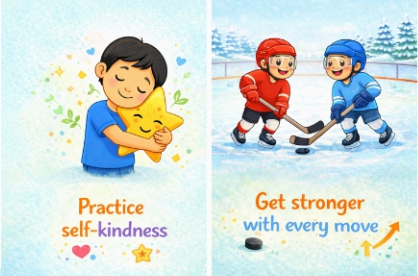


Healthy Mind, Healthy Body

— Together We Grow Stronger —



This international book was created by students from Romania, Slovakia, Portugal, Greece and Türkiye as part of the eTwinning project “Together We Can Be Better”.



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Listen to this book:
storyj.mp/ae2hy93z7zx2

In this book, we share ideas about:

 managing our **emotions**

 taking care of our **mental health** 

 practicing **mindfulness** 

 staying active through sports and traditional games 

 building healthier and more inclusive communities 

Because when we support each other,

 we feel stronger  we grow together

 we become better 



HEALTHY MIND, HEALTHY BODY: A JOURNEY OF EMOTIONS AND MOVEMENT

EMOTIONS (MIND) | MOVEMENT (BODY)

EMOTIONS & MINDFULNESS

ACTIVE GAMES & FITNESS



Feeling Faces



Feelings Wheel



OUR BOOK EXPLORES:
Understanding Our Emotions
Discovering Traditional Games
Building Harmony



RUN

JUMP

PLAY

eTwinning Project
Together We Can Be Better
(Împreună putem fi mai buni)





THE eTWINNING MINDFULNESS & MOVEMENT ECOSYSTEM



How Our Shared Journey Rooted in Bears Fruit for Well-being

PHYSICAL VIGOR

MENTAL CALM

Active Games & Fitness

Guided Relaxation & Meditation

Classroom Yoga

Team Tag

Twinning

Innovation

Rooted in Connection & Collaboration.

A TRIBUTE TO ETWINNING PARTNERS:
Our roots go deep. Our fruits grow sweet.
Collaboration is our soil. Share Kindness!





Our Traditional Game:



Oina

★ ⚾ Play and have fun! ★



You can't control the wind, but you can adjust your sails." ★

Our students' tips:

- 1 Two teams: one bats, one catches.
- 2 The player hits the ball and runs as far as possible.
- 3 A short walk or my favorite music helps me relax.





Exploring Emotions



Play and have fun!



Our students — expressed by students: *

- 1 Two teams: one bats, one catches.
- 2 The player hits the ball and runs as far as possible.
- 3 A short walk or my favorite music helps me relax.

Succeeding at something difficult makes me want more.	Sadness is not weakness, it means you care.	Anger is normal, is what you do with it.	Slow breathing, really helps before a test.

* "Minire happy means being present. It's the hardest and the most useful thing."



HEALTHY MIND, HEALTHY BODY: A JOURNEY OF EMOTIONS AND MOVEMENT

EMOTIONS (MIND) | MOVEMENT (BODY)

EMOTIONS & MINDFULNESS



Feeling Faces



Feelings Wheel

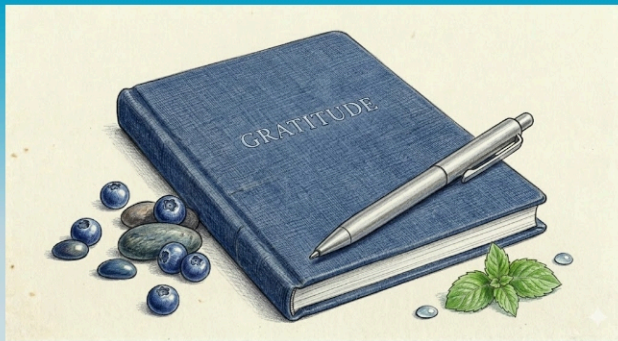
ACTIVE GAMES & FITNESS



RUN JUMP PLAY

OUR BOOK EXPLORES:
Understanding Our Emotions
Discovering Traditional Games
Building Harmony





Box Breathing (The "Square" Breath)

Imagine a square. Follow the perimeter with your breath:

Why it works: It physically signals your nervous system to calm down.

eTwinning Project:
TOGETHER WE CAN BE BETTER

A HEALTHY BODY IN A HEALTHY MIND

OUR GREEK TRADITIONAL GAME: MILA (APPLES)



