



MINDFUL SCHOOLS

About the project

Did you now that mindfulness changes your brain? Mindfulness, which allows us to observe our thoughts and emotions, is the ability to bring attention to the events happening in the present. The "Mindful Schools" project is where the real benefits of mindfulness happen! This project builds upon social and emotional learning to empower young people to bring mindfulness to their lives. Our main aim in this project is to bring peace, compassion, hope, social intelligence, emotional literacy and social connection to our classrooms. Practicing the mindfulness techniques in the lessons, our pupils will change their thinking from possible negative and self-defeating mindsets to definite positive and self-empowering ones.

Our aims are:

- to promote happiness;
- to develop positive habits of the mind;
- to build self-regulation skills;
- to nurture enquiring minds;
- to develop emotional regulation and increase awareness of emotional literacy;
- to increase self-esteem;
- to develop concentration, stress management and balance of emotions;
- to decrease worry;
- to enable students to use their imagination;
- to reduce bullying and early school leaving;
- to help kids to switch from fixed to growth mindsets;
- to enable students to communicate in English;
- to include CLIL into various subject areas;
- to work as part of a group;
- to improve ICT skills.

Work Process:

November : Finding and meeting project partners. Students will introduce themselves, their schools and countries. (Padlet, Voki or Online Meeting)

December : Designing the poster of the project by all partners. (Canva)

January : Setting the stage for mindfulness, Pre-Survey, Creating a mind map and Voting for the best student poster. (Tricider)

Starting meaningful conversations through conversation cards for students with selective mutism & Games on feelings.

February : Body Scanning, Taking a "noticing walk", Emotion Awareness Activity & Creating a Calm Down Corner.

March : Mindful Breathing & Art, Practicing Yoga, Mindful Eating.

April : Creating a Courage Jar, Survey for Teachers and Students.

Partner schools will arrange a mutually beneficial time to "practice yoga" over video call. (Online Meeting)

May : Happy Self Journal, Teacher Wellbeing Event, Implementing questionnaires to assess the impact of the project, International Online Meeting, Dissemination & Evaluation of the project.

June : Digital Book of the Project, Mindful Schools Library, Mindfulness Mind Map, Kindness Meditation for Kids.

Expected Results:

Mindfulness will bring awareness to thoughts, emotions and sensations. That way, students can just take a moment to process their feelings. They will learn breathing, self-awareness, self regulation and empathy. With mindfulness, students will have appropriate coping strategies to manage stress. They will increase their cognitive performances, emotional literacy and start meaningful conversations. Last but not least, all students will practice English in real life and get a chance to contact with children from other countries.



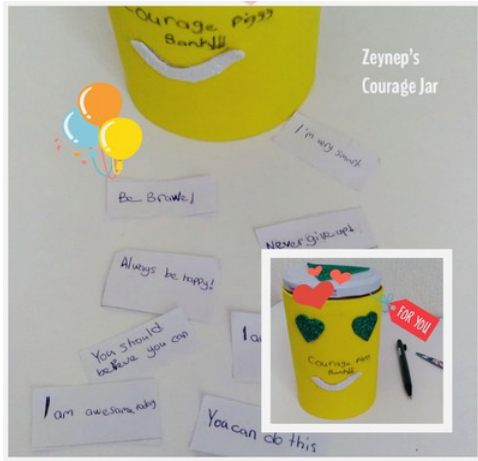
Brainstorming on Mindfulness



Creating a Courage Jar

The closure of schools here in my country extended due to the coronavirus pandemic. As teachers our aim is to help our students the best they can do at home. I hope this courage jar ideas help them a little bit in these uncertain times.

Here are Turkish Students' Courage Jars.



Noticing Walk Activities



TURKISH TEAM

Turkish students are learning mindfulness through walking!

Mindful Walk

Emotional Awareness



Feelings and emotions are a huge part of all of us! It's fundamental for recognise their emotions and what's causing them, it will be easier for them to manage difficult situations.

How do you feel?

A fun outdoor activity to learn about feelings with balloons.

