

# Programme

## eTwinning annual conference

### Wellbeing at school

26-28 September 2024 | online & onsite



**Erasmus+**  
Enriching lives, opening minds.

School education



# WELLBEING AT SCHOOL

## THEME

eTwinning invites teachers, schools and education stakeholders from across Europe to embark on a journey towards promoting wellbeing at school, to create a positive impact in students' lives.

The theme of the conference will link together onsite and online activities designed to engage participants and nurture the eTwinning community spirit.

## OVERALL GOAL

To empower participants to become eTwinning 'power users' (eTwinners who have the ability, skills and enthusiasm to engage other colleagues and involve them in eTwinning), and feel part of the eTwinning community, by participating in workshops and networking activities on the theme of the conference.

## SPECIFIC GOALS

To share and promote the latest research, policy and practice in wellbeing at school, development of social-emotional skills and student empowerment.

To promote teacher collaboration and professional development: facilitating collaboration and knowledge-sharing among teachers, providing opportunities to strengthen their understanding of wellbeing and equip them with effective strategies to promote student wellbeing.

To disseminate best practices and success stories of eTwinning projects that effectively integrate the theme of wellbeing, development of social-emotional skills and student empowerment, providing inspiration and guidance to other educators.

## PROGRAMME

Online and onsite programmes

### DAY 1

#### 26 September | Plenary

Venue: nhow Brussels Bloom - Rue Royale 250, 1210 Brussels

13:00 – 14:00

Registration (onsite only)

14:00 – 15:15

Plenary: Welcome, introduction & keynote (onsite and streamed)

- Welcome from Iliana Ivanova, *European Commissioner for Innovation, Research, Culture, Education and Youth*
- Introduction by the Central Support Service and greetings from National Support Organisations and supportive partners

**Keynote** – Risk and resilience: smartphone use among children and adolescents in schools, Prof. James O'Higgins Norman, *UNESCO Chair on Bullying and Cyberbullying*

15:15 – 15:45

Break

15:45 – 16:15

Award ceremony (onsite and streamed)

16:15 – 17:00

Learn with the winners (onsite and streamed)

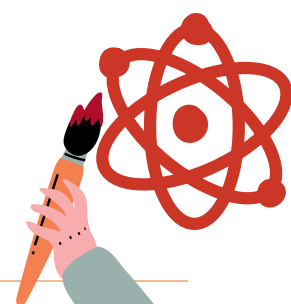
- Paulina Stiler, *Poland*, project: "The sense of the rainbow colours"
- Alessandra Cicero, *Italy*, project: "The adventures of eTwinfish"
- Giovanna Salemmme, *Italy*, project: "Oceans"
- Gabriela Svobodová, *Czechia*, project: "Code of Mystery"
- Gordana Pešić, *Serbia*, project: "Natural is good, Chemical is bad?"
- Moderation: Irene Pateraki, *Central Support Service*

17:00 – 18:00

eTwinlandia (onsite only)

19:30

Dinner at the hotel restaurant (onsite only)



## DAY 2

### 27 September | Workshops

Venue: nhow Brussels Bloom - Rue Royale 250, 1210 Brussels

#### Onsite

09:30 – 11:00 Workshop session 1

11:00 – 11:30 Break

11:30 – 13:00 Workshop session 2

13:00 – 14:30 Lunch

14:30 – 16:00 eTwinlandia

16:00 – 16:30 Break

16:30 – 17:30 Plenary: Roundtable - **Digital wellbeing** (onsite and streamed)

- Juliane von Reppert-Bismarck, *Lie detectors*
- Beybin Tunc, *COFACE*
- Hans Martens, *BIK (Better Internet for Kids)*
- Moderation: Christos Bousoulas, *Central Support Service*

19:30

Dinner at NH Collection Brussels Centre (onsite only)

