

HERE & NOW with Art and Mindfulness at School



eTwinning projekt skupine Mali istraživači



DV Viškovo, Hrvatska
31.05.2023.



Mali istraživači – program za potencijalno darovitu djecu



Luka, Petra M., Petra Š., Sara S., Sara M., Tea, Mateo i Noa (voditeljice: Jasmina Puž i Sonja Pribela-Hodap)



<https://hr.padlet.com/pribelahodap/mali-istra-iva-i-89mimamlcvjrm3dk>

Koje smo aktivnosti provodile

STEM

- Robotika
- Eksperimenti
- Fizika i Matematika

Poticanje emocionalnog razvoja

- eTwinning projekt
- Prepoznavanje i upoznavanje emocija
- Mindfulness aktivnosti



Logičko-kombinatoričke aktivnosti

- Mozgalice - igre
- Aktivnost za djecu i roditelje, javnost (Tjedan darovitih)

Ostale aktivnosti

- Poticanje kreativnosti
- Poticanje kritičkog mišljenja
- Igre riječima, stvaranje priča

Motivacija za uključivanje u eTwinning projekt



**Emocionalni život
darovitih**

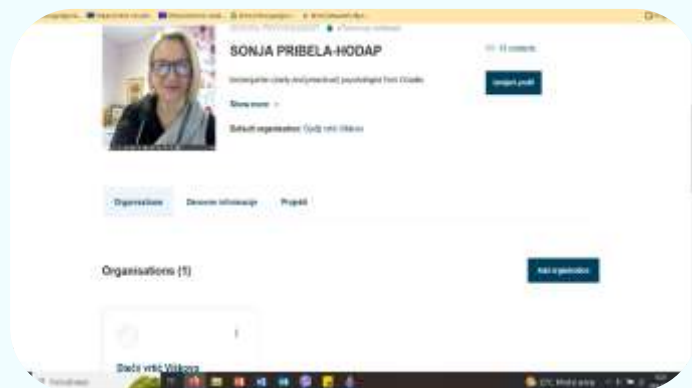


Mindfulness

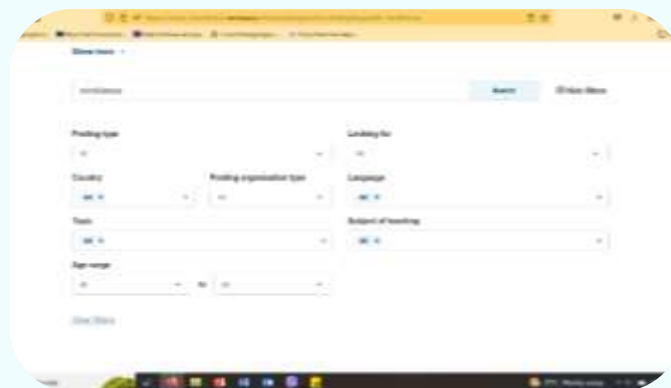


Izazov – novo

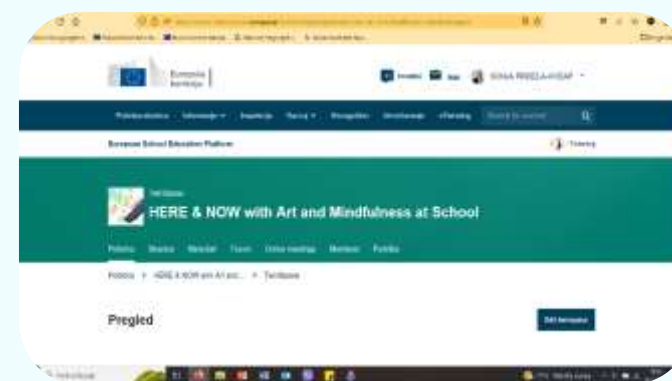
Kako smo se uključile European School Education Platform



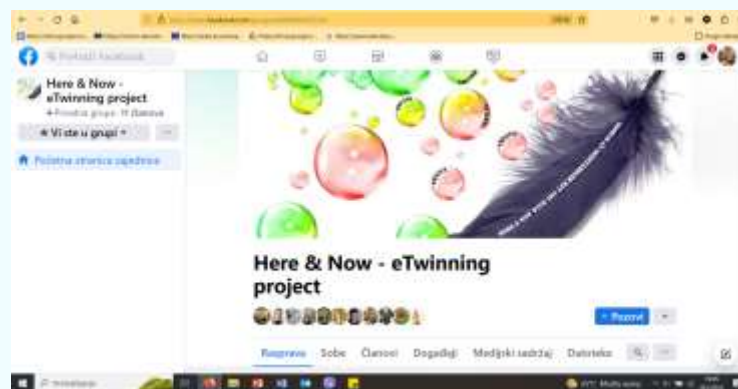
Kreiranje profila



Traženje projekta



Here&Now





■ eTwinning projekt **HERE & NOW with Art and Mindfulness at School**

Uz naš vrtić sudjeluju vrtići (2) i škole iz Litve, Poljske, Turske, Rumunjske, Francuske i Grčke (7).

