





## Benessere a scuola con eTwinning

Seminario regionale eTwinning 12 novembre 2024 - IC Perugia 12

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## Wellbeing per me è?

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min 12.26 Iliana Ivanova

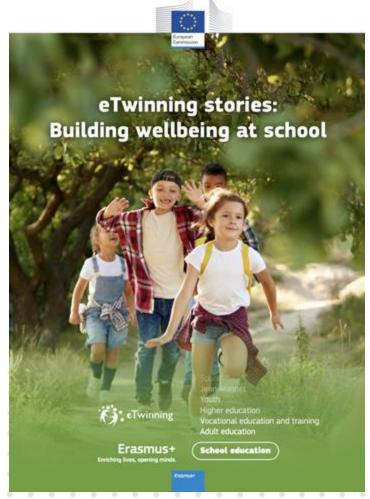












European Commission: European Education and Culture Executive Agency, Drost, K., Foschi, A. and Pateraki, I., *ETwinning stories – Building wellbeing at school*, Publications Office of the European Union, 2024,

https://data.europa.eu/doi/10.2797/531643













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













- 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











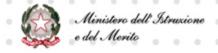




# Guidelines for school leaders, teachers and educators

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













- 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.













## Alcune attività











## My inner weather forecast

## What Kind of Emotional Weather Are You Having Today?



9 20 B School Courdeling & Hopkin



Arricchisce la vita, apre la mente.











## My inner weather forecasts

I draw it

How do you feel today? Why?











## **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?















## **Cards**











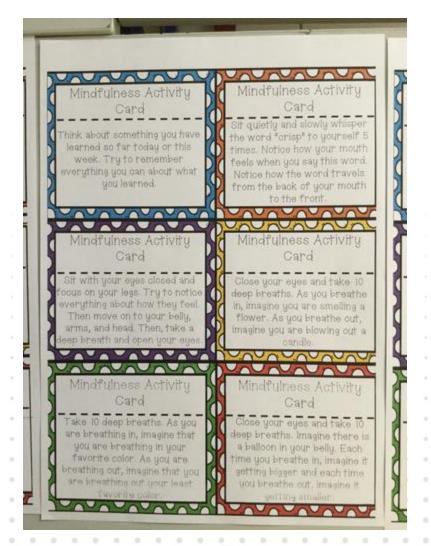
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Arricchisce la vita, apre la mente.





#### **AMBASCIATORI ERASMUS+**





#### Scuola

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Erasmus+

Arricchisce la vita, apre la mente.



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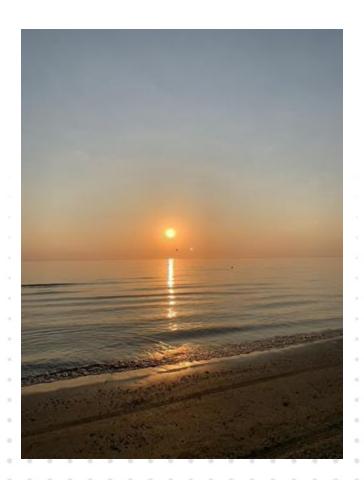






## Think of a place

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









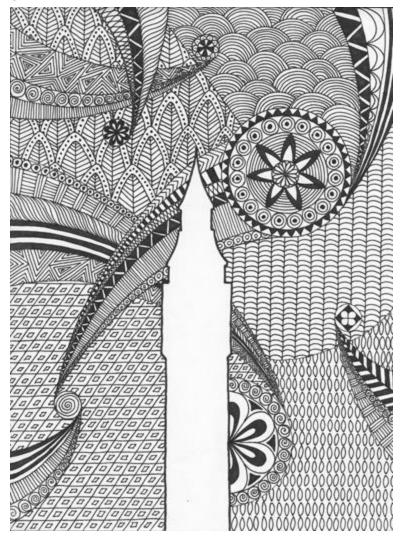


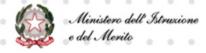




## Mandala

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







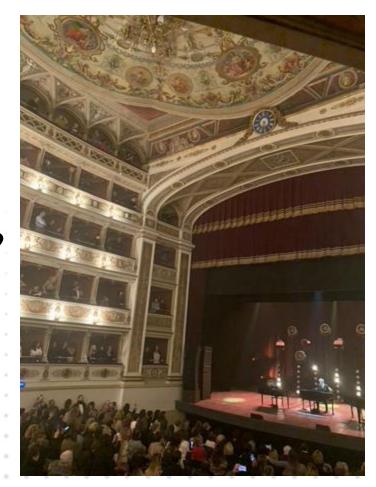






## **Situations**

- 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?















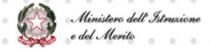
## **Experiences**

- 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













### 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)













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 ...











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 ...











## 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)













GRAZIE GRAZione! voitenzione!



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