#### Online

10:00 – 11:00 eTwinlandia

11:00 – 12:30 Virtual exhibition hall

12:30 - 13:15 Break

13:15 – 14:30 Workshop session 1

14:30 – 14:45 Break

15:00 – 16:15 Workshop session 2

16:15 – 16:30 Break

## DAY 3

### 28 September | Workshops & plenary

Venue: nhow Brussels Bloom - Rue Royale 250, 1210 Brussels

#### Onsite

09:30 – 11:00 Workshop session 3

11:00 – 11:30 Break

11:30 – 13:00 Plenary: Panel discussion and closing (onsite and streamed)

- Outcomes of networking activity
- Panel discussion - **Nurturing Wellbeing: Fostering a Healthy School Environment**
  - Ines Verplance, Belgium (Flanders), wellbeing specialist
  - Celeste Simões, Portugal, researcher
  - Igor Nikičić, Croatia, school principal
  - Cornelia Tschuggnall, Austria, teacher
  - Nina Savin, Belgium (Wallonia), student
  - Moderation: Rute Baptista, Central Support Service
- Closing remarks - Ulrike Storost, *European Commission*

13:00

Lunch (onsite only)

#### Online

9:30 – 10:45 Workshop session 3

10:45 – 11:30 Break



# KEYNOTE

## Risk and resilience: smartphone use among children and adolescents in schools

Prof. James O'Higgins Norman, UNESCO Chair on Bullying and Cyberbullying, Dublin City University, Ireland

Thursdays 26 September, 14:00 – 15:15 CEST



Smartphones play an increasingly prevalent role in our daily lives, especially among children and adolescents. The increase in smartphone use has been matched by increased concerns among parents, schools and policymakers about its negative impact on the education and development of children and adolescents. Over the last year, an increasing number of schools have implemented smartphone bans; however, there is scant evidence for whether the use of smartphone bans has a positive and/or negative impact on students. Furthermore, the voices of children and adolescents have been notably absent from this debate. This presentation will be based on findings from a qualitative study on the use of smartphones and related bans in schools in Ireland, and will consider its implications for the development of smartphone policies at school and national levels, as well as highlighting the importance of consulting young people on issues that directly impact them.

Professor **James O'Higgins Norman** is a Clinical Sociologist and UNESCO Chair on Bullying and Cyberbullying at Dublin City University. His research on bullying and digital safety has been funded by the European Commission, the Government of Ireland, the Irish Research Council and several industry-based foundations. He has been a member of the Government of Ireland Steering Committee on Bullying and the National Advisory Council on Online Safety, as well as UNESCO's International Scientific Committee on School Violence and Bullying. He is co-founding editor of the International Journal of Bullying Prevention and has been invited to present his research to governments, UNESCO, WHO, USAID and the OECD. He recently undertook a qualitative investigation into smartphone use among children and adolescents in schools in Ireland, and is currently leading an EU COST Action on Religious Identity, Bullying and Wellbeing in Schools.



# ONSITE WORKSHOPS

SESSION 1 Friday 27 September, 9:30 – 11:00 CEST

## The sense of rainbow colours, by winners in the 0–6 age category

Paulina Stiler, Michaela Rumanková, Marianna Andacká, Aleksandra Armada & Haykuhi Khachatryan



In this workshop you will learn more about the winning project: Sense of Rainbow Colours. This is a project about colours, colour experiments and colour games, focused on the development of communication, sensory experiences, music, improving manual skills and activities with colours. Aimed at children in pre-school education, it involved children with autism and intellectual disabilities from three special schools as well as neurotypical children from three standard kindergartens.

**Paulina Stiler** teaches children with special needs in a kindergarten in Poland. **Michaela Rumanková** teaches children with autism in a standard kindergarten in Slovakia. **Marianna Andacká** teaches in a state kindergarten in Slovakia, and has 12 years of experience in pre-primary education. **Aleksandra Armada** teaches in an integration group in Poland. **Haykuhi Khachatryan** is a teacher-administrator in a private kindergarten in Armenia.