PROMOTES
INCLUSION



STANDS AGAINST
BULLYING

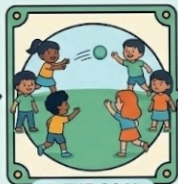


DEVELOPS
TEAMWORK

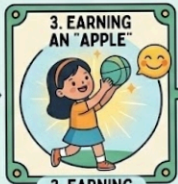
HOW TO PLAY



1. SETUP



2. THE GOAL



3. EARNING
AN "APPLE"



4. SAVING
TEAMMATES



5. WINNING



A MESSAGE FROM THE STUDENTS



IN OUR PLAYGROUND, NO ONE STAYS "OUT" FOR LONG!
WE CHOSE MILA BECAUSE IT REMINDS US LFT THAT WHEN WE HAVER GIVEN EUE. UP. US, BEING
BETTER MEANS LOOKING OUT OUR DEAMNKG SURE EVERYONE HAS A PLACE IN THE CIRCLE.
LET'S PLAY FAIR, MOVE FAST, AND KEEP OUR HEARTS KIND!

TOGETHER WE CAN BE BETTER!

— eTwinning Project —



Collaborate, Learn, Grow!



1. The "5-4-3-2-1" Grounding Technique
When you feel overwhelmed, stop and name:

5 things you can see around you.

4 things you can touch (your desk, your hair, a cool stone).

3 things you can hear (birds, a fan, distant traffic).

2 things you can smell.

1 thing you can taste (or your favorite thing to taste).

Why it works: It pulls your brain out of "worry mode" and back into the present moment.



eTwinning Project:
TOGETHER WE CAN BE BETTER

A HEALTHY BODY IN A HEALTHY MIND

OUR GREEK TRADITIONAL GAME: AGALMATAKIA (LITTLE STATUES)



PROMOTES INCLUSION



STANDS AGAINST BULLYING



DEVELOPS TEAMWORK

HOW TO PLAY

1. SETUP



ONE PLAYER BECOMES THE "STATUE-MAKER" (LEADER).

2. THE CHANT



LEADER CHANTS A RHYME WHILE OTHERS RUN.

3. THE FREEZE



WHEN CHANT ENDS, ALL PLAYERS MUST FREEZE IN A POSE LIKE STATUES!

4. MAKING THEM MOVE



LEADER OBSERVES. ANY PLAYER WHO MOVES OR LAUGHS IS "OUT" (OR JOINS THE LEADER).

5. WINNING



THE LAST PLAYER TO STAY STILL WINS & BECOMES THE NEXT LEADER!

A MESSAGE FROM THE STUDENTS

WE CHOSE AGALMATAKIA BECAUSE IT SHOWS THAT EVEN WHEN WE ARE ALL DIFFERENT "STATUES," WE ARE PART OF THE SAME GALLERY! THIS GAME TEACHES US TO BE PATIENT, TO FIND BALANCE, AND TO SHARE A LAUGH TOGETHER. IN OUR SCHOOL, BEING "BETTER" MEANS RESPECTING EACH OTHER'S SPACE AND SUPPORTING ONE ANOTHER TO STAY STRONG AND STEADY. LET'S FREEZE THE HATE AND MOVE WITH KINDNESS!



EMOTION THERMOMETER

Description:

Students explore their emotions using a visual “thermometer.” The teacher draws a large thermometer on the board with different emotions such as happy, calm, sad, angry, or excited.

Steps:

- Each student chooses how they feel and places a sticky note with their name on the thermometer.
- Students explain their feelings in a short discussion.
- They create a drawing that represents their emotion.

Students' reflections (examples):

- “I feel calm when I draw.”
- “I feel happy when I play with my friends.”

Tips for managing emotions:

- Take deep breaths.
- Talk to someone you trust.
- Express your feelings through art.



Playing games



COUNTRY, COUNTRY, WE WANT SOLDIERS (TRADITIONAL ROMANIAN GAME)

Description:

This is a traditional Romanian team game that develops cooperation and physical strength.

How to play:

- Students form two teams and hold hands in a line.
- One player from the opposite team runs and tries to break the chain.
- If the chain breaks, the player chooses one student to join their team.

