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Benessere a scuola con eTwinning

Seminario regionale eTwinning 12 novembre 2024 - IC Perugia 12

Chiara Sabatini ITT "Allievi-Sangallo" - Terni



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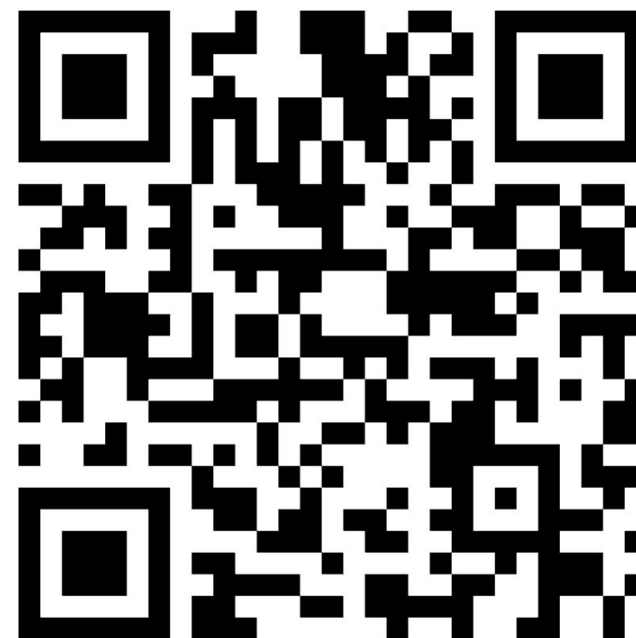
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Wellbeing per me è?

3534 8113



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min 12.26 Iliana
Ivanova



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European Commission: European Education and Culture Executive Agency, Drost, K., Foschi, A. and Pateraki, I., *eTwinning stories – Building wellbeing at school*, Publications Office of the European Union, 2024,
<https://data.europa.eu/doi/10.2797/531643>



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Wellbeing is at the core of every person's health - both physical and mental - and constitutes the basis for **personal growth**.

Wellbeing in schools is crucial for **improving** academic performance as it directly affects **learners' motivation**, engagement and capacity to learn, as well as **educators' capacity** to effectively accompany them.

Both learners and teachers need to feel well in order perform well at school.



Iliana Ivanova

European Commissioner for Innovation, Research, Culture, Education and Youth



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- qualità della vita scolastica
- ambienti di apprendimento
- relazioni basate sul rispetto reciproco
- empatia
- problem solving



**senso di
appartenenza e
sicurezza**



intelligenza emotiva,
rispetto e
collaborazione



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Wellbeing and mental health at school

Guidelines for school leaders, teachers and educators



European
Education Area

Guidelines for school leaders, teachers and educators

European Commission: Directorate-General for Education,
Youth, Sport and Culture, *Wellbeing and mental health at
school – Guidelines for school leaders, teachers and
educators*, Publications Office of the European Union, 2024,
<https://data.europa.eu/doi/10.2766/760136>



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1. Distribuire un foglio e una penna a ciascun partecipante.
2. Scrivere un pensiero o una parola che causa stress, frustrazione.
3. Fare una pallina con il foglio di carta.
4. Tirare la pallina, raccoglierne altre e continuare a tirare per circa 20 secondi.
5. Raccogliere una pallina e leggerla al resto del gruppo.
6. Aprire una discussione/riflessione su quanto ascoltato.

L'attività può essere svolta a piccoli gruppi e a classe intera.



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Alcune attività



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My inner weather forecast

What Kind of Emotional Weather Are You Having Today?



Sunny
(happy, excited)



Snowy
(relaxed, peaceful)



Rainbow
(hopeful)



Rainy
(sad, lonely)



Stormy
(angry, frustrated)



Windy
(anxious, stressed)



Foggy
(confused,
depressed)



Cloudy
(grumpy, sick)

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My inner weather forecasts

I draw it

How do you feel today? Why?



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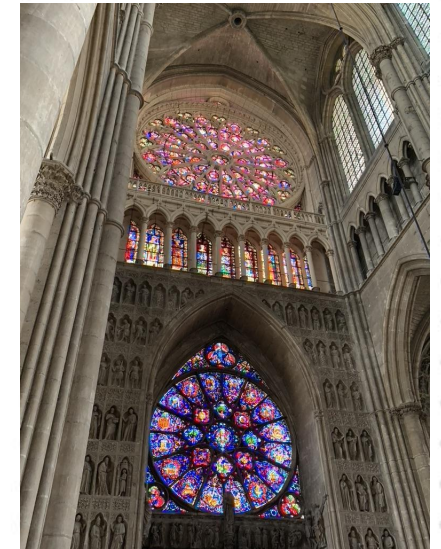
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Photos (play music while doing the activity if you like)

- Which photo do you like the most/the least?
- Who does it make you think of?
- What are your feelings while looking at it?
- Where in your body do you feel it?





