



We can change the world starting with ourselves!

In these circumstances it's important to remember what makes us happy and stimulate our positive feelings. The International day of happiness is a perfect opportunity to do so. Regarding that day, we have come to various activities that we would like to share and spread. We would like to make materials that can be presented in schools to help us remember to empower our positive feelings even after the International day of happiness. Together with that, we will



Project Description:

The project will be implemented with the aim that students develop the sense for the happiness as a precondition for mental health and explore things that make them happy in order to mark the International day of happiness and to keep in mind useful information about positive development even after the International day of happiness.

All project participants implement activities on the same topic, but in a way chosen by students and teachers.

Joint activities are also part of the project.

After all the activities we do an evaluation of the project and completed activities.

The project has an educational function.

We will educate young people about happiness, mental health and marking the important international days. At the same time they will develop self-regulation and self-management as a way to take care about their mental health.

Activities with young people will contribute to increased knowledge and awareness of high school girls and boys involved in the project, and encourage them to actively work on their mental health, to develop the awareness of how important are the positive emotions and their impact on the mental health. Also, they will be able to develop competences for working in a multicultural

Projenin Adı: We Choose Happiness !

Proje Ortakları: Hırvatistan, İtalya , Türkiye , Romanya , Bulgaristan, Yunanistan ve Polonya okulları.

Proje Koordinatörü: Ayla ALKAN GÜL (İngilizce Öğretmeni)

Projenin Amacı: Öğrencilerin zihinsel sağlık için bir ön koşul olarak mutluluk duygusunu geliştirmeleri ve onları mutlu eden şeyleri keşfetmeleri amacıyla uluslararası mutluluk gününe de vurgu yaparak yurt içi ve yurt dışı ortak okullarla eş zamanlı yapılacak olan etkinliklerle öğrencilere mutluluğun önemini kavratmaktır.

Öğrencileri özyönetim , mutluluk, ruh sağlığı, kaygılar gibi konularda bilgilendirip bu konular üzerine araştırma yapmaları olumlu davranış geliştirmelerini amaçlamaktadır.