What students learn:

- teamwork
- communication
- fair play

Students' message:

"Through games, we learn to work together and have fun!"



Mindfulness exercise

BREATHING WITH COLORS



Description:

This activity combines mindfulness and art. Students connect their emotions with colors.

Steps:

- Students close their eyes and take deep breaths.
- They choose a color that represents how they feel (blue = calm, yellow = happy, red = strong emotions).
- While breathing slowly, they create a free drawing using that color.

Students' reflections (examples):

- "Blue makes me feel peaceful."
- "Drawing helps me relax."

Tips for managing stress:

- Listen to calm music.
- Take a short break.
- Use colors to express your feelings.



Teamwork game



DUCKS AND HUNTERS

Description:

An energetic outdoor game that encourages movement and quick reactions.

How to play:

- One group (the "ducks") stands inside a marked area.
- The "hunters" stand outside and try to hit them with a soft ball.
- If a player is hit, they switch roles or leave the game (depending on rules).

What students learn:

- coordination
- attention and speed
- teamwork

Students' message:

"Movement makes us happy and healthy!"



Exploring Mindfulness

Be like the calm, bright sky.
Let the clouds of your thoughts float by!



Mindfulness Tips:

- 1 Breathe in deeply and count slowly to 5... then breathe out slowly to 5.
- 2 Try to listen to the sounds of nature – what can you hear?
- 3 Remember a happy moment that makes you smile.
- 4 Take it one step at a time – focus on the present moment.

You have the power to choose
your response to any situation.



TOGETHER
WE CAN BE BETTER!
— eTwinning Project —



Collaborate, Learn, Grow!





Mindfulness at School

Let's learn to be calm and focused together!

Let's learn to be calm and focused together!

Take Deep Breaths.



Breathe in slowly...
then out slowly.

Mindful Moments.



Look out the window,
listen to the birds
and feel the breeze.

Gratitude



Notice the sounds,
smells and sights
around you.

Kindness



Do kind deeds,
help a friend,
give a compliment,
or lend a hand.

TOGETHER
WE CAN BE BETTER!

— eTwinning Project —



Collaborate, Learn, Grow!

Being mindful helps us feel relaxed, focused and happy!



Our Traditional Game:

Ice Hockey



Slovakia's national sport!

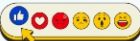


Rules:

- 1 Two teams of 5 5 players skate on an ice rink.
- 2 Hit the puck with curved sticks and score in the opponent's net.
- 3 Quick passing, shooting, and teamwork are the keys to winning!

Let's hit the ice and play like pros!





EMOTIONS

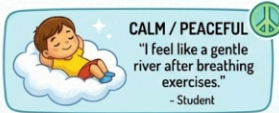


„ANGHEL SALIGNY” HIGH SCHOOL CERNAVODA

OUR MINDFULNESS SESSION



STUDENT EMOTION EXPRESSIONS



STUDENT STRESS MANAGEMENT TIPS

1 GROUND YOURSELF IN NATURE



2 CREATE ART AND DRAW



3 SHARE YOUR FEELINGS



Together we can be better

TRADITIONAL ROMANIAN GAMES



GAME: DUCKS AND HUNTERS HUNTERS

1: Draw a circle on the ground.

2: Hunter throws the ball, ducks dodge!

3: Hit? You become a hunter. Last duck wins!

A MESSAGE FROM ROMANIAN STUDENTS

From our school in Romania:
Play, have fun, and stay healthy!
Together we are a family.



Proiect Martie 2026
Healthy Mind, Healthy Body

MIND & HEART: OUR SHARED MINDFUL SCHOOL JOURNEY



DAILY MINDFUL CHECK-INS

1 FIVE SENSES CHECK (5-4-3-2-1):



Notice and name something you see, hear, smell, feel, and taste.

2 A GENTLE BODY SCAN:

Feel tension melt away from your toes to your mind.



EMPATHY & OUR EMOTIONS TOGETHER



UNDERSTANDING QUIET FRIENDS

One student sently arm, and offering silent support.

"We can just sit with them."
- Maya



SHARING SUNNY MOMENTS



"Your joy makes me feel good too!" - Kenan



CREATIVE MIND TOOLS & TIPS

1 THE HUM-AND-BEE BREATH:



Calm down with deep humming exhales (buzzing).