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Cards

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<p>Mindfulness Activity Card</p> <p>Use a pencil to write your first and last name on a piece of paper. Notice the movement of your hand as it writes your name.</p>	<p>Mindfulness Activity Card</p> <p>Sit quietly for one minute. Try to notice how often you blink. What does it feel like to blink? How many times did you blink in one minute?</p>
<p>Mindfulness Activity Card</p> <p>Think about your favorite place. Pretend that you are a bird flying over your favorite place. What do you see?</p>	<p>Mindfulness Activity Card</p> <p>Take a big deep breath in. While you are breathing out, try to breathe as slow as possible. Time yourself to see how long you can breathe out for.</p>
<p>Mindfulness Activity Card</p> <p>Stand up tall and then bend over and let your arms hang down by your feet. Try to loosen your arms and just let them hang. Take 5 deep breaths and then slowly stand back up.</p>	<p>Mindfulness Activity Card</p> <p>Sit quietly with your eyes closed. Try to notice everything that you can hear. Can you figure out what you are hearing without looking? Try to notice as many things as you can.</p>



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<p>Mindfulness Activity Card</p> <p>Think about something you have learned so far today or this week. Try to remember everything you can about what you learned.</p>	<p>Mindfulness Activity Card</p> <p>Sit quietly and slowly whisper the word "crisp" to yourself 5 times. Notice how your mouth feels when you say this word. Notice how the word travels from the back of your mouth to the front.</p>
<p>Mindfulness Activity Card</p> <p>Sit with your eyes closed and focus on your legs. Try to notice everything about how they feel. Then move on to your belly, arms, and head. Then, take a deep breath and open your eyes.</p>	<p>Mindfulness Activity Card</p> <p>Close your eyes and take 10 deep breaths. As you breathe in, imagine you are smelling a flower. As you breathe out, imagine you are blowing out a candle.</p>
<p>Mindfulness Activity Card</p> <p>Take 10 deep breaths. As you are breathing in, imagine that you are breathing in your favorite color. As you are breathing out, imagine that you are breathing out your least favorite color.</p>	<p>Mindfulness Activity Card</p> <p>Close your eyes and take 10 deep breaths. Imagine there is a balloon in your belly. Each time you breathe in, imagine it getting bigger and each time you breathe out, imagine it getting smaller.</p>



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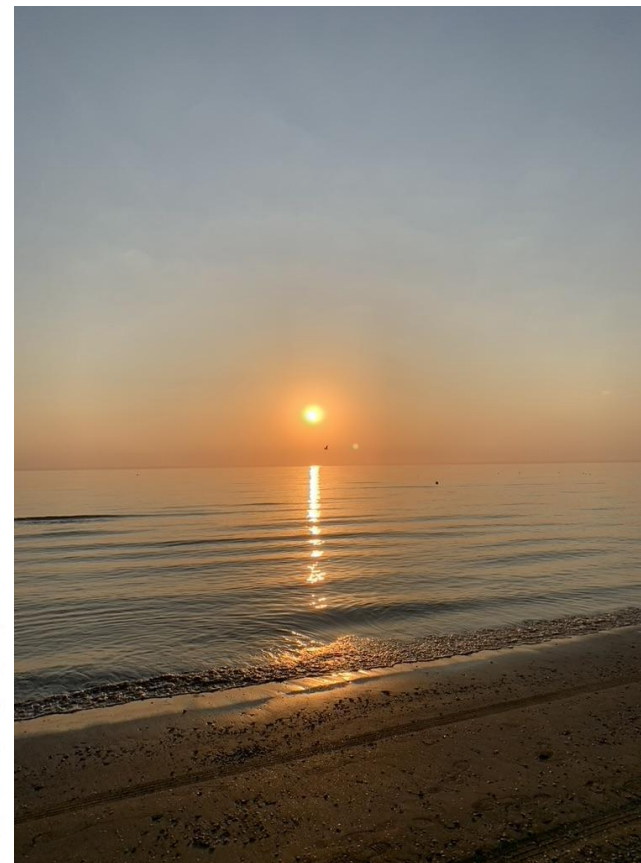
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Think of a place

- Sit comfortably
- Breathe calmly
- Close your eyes if you wish
- Think of a place where you feel at ease
- What are you doing?
- Who are you with?
- Breathe calmly
- Open your eyes
- Share your feelings about this place
- How did you feel about it?