## Oceans, by winners in the 12–15 age category

Annalisa Cozzolino, Giovanna Salemme, Rosaria Marotta & Elisabet Carmona Llor



In this workshop you will learn how we worked with our students on this topic. Oceans cover more than 70% of our planet; this eTwinning project encouraged our students to protect it by showing them the threats they face. Pupils talked and learned directly from people who work to protect and conserve the oceans. Our pupils also took action, wrote letters, and created a video. Our main objective was to raise awareness about Sustainable Development Goal 14, Life below water: 'Conserve and sustainably use the oceans, seas and marine resources'.

**Annalisa Cozzolino** is a secondary school English teacher who has actively taken part in two eTwinning projects focused on raising student awareness about environmental issues. **Giovanna Salemme** is an English teacher in Italy and has joined eTwinning projects about the planet for 3 years. **Rosaria Marotta** is a Spanish teacher and contact person for internal and external evaluation and coordinator and contact person for Erasmus+ and eTwinning at her institute. **Elisabet Carmona Llor** is an English teacher in Spain, and has been participating in eTwinning projects for 4 years, passionate about the sea and volunteer to protect sea turtles and to help our planet.

## Critical thinking through information analysis and hands-on experiments, by winners in the initial vocational education and training category

Gordana Pešić, Irena Futivić, Aspasia Mylona, Kübra Ersan, Anthi Soukou, Marija Rakić-Ljubomirović & Adile Emel



In an era dominated by misinformation and misconceptions, particularly surrounding the safety of synthetic versus natural chemicals, it is essential to equip students with the tools to critically analyse information. This workshop is designed for educators committed to fostering critical thinking and scientific literacy in their students. The workshop will highlight the importance of distinguishing between natural and synthetic chemicals, debunking myths that 'natural' always equates safe and 'synthetic' harmful.

**Gordana Pešić** is a chemistry teacher at a secondary vocational school, Hemijsko-prehrambena tehnološka škola, in Belgrade, Serbia, and a Scientix ambassador. **Irena Futivić** teaches biology and chemistry at Antun Gustav Matoš High School, Zabok, Croatia. **Aspasia Mylona** is a dietitian and teaches nutrition and food technology at 1st EPAL Nafpaktou, as well as an eTwinning and Scientix ambassador. **Kübra Ersan** is an English teacher at a high school in Kırıkkale, Türkiye. **Anthi Soukou** is an agronomist and food science teacher at 2nd Evening Vocational School of Acharnes, Greece, and a Scientix ambassador. **Marija Rakić-Ljubomirović** is a technology teacher at the secondary vocational school Hemijsko-prehrambena tehnološka škola in Belgrade, Serbia, and a Scientix ambassador. **Adile Emel** is a science teacher at TED College in Afyonkarahisar, Türkiye.



## From walls to bridges: reshaping a school community through eTwinning, art and technology

Monika Khan



In this interactive workshop, participants will understand the power of art and technology in forming a strong educational community based on collaboration and engagement. They will learn about digital initiatives that have successfully helped to build positive real-life school environments and use digital tools that support students' and teachers' wellbeing through art and technology.

**Monika Khan** is an experienced English teacher and active member of the eTwinning community in Poland. She strongly believes in the power of collaboration among educators and the use of technology for educational purposes.

**SESSION 2** Friday 27 September, 11:30 – 13:00 CEST

## Integration of cryptology into educational activities, by winners in the 16–19 age category

Nevin Bilgiçli, Monika Poľanská & José Manuel Pulido



This workshop will present interdisciplinary, creative, game-based, student-centred collaborative educational activities. Examples related to these topics will be given from the Code of Mystery eTwinning project. Ways to integrate historical and original cryptology methods into educational activities will be shown, and it will include brainstorming about how a digital and educational escape game can be created with various Web 2.0 tools in different disciplines. Scientific ways to measure how these activities change students' motivation for subjects such as mathematics will also be discussed.