2 FAMILY WORRY JAR:

Write down worries and put them away to feel lighter.



3 DAILY GRATITUDE GIFTING:

Thank someone for a small kind act today.

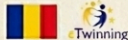


eTwinning Schools' Collaborative Project - Growing Minds & Hearts Together



Together we can be better

TRADITIONAL ROMANIAN DANCES



1



LEARNING THE
FUNDAMENTAL POSES

2



CELEBRATING THE
HORA IN MOTION

3



LIVELY GROUP
SĂRBĂ



HOW TO DANCE THE HORA

-  **1:** Join hands and form a large circle.
(Prindeți-vă de mâini și formați un cerc mare.)
-  **2:** Steps to the right: two steps, then a small hop.
(Pași la dreapta: doi pași, apoi un salt mic.)
-  **3:** Repeat the steps, moving clockwise.
(Repețați pașii, mișcându-vă în sens orar.)

A MESSAGE FROM OUR DANCERS

Traditional dance makes us happy and keeps us fit!
Let's dance together!



Proiect Martie 2026
Healthy Mind, Healthy Body



Mindfulness in Action



Through mindfulness, we focus on the present moment and become calmer and more aware. Together, these help us become kinder, more connected, and better friends.

Moving the Body: Jogo da Malha (Quoits)



1

The Setup



Place the wooden pins (*malhas*) at opposite ends of the playing area.

2

The Throw



Toss the heavy metal discs to knock down the pins.

3

The Score



Earn points for knocking over the pin or landing your disc closest to it.



Our Game Day





Processing Our Feelings: Emotional Antidotes

What We Feel



Anxiety

How We Heal

"When my mind is too fast, I count backward from ten and listen to the wind."



Frustration

I draw my angry feelings on paper, then crumple it up and throw it away to let it go.

The Game of Trust

1
Setup
Blindfold one player (the "Cabra Cega").



2
Action
Spin them carefully, then scatter!



“To our partners in Romania, Slovakia, Greece, and Türkiye: Playing and sharing our feelings reminds us that no matter where we are, our hearts and bodies speak the same language. Together, we grow stronger!”



Healthy Mind, Healthy Body – Together We Grow Stronger



Grounding helps our busy minds find a quiet place.

Romania Team Contribution

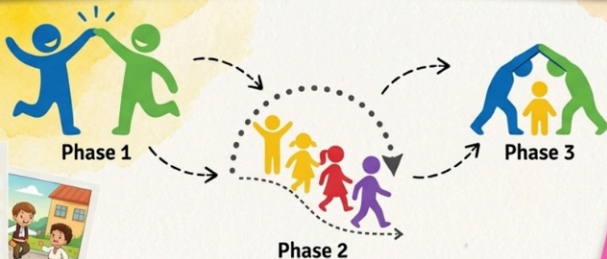


Healthy Mind, Healthy Body – Together We Grow Stronger



Podul de piatră (The Stone Bridge)

Two players hold hands to make a bridge. The others sing and walk under it in a line. When the song ends, the bridge falls down and catches the person underneath!



Romania Team Contribution

*Friendly Message to
our Partners:
We hope you build
strong bridges of
friendship in your
schools too!*

Balloon Breathing



Stress-Relief Toolkit

1. Talk to a friend when you feel worried.
2. Take a walk outside in the fresh air.
3. Draw a picture of how you feel.

Romania Team Contribution

Batistuța (The Little Handkerchief)

Sit in a circle and close your eyes.
One person walks around the outside
and **gently drops a handkerchief
behind someone**. That person jumps
up and tries to catch them before they
steal their empty spot!



Romania Team Contribution

Mind & Body Connection

Student Tips: Running around in Batistuța is our favorite way to shake off stress! Play helps us laugh, and laughing makes our minds feel light.



The "Pause and Breathe" Reset Technique

When your mind starts racing or stress levels begin to rise, take a moment to pause and reconnect with your breath:

Inhale: Breathe in slowly through your nose for **4 seconds**.

Hold: Gently hold your breath for **4 seconds**.

Exhale: Release the air slowly through your mouth for **6 seconds**.

Repeat: Continue this cycle **5-10 times**.

