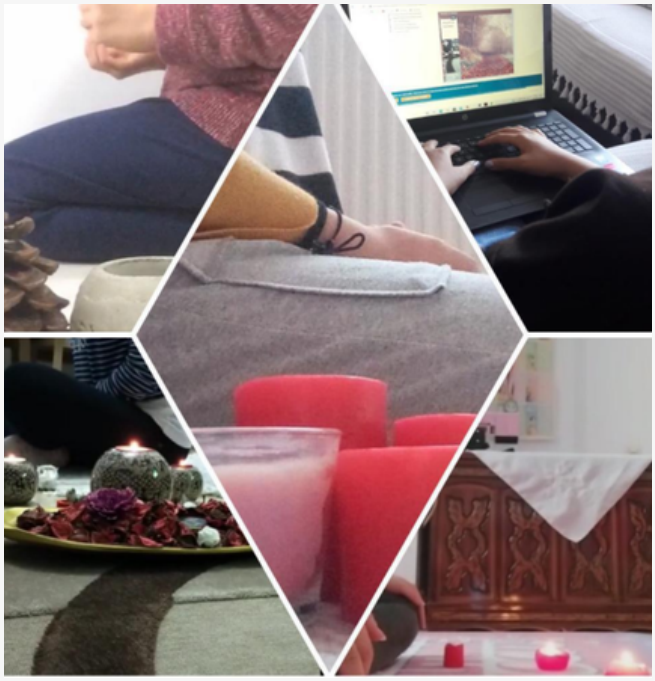
VOL 2

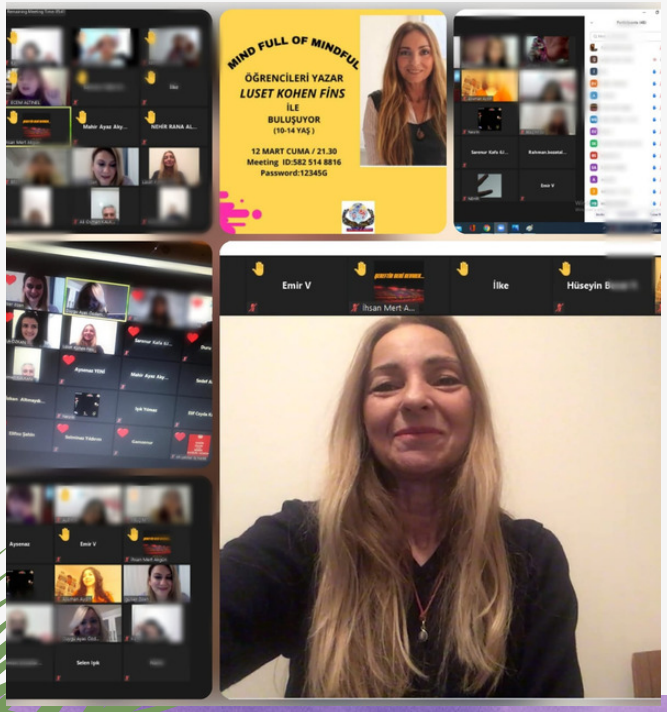
MIND FULL OF MINDFUL

eTwinning

MEDITATION TIME

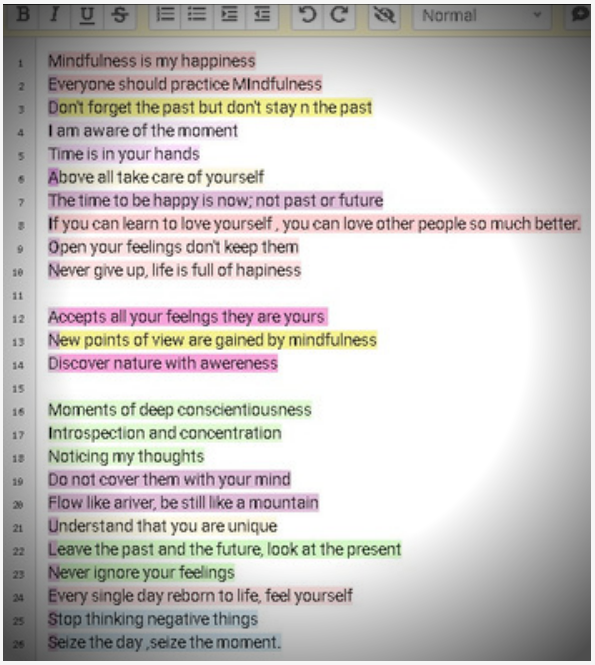
This month, our students prepared meditation activities. We also used these activities in our lessons for relaxing. Meditation enables the person to find inner peace and awareness, reducing the stress level and leading a better quality of life.





LÜSET KOHEN FİNS

We had a valuable guest on 12 of March. It was a wonderful memory for students and teachers. Our students had a chance to ask questions to Lüset Kohen Fins and talk about on writing.Maybe they will be a famous writer in the future or they will write meditation stories with this magic touching.



Mindfulness is my happiness
Everyone should practice MIndfulness
Don't forget the past but don't stay n the past
I am aware of the moment
Time is in your hands
Above all take care of yourself
The time to be happy is now; not past or future
If you can learn to love yourself , you can love other people so much better.
Open your feelings don't keep them
Never give up, life is full of hapiness

Accepts all your feelngs they are yours
New points of view are gained by mindfulness
Discover nature with awereness

Moments of deep conscientiousness
Introspection and concentration
Noticing my thoughts
Do not cover them with your mind
Flow like ariver, be still like a mountain
Understand that you are unique
Leave the past and the future, look at the present
Never ignore your feelings
Every single day reborn to life, feel yourself
Stop thinking negative things
Seize the day ,seize the moment.

OUR ACROSTIC POEM

Our project students wrote an acrostic with the letters of 'Meditation and Mindfulness' as a common product of our project collaboratively. It was an other enjoyable activity for our students. We had fun and we realized how creative they were. Thank you wery much to our digital poets.

MEDICINE DAY

We prepared a poster with our partners collaboratively on Canva for our wingless angels. Dear Health Care Heroes, you deserve everything. Happy Medicine Day.

LET'S BREATHE TOGETHER

We were so excited for this wonderful meeting. Breath therapist Anıl Altaş Brug and Deniz Güler Hilhorst were with our project students and we breathed all together. Breath is our best friend..