

RECAP OF KEY POINTS


- Mindfulness helps improve focus.
- Reduce distractions.
- Practice simple techniques daily.

"The present moment is the only time over which we can dominion" – Thich Nhat Hanh.

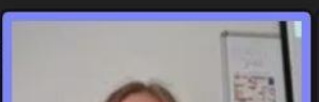


HOW LONG DOES MINDFULNESS TAKE TO WORK?

Worried you haven't got enough time for mindfulness? Check this out!

- As little as **10 minutes of mindfulness** daily can improve brain function and overall well-being
- **A single mindfulness session** can help improve your mood and reduce anxiety
- The longer you practice, the more **long-term mental health benefits** you'll experience!



Eugenija Krasauskienė (Dış) ...



14:12

LTE 35



Eugenija Krasauskienė (Dış)



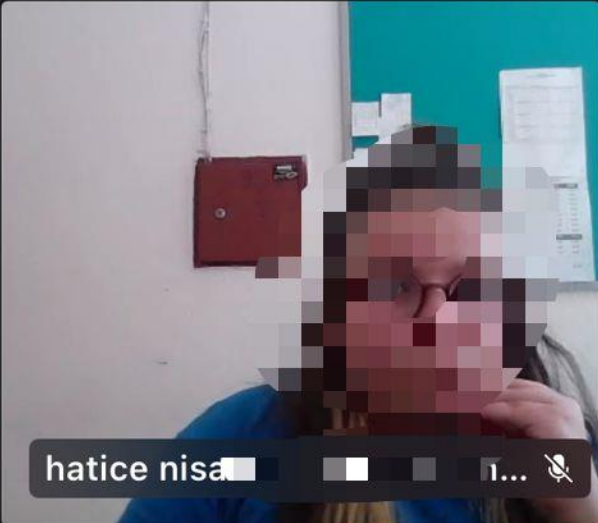
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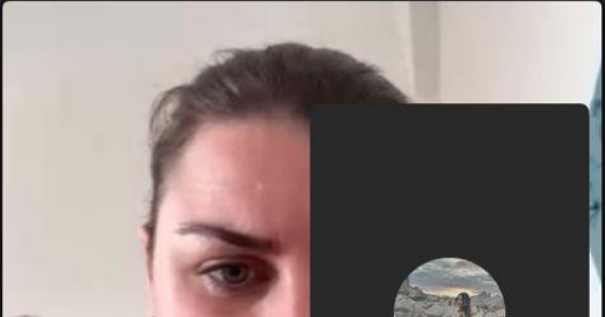
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hatice nisa



zeyne



14:13

LTE 34

THE POWER OF GRATITUDE
HOW TO FEEL MORE GRATEFUL EVERY DAY
BY KYLE KIRK

WHY DID I CHOOSE THIS TITLE?

I have chosen this title because I want to impress both the benefits of gratitude and how we can practice in our daily life.

THINGS TO BE GRATEFUL FOR:

GRATEFUL

Not eklemek için tıklayın

aysegul gulsen ...

14:14

LTE 33

Microsoft PowerPoint (Auto-Save)

Slide 5: HOW GRATITUDE AFFECTS THE BRAIN?

Being thankful prompts 'great hormones'

Dopamine, Serotonin, Endorphin...

These hormones help raising our mood

Happy Hormones

Not eklemek için tıklayın

aysegul gulsen ...

14:15

LTE 33





Microsoft PowerPoint (User: Fatmagulmehmet)

Slide 7 / 9 - "Cümle"

Not eklemek için tıklayın

IF YOU ARE GRATEFUL,

- You feel less depressed.
- You focus on positive things, even on bad days.
- Saying 'thank you' makes people feel themselves precious.
- It makes friendships and family bonds strong.



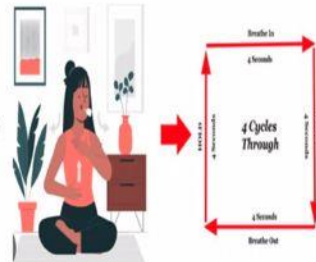
aysegul gulsen ...

14:23

LTE 28

Activity – Let's Try Deep Breathing!

- *Close your eyes*
- 1-) Breathe in for 4 seconds
- 2-) Hold for 4 seconds
- 3-) Breathe out for 4 seconds
- 4-) Repeat 3 times
- 5-) *How do you feel?*



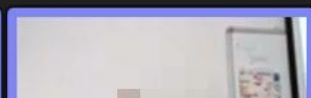
aysegul gulsen ...