As you breathe, consciously focus on releasing the tension in your **shoulders, jaw, and forehead**.

Embracing **mindfulness and relaxation techniques** is essential for maintaining balance in today's fast-paced world. By integrating practices such as **Deep Breathing**, **Progressive Muscle Relaxation**, and **Guided Visualization**, you can effectively decompress both body and mind. Complemented by **Meditation** and **Yoga**, these tools create a powerful sanctuary of inner peace, allowing you to navigate daily stressors with greater clarity, resilience, and a renewed sense of calm.



Mindfulness is about being aware of our thoughts and emotions. Simple techniques like deep breathing, listening to soothing music, or closing our eyes for a moment can help us find peace. These practices relax both our mind and our body."





MINDFULNESS TECHNIQUES

Open Monitoring (The "Cloud" Technique)



BYE-BYE STRESS!

Unlike focused meditation where you try to clear your mind, Open Monitoring asks you to become a detached observer of your own thoughts.

The goal is to pull your brain out of "autopilot" or "anxiety loops" and anchor it firmly in the present moment through your senses.

To begin, take one slow, deep breath. Then, mentally (or out loud) identify the following:



STEPS:

1. Sit quietly and close your eyes.
2. Imagine your mind is a vast blue sky and your thoughts are passing clouds.
3. As a stressful thought appears (e.g., "I'm going to miss that deadline"), don't engage with it. Simply label it: "There is a work thought."
4. Watch it float by without judging it or trying to solve it.

The Result: It creates "psychological distance." You realize that you have thoughts, but you are not your thoughts.



THE "COUNTRIES" GAME (OR BLACK MAN) - TRADITIONAL ROMANIAN GAME

Why it works: It involves movement, reflexes and "unloading" through running.

Anti-stress effect: Endorphins released by movement and laughter caused by unforeseen situations are a quick antidote to cortisol.



How to play (in short): A large circle is drawn, divided into slices (countries). One player throws the ball up and shouts the name of a country. The one shouted must catch the ball, and the others run as far as they can. When they shout "STOP!", everyone freezes.

Exploring Mindfulness

Be like the calm, bright sky.
Let the clouds of your thoughts float by!



Mindfulness Tips:

- 1 Breathe in deeply and count slowly to 5... then breathe out slowly to 5.
- 2 Try to listen to the sounds of nature – what can you hear?
- 3 Remember a happy moment that makes you smile.
- 4 Take it one step at a time – focus on the present moment.

You have the power to choose
your response to any situation.



TRADITIONAL SLOVAK CULTURAL ARTS & GAMES



1



LEARNING TRADITIONAL SLOVAK WOODCARVING

2



FOLK MUSIC IN THE TATRA MOUNTAINS

3





CREATING SLOVAK FOLK EMBROIDERY




HOW TO DANCE THE SLOVAK ČARDÁŠ



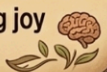
1:  Stand with feet together, hold partner's hands.

2:  Take small, rapid steps to the side with partner.

3:  Lead your partner in a dynamic couple spin.

A MESSAGE FROM OUR CULTURAL AMBASSADORS

Slovak folk arts connect us and bring joy to our hearts! Share our heritage!



PROJECT MARCH 2025
HEALTHY MIND, HEALTHY BODY

ETWINNING MINDFULNESS & MOVEMENT JOURNEY



1
YOGA POSES IN THE CLASSROOM
Focusing on breath and balance.



2
ACTIVE GAMES & FITNESS
Running, jumping, and staying fit.



3
GUIDED RELAXATION & MEDITATION
Sharing feelings and finding calm.



A SIMPLE GUIDED MINDFULNESS PRACTICE



1: Find a comfortable seat.
Close your eyes.



2: Inhale slowly, count to four.
Hold. Exhale slowly.



3: Relax your body and clear
your mind. Find joy.

A MESSAGE FROM ETWINNING PARTNERS

Mindfulness and movement keep us
happy and healthy! Share kindness!



ETWINNING PROJECT
HEALTHY MIND, HEALTHY BODY

SLOVAKIA | TRADITIONAL CULTURAL GAMES



GEESE VENTURE TO MEADOW



1: CHOOSING ROLES & CHANT BEGINS
Children become Geese, a Housekeeper, and a Wolf.