**Nevin Bilgiçli** has 16 years of professional experience as a high school mathematics teacher in Türkiye. **Monika Poľanská** has been a mathematics, chemistry and informatics teacher at a secondary vocational school for 19 years. **José Manuel Pulido** worked for 15 years teaching English at San Buenaventura School (Madrid) and now teaches educative innovation and reviews practicum and final master works in the Teacher Training Master at Isabel I University.

## The adventures of eTwinfish, by winners in the 7–11 age category

Alessandra Cicero & Stanisława Podleśny



This project told the journey of a little fish called eTwinfish. Life along the river and then in the sea is sometimes difficult, as eTwinfish meets creatures with different personalities and attitudes towards the environment. But in the end, eTwinfish learns from all these experiences and will be able to choose responsibly which behaviour to adopt as an adult. In this workshop you will learn more about how the project developed, and get inspiration for your own classroom.

**Alessandra Cicero** is from Italy and works for Istituto Comprensivo Gianni Rodari, in Rome. **Stanisława Podleśny** is a music, art and ICT teacher in a primary school in Rybnik, Poland.

## Let's play and reflect

Amanda Bezzina



Alongside academic achievement, schools have the remit to address student wellbeing. Through practical experiential activities, this workshop explores the symbiotic relationship between student voice, student engagement, student centrality and positive environment. Research shows that if they recognise the synergy that exists between all components of student wellbeing, educators can provide a more nurturing and holistic educational experience. Drawing from positive, humanistic and constructivist theories, this workshop will present evidence, through practical examples, that shows the benefits, possibilities and challenges in addressing wellbeing in schools.

**Dr. Amanda Bezzina** is a lecturer at Malta's Institute for Education (IfE) and served as Head of Department of Personal, Social, and Career Development (PSCD) in the Ministry for Education. She was instrumental in PSCD curriculum development, and played a pivotal role in creating educational resources like the Friendship and Journey cards created by the Relationships Are Forever Foundation. Dr. Bezzina actively organises conferences and events focusing on wellbeing and PSCD, and publishes on these topics in both local and international spheres.

## Navigating wellbeing: leveraging digital tools for balanced classroom practices

Eva Toth

This innovative workshop is designed to empower educators in crafting engaging learning scenarios that integrate wellbeing principles with cutting-edge digital tools. In this dynamic session, you'll explore the possibilities AI offers for enhancing learning experiences while fostering resilience and student collaboration, working together on learning scenarios to create transformative educational experiences that prioritise student welfare and technological advancement.

**Eva Toth** is a teacher of English and ICT project work in vocational education at Petrik Lajos Bilingual Technical School, an eTwinning ambassador for Budapest and the editor-in-chief of the Hungarian educational website for teachers, Modern Iskola. In her work, she integrates project-based learning into the everyday routine, and organises programmes for the development of 21st century skills, including eTwinning projects, Codeweek and the Digital Thematic Week.

**SESSION 3** Saturday 28 September, 9:30 – 11:00 CEST

## Learning to Live Together, by the Foundation for Environmental Education, EcoSchools

Lee Wray-Davies

Through solution-based learning and community engagement, participants in this workshop will develop strategies to help their students navigate climate anxiety, and develop empathy towards nature, others and themselves. This collaborative session will provide educators from all disciplines with confidence and a framework to address environmental issues in a positive and proactive manner with young people. Attendees do not need experience or training in the environmental sector.

**Lee Wray-Davies** is the Global Director of Education at the Foundation of Environmental Education and a recognised expert with a 25-year track record in the fields of environmental education and sustainable development. With a diverse and extensive background, she has made significant contributions to the promotion of green education policy and youth engagement strategy in environmental programmes and campaigns at national and global levels.

