

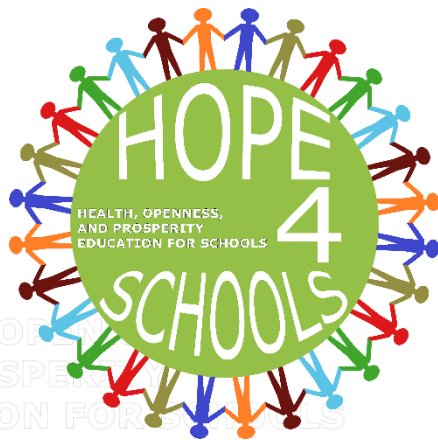


GREEK MINISTRY OF EDUCATION
AND RELIGIOUS AFFAIRS
REGIONAL DIRECTORATE OF PRIMARY
AND SECONDARY EDUCATION
OF WESTERN MACEDONIA



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BALLONS OF CONTROL



HEALTH, OPENNESS,
AND PROSPERITY
EDUCATION FOR SCHOOLS

HOPE4schools

Health, openness, and prosperity education for schools

2021-1-RO01-KA220-SCH-000024401



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BALLONS OF CONTROL

We are astronauts trying to get higher and higher in our lives. Balloons represent things that we can control, that we are in charge of. Taking care of them will make our life lighter and therefore we can reach higher goals.

Stars are objects that seem to be quite close to us, but trying to touch them can make us tired and frustrated. Same feelings come with trying to control things that are not in our hands. So, stars here represent things we cannot control.

Divide things into the balloons or into the stars, depending on which thing we can or cannot control.

WHAT OTHERS DO

MY OWN POSITIVE ATTITUDE

MY BEHAVIOUR

OTHER PEOPLE'S FEELINGS

HOW LONG WILL SOMETHING LAST

HOW I SPEAK TO MY-SELF

CHANGING MY PAST

WHAT WILL HAPPEN/PREDICTING FUTURE

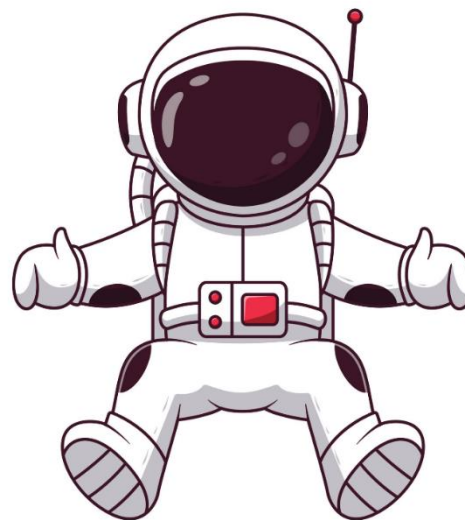
OUR WORDS

WHAT OTHER PEOPLE THINK

LEARNING FROM MISTAKES

PAST MISTAKES

THE WEATHER



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HOMEWORK