3

ESCAPE FROM THE WOLF HOME



3: THE RUN & ESCAPE
Geese run. The Wolf tries to catch them. Caught geese become Wolves next round.

"GEESE, GEESE,
COME HOME!"
(HUSI, HUSI, POĎTE DOMOV!)

2

GEESE & HOUSEKEEPER REPLY



2: THE WOLF'S TRAP & CHANT
Housekeeper: "Geese, geese, come home!"
Geese: "No! The Wolf is behind the bush!"

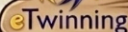


A GUIDED MINDFUL CHANT & MOVEMENT

- 1:** Role Play. Find focus. Imagine the roles.
- 2:** Listen. Use the traditional chant. Respond clearly.
- 3:** Move. Agility and movement. Find joy.

A MESSAGE FROM SLOVAK PARTNERS

Mindfulness and movement keep us happy and healthy! Join our shared Slovak cultural games!



ETWINNING PROJECT
HEALTHY MIND, HEALTHY BODY



EMOTIONS & GRATITUDE

„ANGHEL SALIGNY” HIGH SCHOOL CERNAVODA

OUR MINDFULNESS SESSION - NEW EXERCISES

BODY SCAN MEDITATION
SCANNING BODY

SENSORY WALK

SOUND MEDITATION

PRESENT MOMENT AWARENESS
LISTENING TO BIRDS

QUIETENING THE MIND

STUDENT EMOTION EXPRESSIONS - PART II

HAPPY / CHEERFUL
"I feel cheerful and bright when my idea is selected!"
- Student: EMIL

ANGRY / FRUSTRATED
"I feel hot inside when my game is interrupted."
- Student: MIHAI

CALM / PEACEFUL
"I feel like a gentle river after deep breaths."
- Student: ELENA

MORE STUDENT STRESS TIPS

1 PRACTICE POSITIVE AFFIRMATIONS

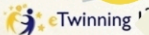
I AM STRONG
I AM BRAVE
I CAN DO IT
STRONG

2 TAKE A STRETCH BREAK

RELEASING TENSION

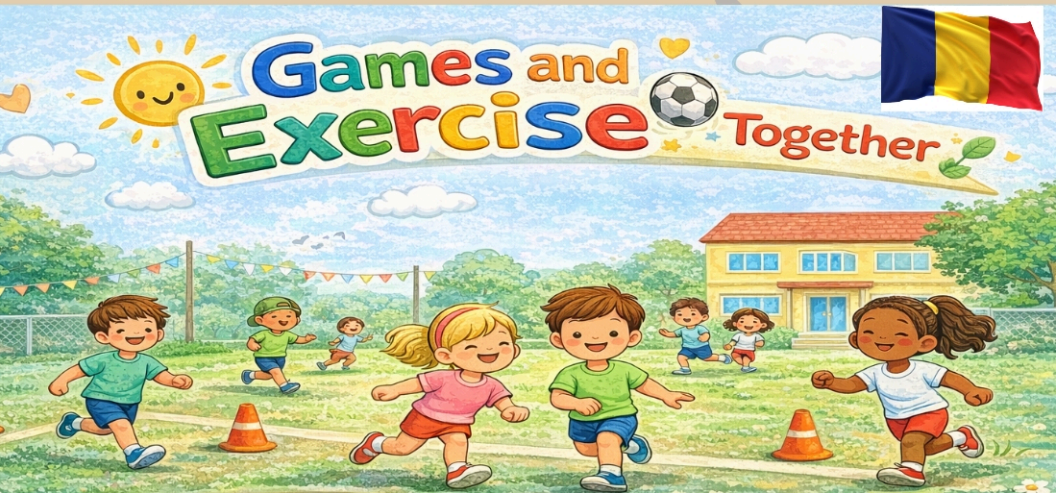
3 LISTEN TO CALMING MUSIC

QUIET MIND



Together we can be better

Games and Exercise Together



Simple game rules:

- 1 Respect the rules, and teammates.
- 2 Play fair
- 3 Have fun together!

Working as a team being present.
It's the hardest and the most useful thing..





MINDFULNESS ACTIVITIES FOR CLASSROOM AND HOME

CALM BREATHING



PRACTICE 4-STEP BREATHING




1. **INHALE** while counting to 4.
2. **HOLD** your breath while counting to 4.
3. **EXHALE** while counting to 4.
4. **HOLD** your breath while counting to 4.