Projekt je započeo 11.2022. i još traje...



■ **Cilj**

Kao i svaki eTwinning projekt, i ovaj se projekt temelji na komunikaciji i suradnji u didaktičke i obrazovne svrhe. Ovim projektom želimo razviti pažnju učenika, naučiti ostati u trenutku i biti svjestan sebe, svojih emocija i okoline. U tu svrhu provodimo razne individualne i grupne aktivnosti i izrađujemo različite materijale za učenje.



PROJECT PLAN
Here&Now



Aktivnosti
upoznavanja

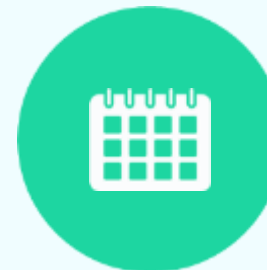


Izbor loga

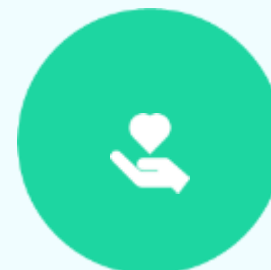


E-SAFETY

Aktivnosti



Calendar – Art, Mindfulness
and Kindness



How to be more mindful at school?
Short mindfulness exercises
Colorful mandalas
Painting emotions
Painting to music
What makes me happy?
Books, art and music
Evaluation
Dissemination

- 10. Mindfulness (10-15 min)
- 11. Mindfulness (10-15 min)
- 12. "MINDFULNESS CUP" EXERCISE (10-15 min)
- 13. "MINDFULNESS CUP" EXERCISE (10-15 min)
- 14. Mindfulness (10-15 min)

"MINDFULNESS CUP" EXERCISE (DV VIŠKOVO, HRVATSKA)

Accessories: 3-4 plastic cups depending on the size of the group of children (not glass or paper), water. The exercise is done in silence. The exercise has three parts.

1. Fill 3 or 4 glasses halfway with water. The child passes the half-full glass to the other child and at the same time be careful not to spill the water from the glass. After handing over the glass, the first child takes the second glass and then the third, so that all three cups pass the entire circle of children. During the exercise, children should remain quiet and not to warn the loud child next to him to grab the glass.
2. Fill the glasses with water so that they are full almost to the top and repeat the exercise.
3. Fill the glasses with water so that they are full almost to the top. Darken the room (turn off the lights or draw curtains) or do the exercise with your eyes closed.



Kliknite da biste dodali bilješke predavača



Painting to music - Raven: Bolero - DV Viškovo, Hrvatska

Pin

SONJA PRIBELA-HODAP 2 months ago



Painting to music, DV Viškovo, Viškovo, Croatia

Petra, Ravel: Bolero

Comment

0 3

sonja pribela-hodap + 6 + 3 dana

Here & Now with Art and Mindfulness at School


Books, art and music (kindness and mindfulness)

Search icon and user profile icon

Category tabs: Books, Art, Music, web contents, Dodaj odjeljak

sonja pribela-hodap 3 mjeseca


DV VIŠKOVO, HRVATSKA



0 likes

flory_banacanau 3 mjeseca

Banacanau Florentina, High School No. 9 Resita, Romania




Painting activities bring children a state of peace and relaxation. That's why they are very loved by children!

0 likes

Anonimno 3 mjeseca

Eleni Krothianaki 37 kindergarten of Heraklion



YouTube


Παντελής Θαλασσινός - Ν' αγαπός | Panteis Thalassinos - N' agapas - Official Video Clip

A wonderful song about love

0 likes

Anonimno 3 dana

Panevėžys Primary School




YouTube

Paul van Dyk & Sue McLaren - Guiding Light (Official Music Video)

0 likes

Anonimno 3 dana

Panevėžys Primary School





Preview

Dijeli

Registracija

Animiranje | Položaj

Rocking the Ship

August

Su	Mo	Tu	We	Th	Fr	Sa
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Note: **Make a ship out of paper and learn a playful breathing exercise for focus, calm and relaxation.**

Dječji vrtić Viškovo, Hrvatska

Stranica 18 - Dodajte naslov stranice

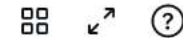


"Rocking the Ship"
Make a ship out of paper.
Lie on the floor on your back with a pillow under your head so you can look at your belly.
Place the boat on your stomach and your arms beside your body.

