



EVERYDAY MINDFULNESS: "OZAN'S COLORFUL STICKY NOTES"

by childbook.ai

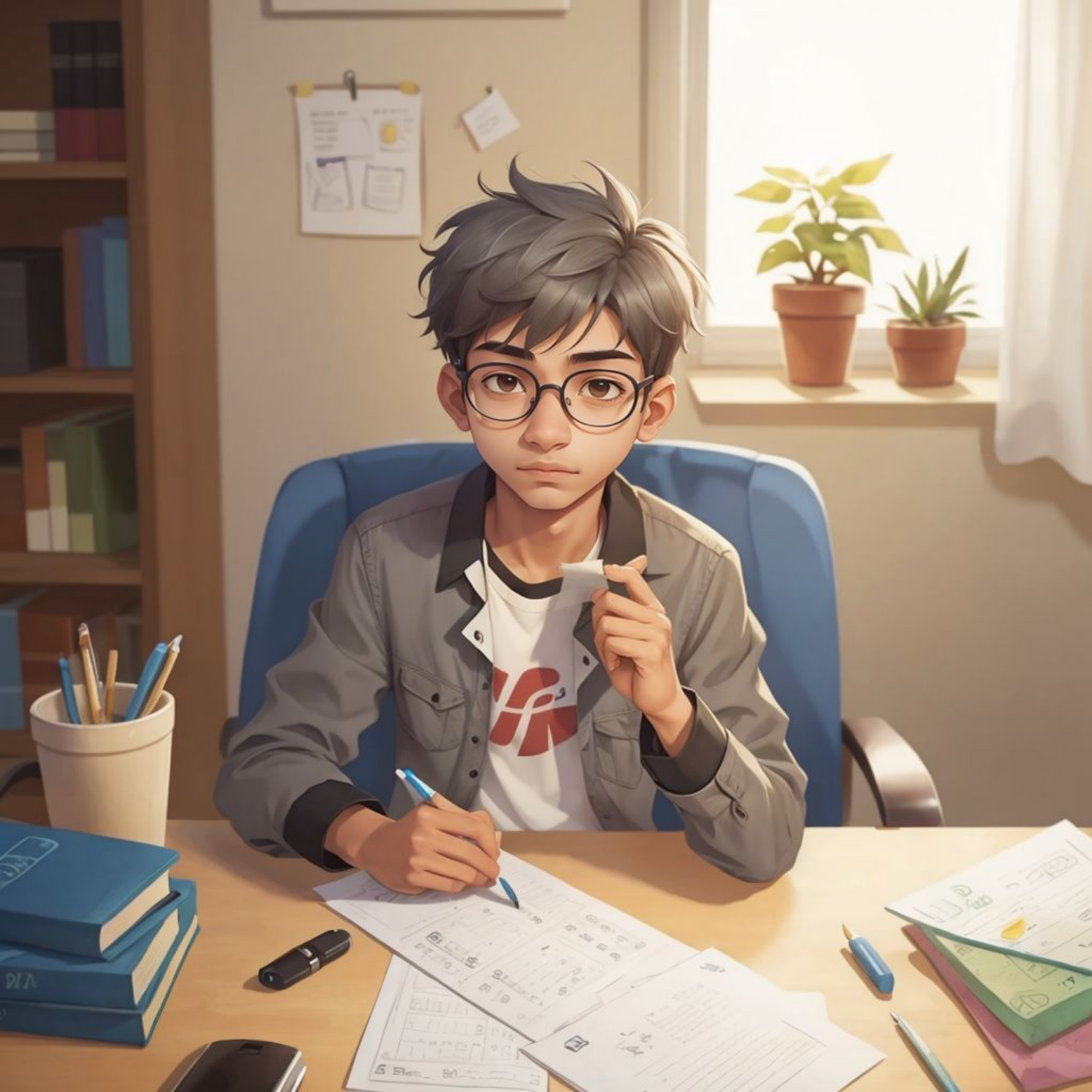
Yiğit came to school feeling sleepy. His mind was full of exams and exercises. He missed his best friend who moved away. Everything seemed overwhelming to him. Yiğit wished for something that would make his days brighter.



One day, Yigit's art teacher came up with a new idea. She suggested that he write down a happy memory on a sticky note every day. Yigit thought it sounded interesting. He decided to try it. Maybe it would help him feel better.



At first, it was hard for Yigit to find something positive. He sat down with the sticky note in his hand and thought deeply. Then he remembered the joy he felt while listening to his favorite song. He wrote it on the sticky note. It felt good to remember that happy moment.



The next day, Yigit got a good grade on the exam. He also wrote about a funny video he watched. Every day, he found something small but happy to write about. Little by little, his wall started to fill up with colorful sticky notes. These notes were like little treasures of happiness.



Notes

Tasks

- Cleaning
- Due assignment
- Luna Math
- The life
- Go

Yigit's wall was now a collage of happy moments. He smiled every time he looked at it. The sticky notes reminded him of the good things in his life. He felt less overwhelmed. His days seemed brighter and more colorful.



Yiğit realized that he felt happier. His friends also saw the change. They appreciated Yiğit, who was more positive and energetic. His art teacher was proud of him. Yiğit had discovered the power of small things.



Yiğit started sharing his idea with others. He encouraged his friends to try it too. They started writing their own sticky notes. Soon everyone started noticing the little joys in life. The school was filled with colorful sticky happy notes.



Yigit learned to notice the beauty in his life. Even small moments could bring great joy. His sticky notes taught him to be mindful. Yigit felt grateful for each day. And his heart was filled with happiness.



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