**ใบงาน 01**

**เรื่องการพัฒนาจิตตามแนวทางของศาสนาที่ตนนับถือ**

**คำชี้แจง** ให้นักเรียนและสมาชิกในกลุ่มเขียนบอกวิธีการพัฒนาจิตไปใช้ในชีวิตประจำวันได้อย่างไรบ้าง

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กลุ่มที่..........

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