14:10

LTE 36

Best ways to relax

Eugenija Krasauskienė (Dış) ...



14:48



Mindfulness for all confere...

39:49



Conference | European School

Logo competition - eTwinning

school-education.ec.europa.eu/en/etwinning/projects/peaceful-minds-happy-hearts-mindfulness-all/twinspace/pages/conference

1 Work Process

2 Introductions

3 Cultivating mindfulness skills at schools

4 Final Collaborative Work

5 Dissemination

6 Webinar

7 Conference

8 Parent permits

9 Pre-Surveys of teacher-student-parent

10 Our project on our school's website

11 eTwinning 20th Anniversary

Conference

Created by **Eugenija Krasauskiene**
Last updated by **Eugenija Krasauskiene** 1 day 5 hours ago

[Go to discussion](#) [Page options](#)

We have changed our conference day and time. It is now on June 3rd at 2 p.m. Lithuanian time.

https://teams.microsoft.com/join/19%3ameeting_NDNIN2I5MDMINGFjNi00MDcwLWFjYTYtZTgxMGVlZWlwMDJm%40thread.v2/0?context=%7b%22Tid%22%3a%227030flea-caa5-443f-832a-0acb3b2de6b6%22%2c%22Oid%22%3a%221fc06315-c119-498f-95f5-eae65df0f558%22%7d

Find Conference Topics document on materials or click on download below, choose the topic you want and prepare a presentation for our last meeting online!

The chosen topics by other students are here:

1. Breathe In, Breathe Out: Easy Ways to Relax – Dominykas, class 6d, Lithuania

Eugenija Krasauskienė (Dış) ...



14:48



Mindfulness for all confere...

39:54




Conference | European School | x Logo competition - eTwinning | x +

school-education.ec.europa.eu/en/etwinning/projects/peaceful-minds-happy-hearts-mindfulness-all/twinspace/pages/conference


11. The power of Gratitude: How to feel happier everyday, class, 7e, Bagheria/Italy

[Download](#)

Twinboard [Add Item](#)

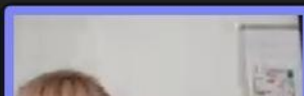
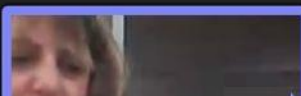
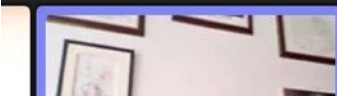


Best Ways to Relax
Dominykas from Lithuania



Mindful Friendships
Urte from Lithuania

Eugenija Krasauskienė (Dış) ...



14:38



Otomatik Kaydet Sunu 5 - bu bilgisayar konumuna kayde... Ara

Dosya Giriş Ekle Çiz Tasarım Geçişler Animasyonlar Slayt Gösterisi Kaydet Gözden Geçir Görünüm Yardım

Kaydet Teams'de Sun Paylaş

Yapıştır Yeni Slayt Pano Yazı Tipi Paragraf Şekiller Yerleştir Hub Skiller Çizim Bul ve Değiştir Yan Tiplerini Değiştir Seç Düzenleme Dikte Ekleniler Tasarımcı

BU BELGEYİ YEDEKLE OneDrive kullanarak bu ve diğer dosyaların birden çok cihazda kullanılabilir durumda olduğundan emin olun. OneDrive'ı aç

KİŞİSEL BİLGİLERİN KALDIRILMASI ETKİNLİŞTİRİLDİ Bu belge, kaydedildiğinde kişisel bilgileri otomatik olarak kaldırmak üzere ayarlanmış ve işbirliği deneyiminizi etkileyebilir. Bu ayarı yalnızca gerekirse tutun. Ayarı değiştir

1 Managing Risk Etkinlikleri

2

3

4

5

First of all, always trust your feelings, but give yourself time to take action because with a wrong feeling you can misjudge an important decision or break the heart of the person in front of you, so trust your feelings, but be careful not to cause you problems in the future with the decision you make or the behavior you behave.

Slayt 3 / 10 Türkçe (Türkiye) Erişilebilirlik: Önerilere göz at Notlar

29°C Güneşli

Ara

14:38 3.06.2025

iclal göğər ...

