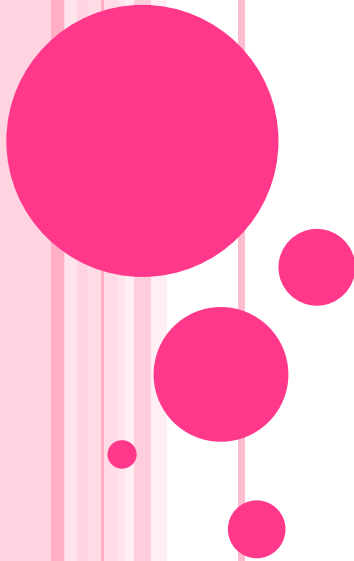


“THE ARTS...A MINDFUL APPROACH”



ΓΕΝΙΚΟΙ ΣΤΟΧΟΙ

- Έχει γίνει προσπάθεια να εμπλακούν οι μαθητές σε δραστηριότητες που προωθούν τη στοχαστική και αισθητική τους ικανότητα, τις δεξιότητες ανταλλαγής απόψεων με χρήση αυθεντικού λόγου στη γλώσσα στόχο, καθώς και την παραγωγή πολυτροπικού υλικού.
- Ένα βασικό στοιχείο είναι η αφύπνιση και η αναγνώριση συναισθημάτων μέσω ηχητικών ή οπτικών ερεθισμάτων. Είναι σημαντικό οι μαθητές να εξερευνήσουν τον κόσμο των συναισθημάτων τους και να τα συζητήσουν σε ένα ασφαλές περιβάλλον, ανταλλάσσοντας απόψεις με τους συνομηλίκους τους.
- Μέσω αυτής της διαδικασίας, αισθάνονται λιγότερο μόνοι και ενισχύεται η συνοχή της τάξης, πράγμα που επηρεάζει θετικά την αποδοτικότητα και το συνεργατικό πνεύμα.

MINDFULNESS ΕΝΣΥΝΕΙΔΗΤΟΤΗΤΑ

What is it?

THE PRACTICE
OF MINDFULNESS
IS SIMPLY BEING
AWARE
OF WHAT IS
HAPPENING
right now.

□□□

BENEFITS

- Increases motivation, positivity /reduces stress and depression
- Enhances focus and attention
- Increases self-awareness and the awareness of others
- Raises levels of resilience and emotional intelligence
- Strengthens cognitive effectiveness
- Empathise more readily
- Listen more attentively
- Communicate more clearly
- Direct your thoughts more appropriately



Famous artists' quotes

*"I dream my painting and then
I paint my dream".*

Vincent Van Gogh,
1853-1890, Dutch painter

*"Music and rhythm find their
way into the secret places
of the soul".*

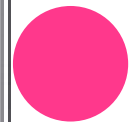
Plato, 428 BC-338BC,
Ancient Greek philosopher

*"I try to apply colours like words
that shape poems, like notes
that shape music".*

Joan Miro,
1893-1983, Spanish painter

*"Art is not what you see,
but what you make others see".*

Edgar Degas,
1834-1917,
French painter and sculptor



MINDFUL LISTENING

You are going to listen to four different musical pieces.

- When you hear the bell ring....

- Close your eyes

- Put your hands on your legs

- Breathe deep

-inhale (from the nose)

-exhale (from the mouth)

- Listen to the music

- When the bell rings again

- Open your eyes

- Note down





[music](#)



”CAN YOU IMAGINE?”

SPRING WALK
by Frank Asch

Roll up the moon,
raise the sun
Time for a change of scene
Look at a rose ,
swim in its red.
Have you ever seen such
green?
Holes in my socks,
toes in my holes,
As plain as the day on your
face
Dew in the grass,
sun in the dew,
Shining all over the place!

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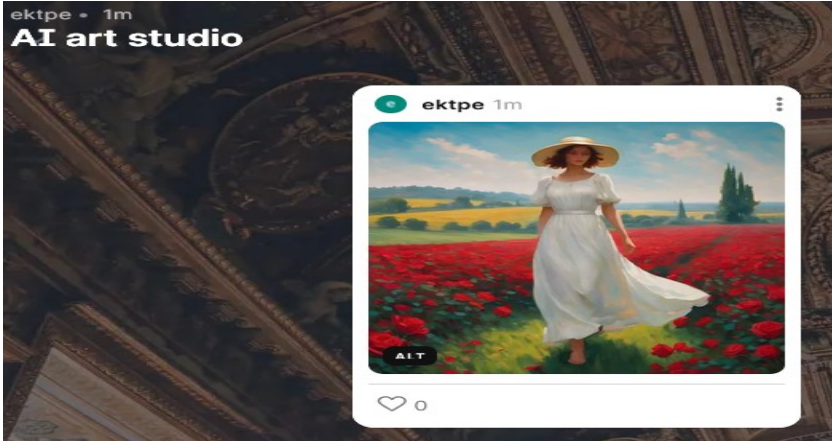
A POEM IN A PICTURE!

