



HOPE4SCHOOLS

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**LTTA
PRAGUE, CZ
OCTOBER 10-12.10.2022**

Learning, Teaching, Training Activity

The event was hosted by Základní škola Orangery and organized by the Romanian partner CPIP.



DAY 1

The training opened with ice-breaking activities which brought the participants close and gave them the chance to get to know the newcomers.

The topic of the first day was 'school wellbeing and mental health'. There was an individual and group analysis of feelings and mood of teachers and students before, during and after the pandemic in an attempt to find problematic areas and propose corrective measures.

Different actions or school events as inspirational sources were also analysed.



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DAY 2

The second day started with a guided tour at the Orangery Nursery and Primary School and its campus. The Czech team showed the participants around the premises of the school and explained the innovative methods used at their school.

The rest of the day was dedicated to the presentation of different tools and methods to manage stressful situations and improve wellbeing. The participants who were responsible for the specific topics organized workshop activities, presented Success Stories and Good Practice examples from their schools and experience and analysed them with the rest of the participants.





DAY 3

On the third day of the training event, discussions and debates were held on what is and how to implement a wellbeing strategy and scenarios were examined. The participants reflected on effective wellbeing strategies, tools and their implementation.

The theoretical part of the training event was enriched with all kinds of relaxing, mindfulness and meditation techniques, indoor and outdoor games and various activities which contribute to the promotion of mental health and well being at schools. So when the time came to say goodbye, there was a strong team of collaborators, filled with new ideas and the feeling of fulfillment that accompanies every successful meeting.



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