



Erasmus+



# MINDFULNESS IN EDUCATION

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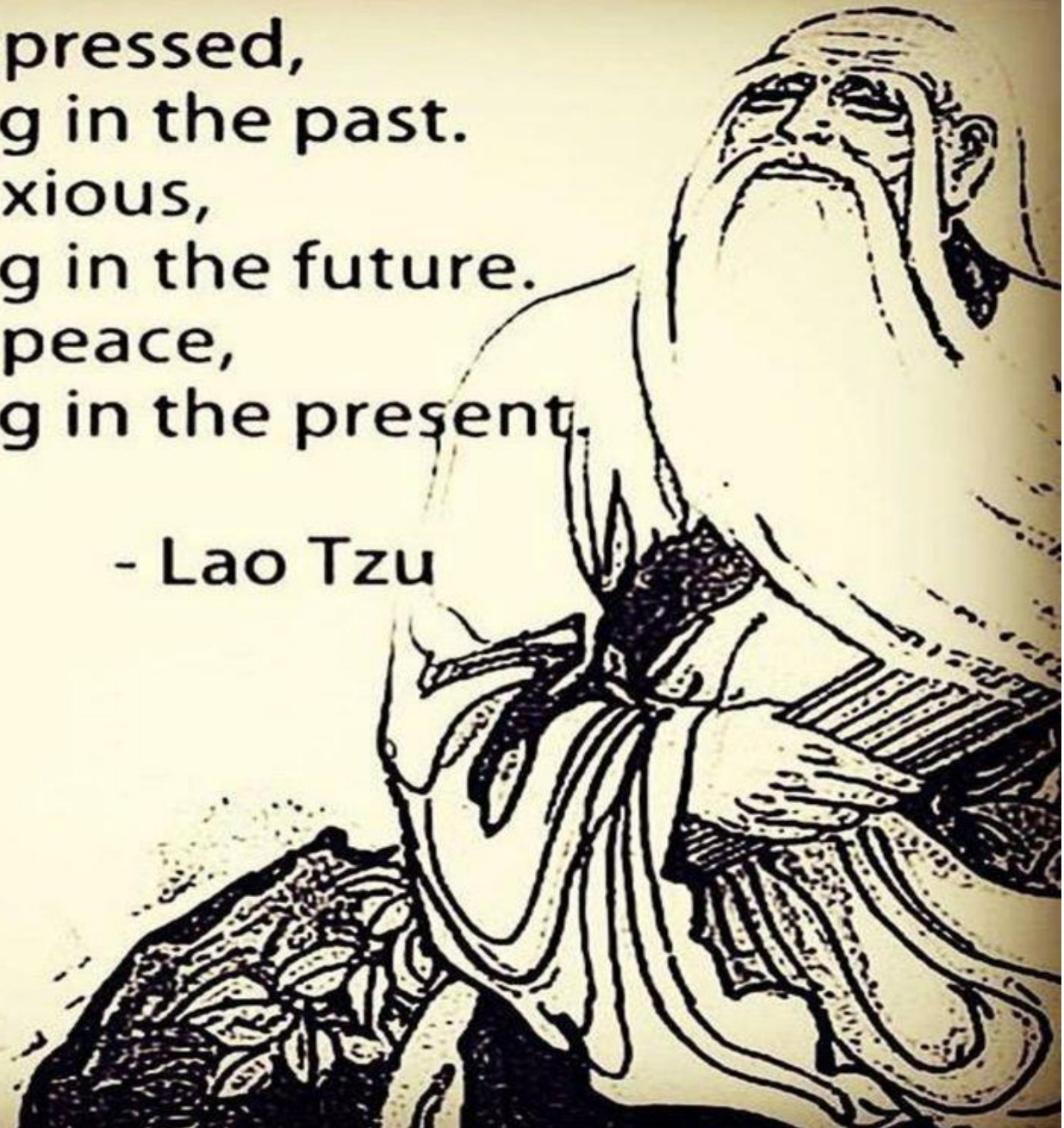
HOW TO WORK IN TURKEY ?



Emlakbank Süleyman Demirel Anadolu Lisesi

If you are depressed,  
you are living in the past.  
If you are anxious,  
you are living in the future.  
If you are at peace,  
you are living in the present.

- Lao Tzu





**MINDFUL OKUL İLE**  
**MUTLU**  
**DİKKATLİ**  
**ÖZGÜVENLİ**  
**POZİTİF**  
**ÇOCUKLAR**

## MINDFUL EGZERSİZLERİ

- Mindful duruş • Mindful dinleme • Mindful nefes
- İyi düşünceler yollama • Beden farkındalığı • Çapa noktası
- Cömertlik • Mindful düşünceler • Mindful görme
- İyi yüreklilik • Mindful duygular • Minnettarlık
- Ağır çekim hareketler • Mindful yürüme
- Mindful yemek yeme

In Turkey especially private schools are dealing with this method. Bahçeşehir Collages were the first schools.

To inform this method they have been organising seminars for students and their parents.



For now this method has been performed for 2. 3. and 4 grade students. Mindful practices are consist of social and academic parts. During the term the students will learn 18 different mindful practices an hour in a week.



While searching about this subject we found lots of workshops in İstanbul and Ankara. They are special and fee-paying not only for students but also everybody.



# What can we do?

- We can try this method on the students who have problems emotional or social.
- We can introduce this method to the students at counselling hours at school.
- And also parental awareness in education is the most important part to achieve success at schools.



# What can we do?

- We have students at 14-18 ages at our school. This term is their adolescence which is hard and depressive. So this approach helps us to struggle their problems.
- We have made some surveys with the students. We have observed why the students failed the exams. Most of their reasons are anxiety and stress at exams and it helps them to improve cognitive ability and time management during the exam.





# What are the difficulties while using this method?

- Unfortunately the teachers who work at state schools don't know this method.
- At schools in Turkey there is a standard number for students in a class. Each class has 34 students. It's a huge group to study it. If we have small groups in class, it will be successful.
- In Turkey we train our children academically because of university. Perhaps this method makes students, teachers and parents negative thoughts about mindfulness.

Every single day you  
make a choice.

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