X Write what you want to draw

a girl in long white dress walking in a field of r



ektpe • 1m
AI art studio

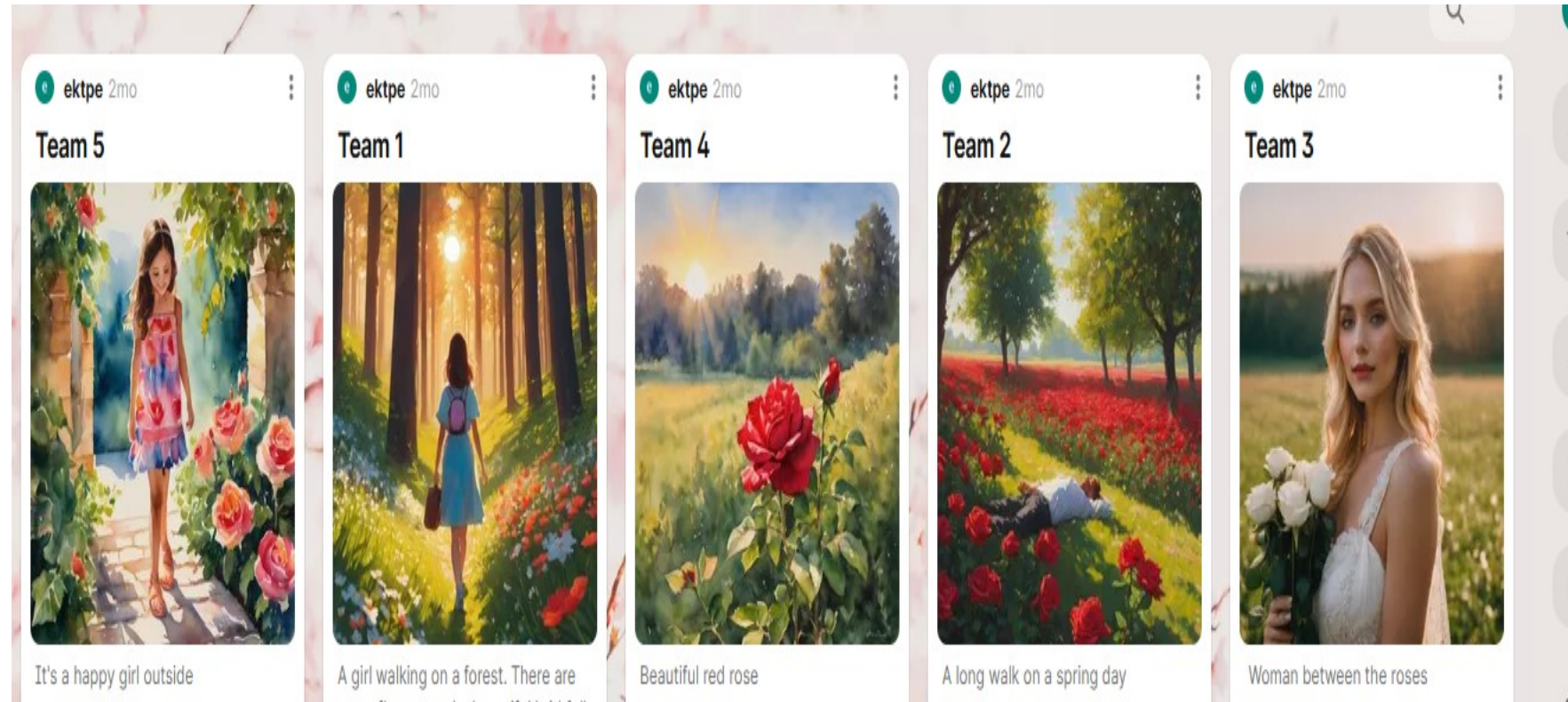


A poem in a picture!

ektpe • 2mo



STUDENTS' CREATIONS!



ΕΝΑΛΛΑΚΤΙΚΗ ΔΡΑΣΤΗΡΙΟΤΗΤΑ



[wizard of oz](#)



[israel kamakawiwo'ole](#)

Somewhere over the rainbow, way up
high

There's a _____ that I heard of once in
a lullaby

Somewhere over the rainbow,
_____are blue

And the dreams that you dare to
dream really do come _____

Someday I'll _____ upon a star

And wake up where the _____ are far
_____ me

Where troubles _____ like lemon
drops

Way above the _____ chimney tops
That's where you'll find me

Somewhere over the rainbow, bluebirds
fly

Birds _____ fly over the rainbow
Why then, oh why can't I?

If _____ little bluebirds fly over the
rainbow. Why, oh why can't I?



“PARADISE IS NOT A PLACE, IT’S A STATE OF
CONSCIOUSNESS”
-SRI CHIMNOY

