



Erasmus+



## Direction → Happiness

### WORKSHOP AGENDA

When: **22.04.2021**

Where: **Zoom platform** (*the link will be sent to the partner schools*)

Who: Partners from **Greece, Lithuania, Poland, Romania, The Czech Republic**

For what: **FOR HAPPINESS** (:)

9:00	➤ Start / welcome
9:15 - 9:45	➤ What does happiness mean to me
9:45 - 10:00	➤ Discussion ➤ Disturbing factors (brainstorm)
10:15 - 11:00	➤ Put your stress aside - practical exercise
11:00 - 11:15	➤ Break
11:15 - 11:30	➤ Mind full or mindfulness?
11:30 - 12:00	➤ Training
12:00 - 12:20	➤ Give yourself some pieces of advice ( task)
12:20 - 12:30	➤ Summary ➤ Feedback