## Better together

Eszter Salamon

The engagement of students and their parents has a direct impact on the wellbeing of all that is greater than that of most other interventions. This hands-on workshop will briefly introduce the state of the art and some inspiring practices in this field, including initiatives such as UNESCO's Happy Schools, trauma-informed approaches to engagement and relevant teacher training, and will build on participants experiences and brainstorming in the workshop to find solutions for their own contexts.

**Eszter Salamon** is the Director of Parents International. Having trained and practiced as a teacher, she holds a PhD in education leadership. She has worked in the field of children's rights since 1989 and has been involved in international education work for 15 years. She is a visiting professor on inclusive and student-centred methodologies at Vytautas Magnus University in Lithuania.



## Creating safe and brave spaces using Stories that Move, an online toolbox against discrimination

Pomme Woltman



This workshop will address how to empower students and educators with emotional learning skills. Research at the University of Barcelona and University of Amsterdam has focused on student empowerment. Initial findings show that certain exercises help generate self-knowledge among students, and that this allows for better oral communication to develop teamwork; students recognise others' skills and competencies. During the workshop we will share several methods that help create safe and brave spaces for emotional learning and combine hands-on examples of good practise with research. Exercises developed for international exchange programmes will also be proposed.

**Pomme Woltman** works in the educational department of the Anne Frank House in Amsterdam. She is involved in the development of educational materials and trains teachers in responding to antisemitism, discrimination and racism. As a social psychologist, she is interested in group processes, group emotions and how social interactions influence attitudes and behaviour. In her previous work she specialised in the prevention of radicalisation through educational activities in school and youth work, and coordinated the EU Radicalisation Awareness Network.

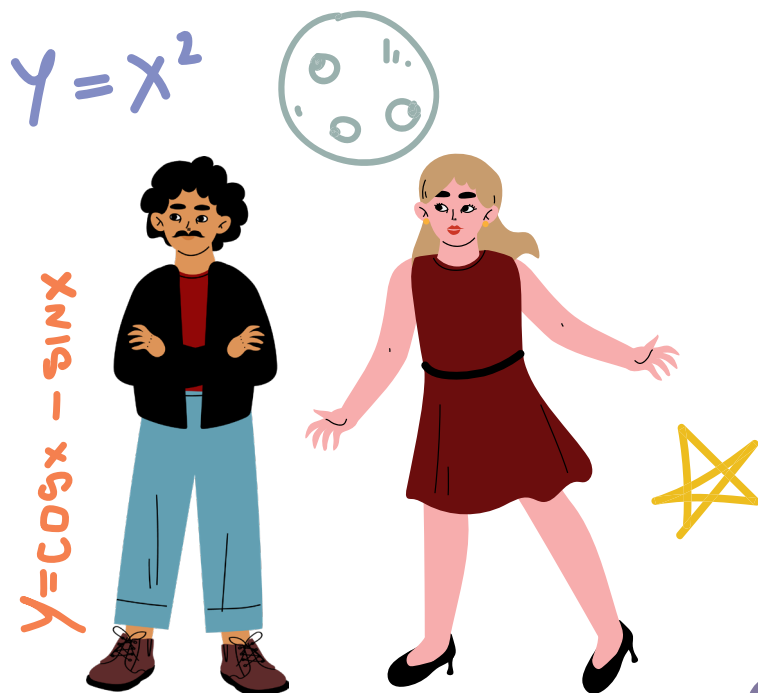
## Working with wellbeing in school: an integrated element of schooling in Denmark

Christian Stanley Plovgaard



Part of the Danish education system is ensuring that students enjoy going to school and daycare. Wellbeing is not only an important part of everyday life, but also a mandatory part of any schools' educational programme. At Campus10 in Køge, Denmark, schools work systematically with growth mindset, self-confidence and positive effect of feeling as important parts of a group. Wellbeing activities consists of a combination of reflective exercises and physical activities, with focus on group talks. The student and teacher discuss the student's academic and personal goals for the school year, which are evaluated at the end of the year. This workshop will be a mix of sharing practices and practical, participant-involved activities and will finish with a group talk, in which participants actively reflect on how they can adapt ideas from the workshop into their own practice.