TURKISH TEAM

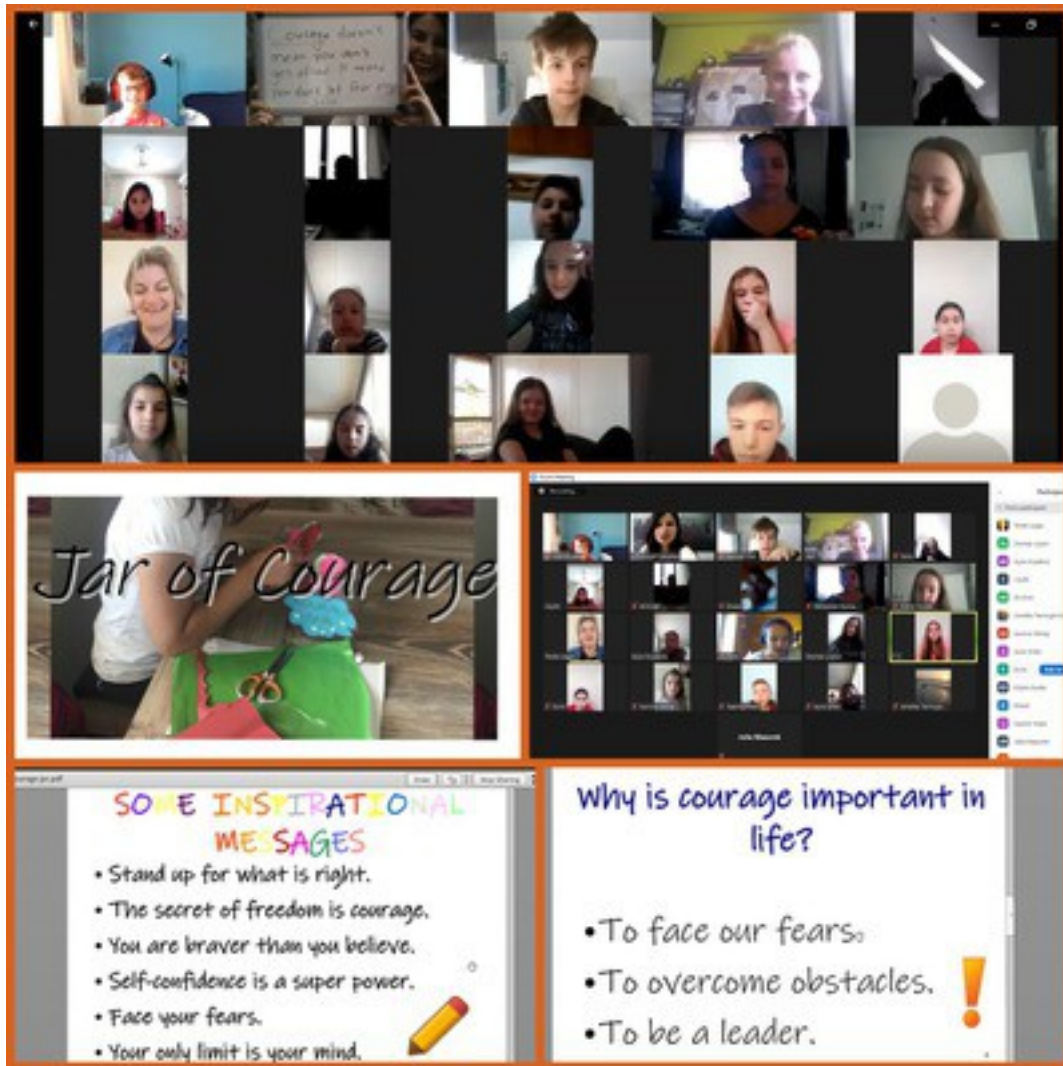
TURKISH TEAM

Online Meeting With Partner Schools

What an excellence experience! Turkish, Albanian and Polish students tried to demolish the walls and boundries for the benefit of learning. We shared positive messages and discussed specific tips for prioritizing our mental well-being.

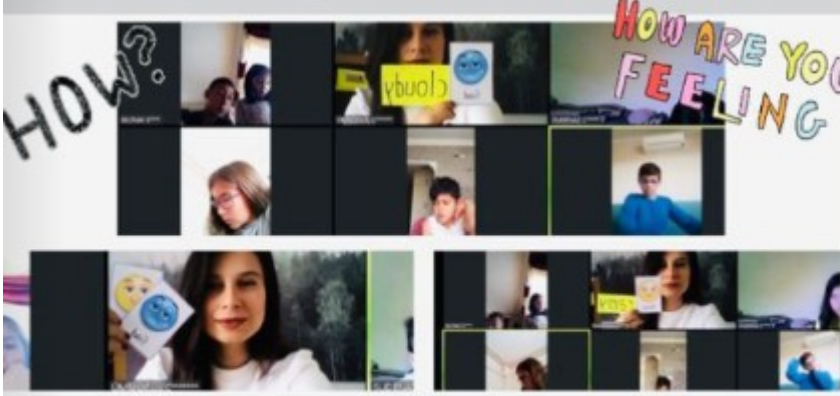
One thing is for sure...

The moments may have ended but the memories will last forever:)



Here is our online meeting with students and partners.

(TURKEY- POLAND- ALBANIA)



Are you looking for a great activity for kids or young learners? Let's make students relate ideas to feelings and weather concepts so that they will retain that information in a much more profound way!

I asked the students to draw any weather element in their notebook after introducing weather concepts in the target language. Then, I asked them to connect what mood they feel when that weather happens. They shared their results with the participants and explained their weather and mood choices.

TELL ME HOW YOU REALLY FEEL



TURKISH TEAM

European Quality Label

Ümmügül Çalışkan
Tekeli Şehit Er İbrahim Kocagöbek İlkokulu, Turkey

is awarded with the European Quality Label
For the project:

MINDFUL SCHOOLS

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D. Fatih

Mehmet Fatih Döğer
National Support Service
Turkey

Santi Scimeca

Santi Scimeca
Central Support Service
Project manager