Bilješke

Stranica 17/26

46%



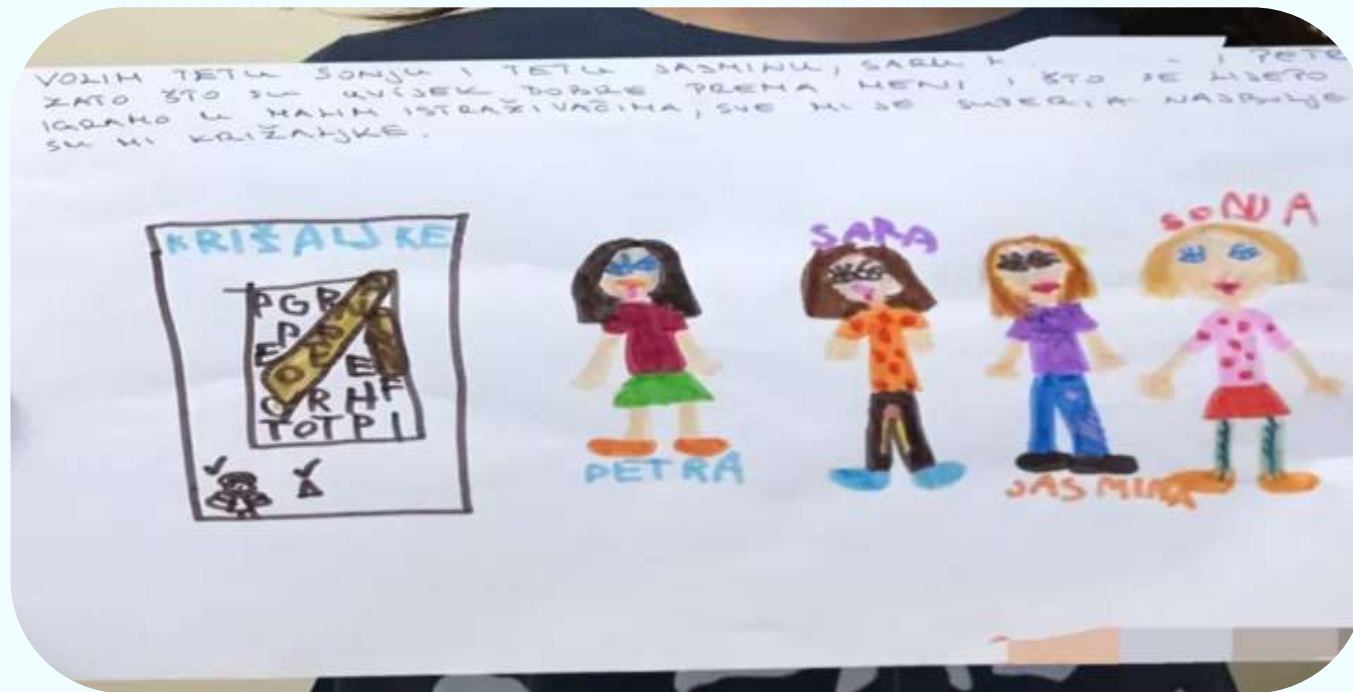


Inovacije

- Rad u projektu s EU partnerima
- Nove digitalne vještine – Padlet, program za izradu mandala, Canva, Jamboard, Linoit, Tricider, Genial, Jigsawplanet
- Novi načini dokumentiranja
- Komunikacija na stranom jeziku
- Nove aktivnosti koje su obogatile našu praksu
- Aktivnosti smo ukomponirale u kurikulum
- Usredotočenije smo bile na aktivnosti projekta
- Nove ideje za nove eTwinning projekte

Djeca

- Upoznala EU, upoznala partnere
- Razvila nove digitalne vještine
- Stekli mindfulness vještine
- Istraživali svoje emocije na nove načine (razvijala EQ)



“

Mindfulness poboljšava pažnju, koncentraciju, pamćenje, regulaciju osjećaja i ponašanja, spavanje, odnose s drugima, samoprihvatanje i samopouzdanje te kvalitetu života u djece što je dokazano u brojnim istraživanjima.

”



“

eTwinning je nama, odgojno-obrazovnim djelatnicima vrtića otvorio vrata prema međunarodnoj suradnji među stručnjacima odgojno-obrazovnog profila, a sve na dobrobit djece i podizanje kvalitete rada.

”