**Christian Stanley Plovgaard** is an eTwinning ambassador from Denmark and a teacher at 10th Grade Campus Køge.





# ONLINE WORKSHOPS

SESSION 1 Friday 27 September, 13:15 – 14:30 CEST

## Little citizens, by runners-up in the 0–6 age category

Margarita Samoutian, Jelena Rattik & Susana Martins



The Little Citizens project aimed to raise awareness among the participant school communities about social and environmental problems in their areas, with the ultimate goal of enhancing cognitive and social wellbeing. The partners promoted the connection between wellbeing and implementation of the 17 Global Goals for Sustainable Development, guiding the target groups in ways to modify their daily behaviours. During the workshop, participants will have the opportunity to learn about the project, utilise some of the pedagogical techniques, exchange ideas and reflect on actions that could be implemented in their school communities.

**Margarita Samoutian** is a preschool teacher at the Kindergarten of Avlonari in Greece, and has been an eTwinning ambassador, Scientix ambassador and EU Code Week Leading Teacher since 2020. **Jelena Rattik** is an educator who has dedicated 20 years of her life to early childhood education, and finds immense joy in witnessing little ones exploring and learning about the world alongside her. **Susana Martins** has been an English teacher at EBI Francisco Ferreira Drummond in the Azores, Portugal since 2012, where she taught 1st and 2nd cycles and started a project for early English teaching in pre-school, which is how she became involved in this level of education.

## KIDS SAVE LIVES #SkillsLabs: empowering youth for change, by runners-up in the 7–11 age category

Maria Savvopoulou & Lamia Büşra Yeşil



This interactive workshop will showcase the innovative KIDS SAVE LIVES #SkillsLabs project, which uses different pedagogical approaches with young people in Greece, Germany and Türkiye. Through its modules participants explore environmental sustainability, lifesaving first aid skills and human rights advocacy, highlighting collaborative learning, creative expression and real-world impact.

**Maria Savvopoulou** is an experienced primary school and French language teacher, and a project lead for KIDS SAVE LIVES #SkillsLabs, as well as a certified ICT expert and robotics trainer, with extensive experience in teacher training and innovative project creation. **Lamia Büşra Yeşil** is an experienced English as a Foreign Language (EFL) teacher and expert in educational technology as well as a project lead for KIDS SAVE LIVES #SkillsLabs, with extensive experience in teaching and creating e-learning content.

## Natural is good, chemical is bad?, by winners in the initial vocational education and training category

Aristeidis Schizas & Ioanna Pechlivani



In an era dominated by misinformation and misconceptions, particularly surrounding the safety of synthetic versus natural chemicals, it is essential to equip students with the tools to critically analyse information. This workshop is designed for educators committed to fostering critical thinking and scientific literacy in their students. The workshop will highlight the importance of distinguishing between natural and synthetic chemicals, debunking myths that 'natural' always means safe and 'synthetic' harmful.

**Aristeidis Schizas** has been a mathematics and computing teacher at the 2nd Evening Vocational School of Acharnes for the last 24 years. He is the co-principal of the school, and is also involved in eTwinning and Erasmus+ projects. **Ioanna Pechlivani** has been teaching primary- and secondary-level English for 25 years, 16 at the 2nd Evening Vocational School of Acharnes.

## The role of empowerment and resilience in schools

Zuzana Labašová



Outside of their field of expertise, a modern teacher also needs to be a role model, mediator, motivator, good listener and coach. How can we as teachers promote and facilitate young people's development towards healthy, mature personalities? Building resilience and creating positive classroom climates and compact school communities are just a few big ideas that are closely tied to young people's wellbeing. This workshop will investigate big ideas in detail and share good practices and experience exercises that promote a calm, respectful learning community that enhance the ability of each child to learn and grow in the long run.

