



Erasmus+



Co-funded by
the European Union



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2024-1-TR01-KA122-SCH-000218454



MINDFUL CHANGE IS ON THE STAGE

FARKINDALIKLA DEĞİŞİM SAHNEDE


www.degisimsahne.com






About Our Project

- Research has shown that peer bullying, an aggressive form of behavior, begins in early childhood and can continue until the final years of high school. It has been observed that, its prevalence peaks during middle school.
- With our project, we aim to address the issue of peer bullying, which is frequently encountered in our school, by using **Mindfulness** as a key tool.

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- Our goal is to integrate these techniques into all processes and activities within the school's functioning, creating an **innovative and sustainable impact** on the school culture.
 - To achieve this, we plan to design environments where students can learn through experience, including **visual and auditory mindfulness based elements**, interactive theater performances that incorporate mindfulness, and other activities that facilitate hands-on learning.

What is Mindfulness?

- Mindfulness, is a practice and a mental state that involves paying attention to the present moment in a non-judgmental and accepting manner.
- Instead of getting stuck in the past or worrying about the future, the individual intentionally brings their focus to the present moment.
- Various techniques, such as mindfulness breathing, sensory awareness, and emotional awareness, are used to develop this skill.

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- Mindfulness is the act of directing one's mind to the present moment and accepting it without judgment.
 - In daily life, it is common to do well on the past or worry about the future, but through mindfulness, one can become aware of the present, gaining inner peace.



Mindfulness can be highly effective in stress management, focus improvement, emotional balance, and overall quality of life improvement.



Some techniques used to support this practice include:

- **Mindful breathing:** Intentionally following the breathing process to stay present in the moment.
- **Sensory awareness:** Experiencing surrounding sounds, scents, textures, or tastes mindfully, fully attentive in the present.
- **Emotional awareness:** Observing one's emotions without judgment and accepting them as they are.

What is Interactive Theater?

- Interactive theater is a type of performance in which audience participation plays a key role.
- Unlike traditional theater, the boundary between the audience and the performance is removed.
- Spectators become an integral part of the show and can even influence the storyline and direction of the play.






- In this type of theater, the audience interacts with characters, guides the flow of events, and sometimes takes an active role on stage.
- Some interactive theater performances allow spectators to make choices that shape the progression of the story, creating a unique experience with each performance.
- This format activates audience target, offering a deeper and more immersive theatrical experience.



How can mindfulness techniques be implemented in schools?

- Mindfulness techniques can be integrated into schools in various ways to improve students' emotional well-being, focus, and overall learning experience.

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- **1. Classroom Mindfulness Exercises**
 - **2. Mindfulness-Inspired Curriculum**
 - **3. Mindfulness Breaks**
 - **4. Mindfulness Spaces**
 - **5. Interactive Activities**
 - **6. Teacher & Staff Training**
 - **7. Peer-Led Mindfulness Programs**

OUR MOBILITIES

- Courses and training: 20th-24th January 2025
Rome/Italy
- Invited experts: 6th-8th May 2025 **Konya/Türkiye**
- Job-shadowing: 22nd-26th September 2025
Berlin/Germany
- Teaching and training assignments: 20th-24th October 2025 **Sevilla/Spain**
- Group mobility of school pupils: 17th-21st November 2025 **Balan/Romania**

THANKS

