



MASTER MINDFULNESS WITH GAME-BASED LEARNING

Description of the innovative teaching practice

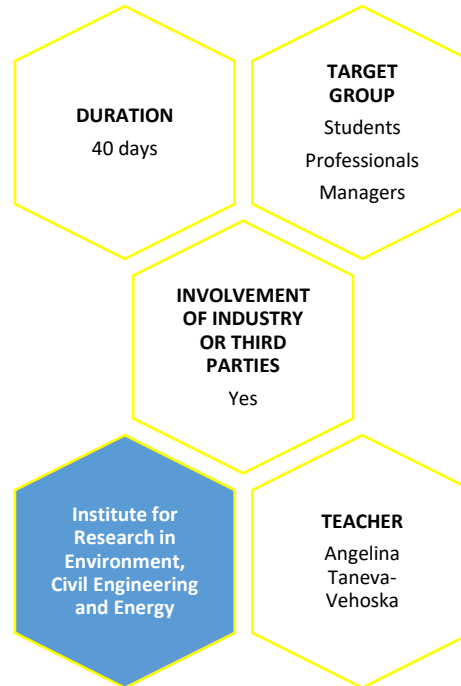
During a period of 40 days the participants will have opportunity to develop new skills and challenge their behaviour by playing the game Master Mindfulness. The game is engaging the participants in active learning, utilizing several techniques, such as experiments, discovery, mental models, problem solving, self-assessment quiz, personal diary, think-pair-share, misconception check, one-minute paper, 3-2-1, letter to my younger self, etc. In the game-based learning environment, the participants will work on accomplishing specific goal that they will set at the beginning of the practice, by choosing actions and experimenting along the way.

As participants will make progress and check specific achievements, they will earn badges and experience points. With this learning process the participants will have opportunity to explore their lifestyle, approach to everyday situations and mindful practices, and challenge themselves to adopt effective methods for balanced life (private and business).

The skills that they will develop/upgrade have transferability potential and can be used in situations at work, in private life. Also, the skills for mindfulness have direct and indirect impact on many other important skills.

Skills to be acquired/ improved:

- **Soft skills – people related skills:** direct impact on communication and interpersonal skills
- **Soft skills – personal skills:** direct impact on professionalism and flexibility/adaptability
- **Hard skills – conceptual/thinking skills:** direct impact on analytic thinking, indirect impact on decision making
- **Business skills:** direct impact on creativity/innovation, indirect impact on multicultural awareness, care for sustainable development



Methods and techniques

- Format - Game-based learning
- Techniques completed with individual work: experiments, self-assessment quiz
- Techniques completed in teams: problem solving, debate, demonstration.
- Available resources via e-learning platform: quests, articles, video materials, presentations, forum.

Methods for assessment and evaluation of the practice

Methods for assessment

- Pre- and post- self-assessment
- Points achieved in the game

Methods for evaluation

- Evaluation lists and feedback from students
- Testimonials and photos from students during implementation phase