



# Virtual learning, teaching and training meeting: **MIRACLE SCARVES: Happy mind, happy life!**

**9<sup>th</sup> & 10<sup>th</sup> February 2022  
Maribor, Slovenia**



## **Project's title:**

**Mindfulness, Respect, Attitude, Citizenship, Languages, Social Competence, Arts and Values in the Education of Students in the 21st Century**



## **Participants:**



**Colegio Divina Pastora, Toledo, Spain**

**Oberschule am Buchwedel, Stelle, Germany**



**Oranje Nassau College Parkdeef, Zoetermeer, Netherlands**

**OŠ Ludvika Pliberška Maribor, Maribor, Slovenia**



# Programme agenda

## Wednesday, 9<sup>th</sup> February 2022

### 9.00 Greeting

9.10 – 10.00 **Who are we?** (max. 10'/school)

Presenting the school / town / region / country.

### 9.55 – 10.15 Break

10.15 – 11.15 **Get to know me**

A speaking game in small groups.

11.15 – 11.45 **Project's Logo**

11.45 – 11.55 **Break**

11.55 - 13.00 **Magic Stones**

Practising mindfulness through a meditation and self-reflection workshop.



## Thursday, 10<sup>th</sup> February 2022

9.00 – 9.55 **Mindfulness – words of wisdom?**

A talk about mindfulness and positive self-talk.

9.55 – 10.15 **Break**

10.15 – 10.45 **Happy Mind, Happy Life!**

Presenting the results of the happiness survey.

10.45 – 11.00 **Classroom yoga / Brain Breaks**

Practising mindfulness through physical activity.



11.00 – 11.10 **Break**

11.10 – 12.20 **Teamwork makes the dream work**

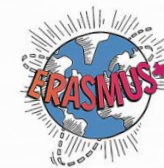
A problem solving team building game.

12.20 – 12.50 **Time Capsule**

A critical thinking and team building activity.

12.50 – 13.20 **Feedback session**

Giving feedback and exchanging contacts.



## Student mobility goals

The project promotes **forming a good value system and social competence** through activities that stimulate **mindfulness, respect for oneself and others, positive attitude and good citizenship**. Here are some skills and competences that the students are going to develop on the virtual students meeting, dealing with the first project theme **Happy mind, happy life**: multilingual competences, self-awareness skills, emotional skills, intrapersonal and interpersonal skills, personal expression, responsibility, confidence, flexibility, critical thinking and problem solving skills, fellowship and teamwork skills as well as public speaking and presenting.

### The student activities are going to include the following:

- communicating with people in a foreign language,
- speaking in public and presenting their own ideas and opinions,
- becoming aware of their own strengths and weaknesses,
- building their positive self-esteem and self-worth,
- actively cooperating in different social and team building activities fostering mindfulness.



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