GRATITUDE JAR

WRITE DOWN 3 THINGS YOU ARE GRATEFUL FOR EVERY DAY AND PUT THEM IN THE JAR. (Notes Section)

1. _____
2. _____
3. _____

CHECKING THE 5 SENSES

STOP AND OBSERVE NOW:

-  **EYE:** What do you see now?
-  **EAR:** What do you hear now?
-  **NOSE:** What do you smell now?
-  **MOUTH:** What do you taste now?
-  **HAND:** What do you feel by touching?

Check your senses at any moment of the day.

MINDFULNESS PROJECT - ETWINNING SCHOOLS
COLLABORATING COLLABORATIVE PROJECT - TOGETHER YOU CAN BE BETTER.

TRADITIONAL ROMANIAN GAME | BABA OARBA (BLINDMAN'S BUFF)



1



**PREPARING THE GAME
(GAME SETUP)**

2



THE GAME IN ACTION

3






**GAME CONTINUES
(A NEW "BABA")**



GAME: BABA OARBA (BLINDMAN'S BUFF)




-  Blindfold one player
-  Spin the "Baba" around three times to make them dizzy.
-  Other players dodge. The "Baba" catches someone!
(The caught player becomes the new "Baba"!)

A MESSAGE FROM ROMANIAN STUDENTS

From our school in Romania: Have fun playing Blindman's Buff! Laugh, move, and grow Together we are a family.



Proiect Martie 2026
Healthy Mind, Healthy Body

MAP OF TRADITIONAL EUROPEAN GAMES | COLLABORATIVE PROJECT 

SLOVAKIA:
GAME: TAG (NA NAHAŇAČKU)



1. One child is "tag".
2. Run and touch someone else.
3. The person touched becomes "tag"!

PORTUGALIA:
GAME: MACACA (HOPSCOTCH)



1. Draw 10 numbered squares.
2. Throw a stone and jump over the squares on one foot.
3. Do not touch the lines!



ROMANIA:
GAME: OINA (ROMANIAN BASEBALL)



1. Two teams of 11 players.
2. Hitting the ball with the bat.
3. Running between bases to score.

GREECE:
GAME: KOUTSÓ (HOPSCOTCH)



1. Draw 10 numbered squares.
2. Throw a stone and jump over the squares on one foot.
3. Do not touch the lines!

OUR eTWINNING FAMILY: PARTNERS & FINAL REFLECTIONS



MIND, BODY, AND SPIRIT

A JOURNEY OF TRADITIONS

A decorative graphic featuring a central green vine with leaves and several pink hearts. Five team cards are arranged around the vine, each with a cartoon illustration of a team member, their name, and their country's flag. The cards are: Romania - Team RO Exploring Heritage, Slovakia - Team SK Cultural Exchange, Portugal - Team PT Traditions & Community, Greece - Team GR Wisdom & Spirit, and Turkey - Team TR Bridging Cultures.

ROMANIA - TEAM RO
EXPLORING HERITAGE

SLOVAKIA - TEAM SK
CULTURAL EXCHANGE

PORTUGAL TEAM PT
TRADITIONS & COMMUNITY

GREECE - TEAM GR
WISDOM & SPIRIT

TURKEY - TEAM TR
BRIDGING CULTURES

A FINAL WORD FROM OUR PROJECT

Our shared journey through healthy practices and traditional games has shown us the power of cooperation. Our minds are clearer, our bodies stronger, and our hearts are filled with new friendships.

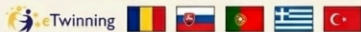
We've proven that together, we can achieve amazing things!



THANK YOU TO OUR AMAZING eTWINNING PARTNERS!
TOGETHER WE ARE BETTER.
PROJECT MARTIE 2026.



ETWINNING: SHARED JOURNEY OF TRADITION & WELLNESS



TEAM RO



TEAM SK



TEAM PT



TEAM GR



TEAM TR



SHARED GOALS

- EXPLORE HERITAGE
- PRACTICE MINDFULNESS
- CELEBRATE CULTURES

TOGETHER WE CAN BE BETTER

- MARCH 2026