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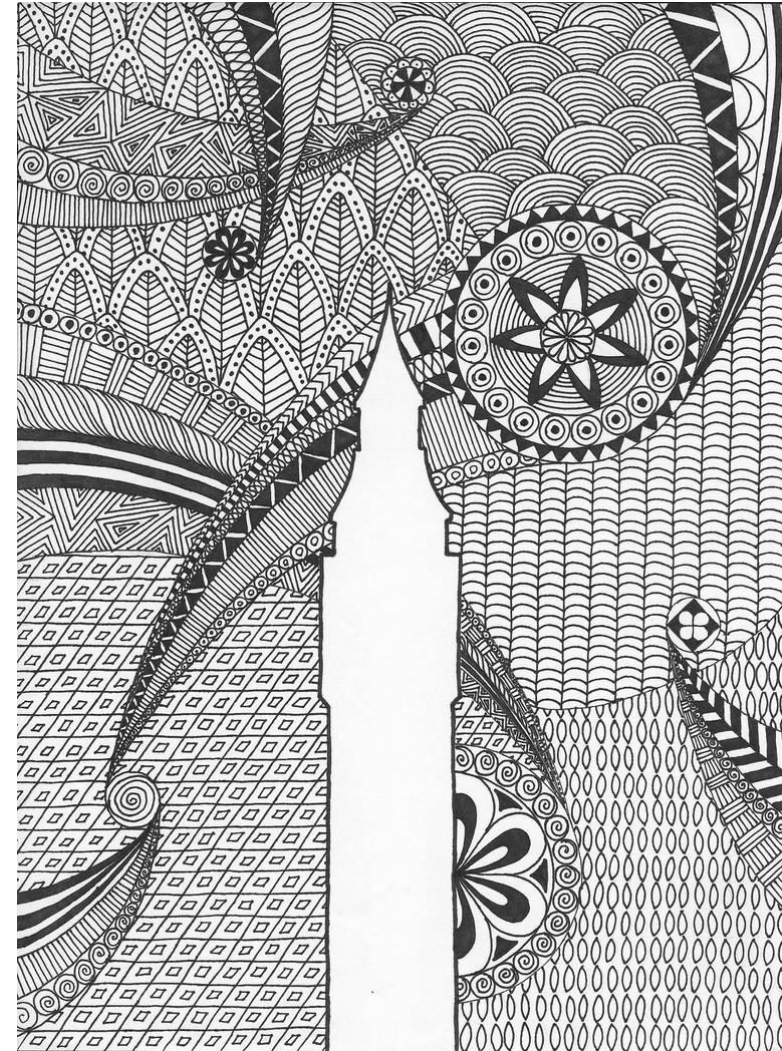
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Mandala

- What did you imagine while coloring?
- How did you feel while coloring?





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Situations

- Which are the situations that make you feel happy?
- What do you feel in your body when you are happy?
- Who do you share these happy moments with?
- How can you be happier in your daily life?





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Experiences

- Think about a positive experience
- Describe it briefly
- What have you felt in your body?
- What emotions did you have?
- What thought came up?

You can tell your students to repeat this exercise everyday



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Listen to the sounds

- Close your eyes for at least 20 seconds
- With your eyes shut focus on the sounds around you
- Open your eyes
- Tell the class the sounds you heard (only if you feel like doing so)



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One good thing about November is ...

One thing I love about this class is ...

One positive thing about ... is ...

One thing that made me smile this week was ...

One thing I'm looking forward to this week/today is ...

I was shopping today and I found ...

What I like about this place is ...

When I am alone I like ...



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I'm proud of myself today because ...

I think I will have a good day today because ...

This week is going to be a good week because ...

I love ... because ...

My good news today is ... because ...

I am happiest when ... because

One good thing about ... is ... because ...



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Wellbeing: some thoughts and benefits

- It helps students relax and focus on the next activities
- It helps build a meaningful relationship among students and between teacher and students (they talk about their feelings, recognize and share emotions)
- It helps improve English (speaking, interacting, listening, writing)



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GRAZIE
per
l'attenzione!



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