FEBRUARY,2021

MONTHLY REPORT

The latest news and updates from MINDFULL OF MINDFUL PROJECT

IN THIS ISSUE

WE CREATED FEELING THERMOMETERS

WE SENT MOTIVATING MESSAGES TO EACH OTHER VIA TWIN MAIL

WE CELEBRATED SAFER INTERNET DAY

Our students tried to recognize their feelings by feeling thermometer

During a week, our students took note about their feelings. They drew thermometer and showed their innerside world weather forecast on this thermometer.

HOW YOU WILL USE THERMOMETER

1ST LINE(AT THE BOTTOM
If you feel too tired and nervous choose snowy.

2ND LINE
If you feel angry with smb.or smt. choose stormy.

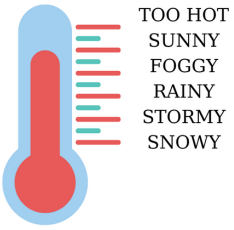
3RD LINE
If you want to cry choose rainy

4TH LINE
If you feel mood choose foggy

5TH LINE
If you feel happy choose sunny.

6TH LINE
If you feel too energetic choose too hot.

If you want to create your own thermometer ,you can check here.



Motivation is the best way to succeed something and if you start with a motivating mood you can have a wonderful day so this month we tried to motivate each other with our messages. Especially,on corona days we need hearing good things.

Our students watched presentation about safer internet day and then they wrote what they remained from presentation about safety internet rules.You can see their answers.