**Zuzana Labašová** studied psychology at Univerzita Komenského in Bratislava and CUNY Hunter College in New York. Over the past 15 years she has focused on teaching pupils and students, creating lesson plans on global education and training teachers and university professors in innovative teaching methods. Her psychology background gives her a theoretical understanding of the processes, while standing in front of the classroom and training teachers for many years has given her experience and practical knowledge.

## Empowering educators: practical strategies for student and teacher wellbeing

Simone Pfliegel



This interactive workshop is designed to equip educators with effective strategies to enhance wellbeing and social-emotional skills in the classroom. This session will delve into the practical applications of the latest research and successful eTwinning projects. Participants will engage in hands-on activities, collaborate with peers and explore innovative tools and methodologies aimed at promoting a holistic educational environment. It aims to inspire educators to transform their teaching practice and create empowering, well-balanced educational experiences for both students and teachers.

**Simone Pfliegel's** previous role as a teacher of English, German, philosophy and ethics in Germany from 2004 to 2018 introduced her to eTwinning and Erasmus+, and led her to become an eTwinning and Erasmus+ ambassador for Bavaria/Germany. She is also involved as a design thinking multiplier and author of an eTwinning kit on the subject of ethics and a volume on the best AI tools for German lessons for Auer-Verlag (early summer 2024).

**SESSION 2** Friday 27 September, 15:00 – 16:15 CEST

## The adventures of eTwinfish, by winners in the 7–11 age category

Ermioni Paraskevopoulou & Chryssa Tsiakiroudi



This project is about the journey of a little fish called eTwinfish. Life along the river and in the sea is difficult at times, as eTwinfish meets creatures with different personalities and attitudes towards the environment; but in the end, eTwinfish learns a lot from all the experiences and will be able to choose responsibly which behaviour to adopt as an adult. In this workshop you will learn more about how the project developed and get inspiration for your classroom.

**Ermioni Paraskevopoulou** is a primary school teacher of Greek, mathematics, history and environmental studies at the 2nd Primary School of Alexandroupolis. **Chryssa Tsiakiroudi** is a primary school teacher of Greek, mathematics, history and environmental studies at the 2nd Primary School of Alexandroupolis.

## The role of empowerment and resilience in schools

Zuzana Labašová

Please see **Session 1**

## Empowering educators: practical strategies for student and teacher wellbeing

Simone Pfliegel

Please see **Session 1**

## Harmony in education: balancing learning and wellbeing

Gergana Georgieva



Learning is about understanding oneself and others. Wellbeing fosters emotional intelligence—the ability to navigate emotions, build relationships and communicate effectively. Students who are emotionally aware learn better and contribute positively to their communities. Balancing learning and wellbeing instils lifelong habits; when students learn to manage stress, prioritise self-care and seek balance, they carry these skills into adulthood. As teachers, we often pour our hearts into nurturing young minds. However, neglecting our own wellbeing can lead to burnout and hinder our effectiveness in the classroom. This workshop offers practical strategies to enhance teacher wellbeing, ensuring that we can continue to inspire and guide our students with renewed energy and passion.

**Gergana Georgieva** is a teacher of English and Bulgarian teacher at Dimitar Talev Secondary School in Dobrich, Bulgaria. She has been an eTwinning ambassador since 2020.

## The role of the school counsellor in dealing with difficult pupil behaviours and improving teachers' wellbeing at school

Nikkos Lekkos



Managing difficult student behaviours affects schools' daily activities. Often, educators have to balance pursuing academic results and taking care of students—managing, addressing and preventing behaviours that disrupt the school environment. This situation negatively impacts the wellbeing of students. In the Cypriot system a serious effort has been made in recent years to break this vicious cycle. The introduction of a specialised school counsellor, who is present at the school daily, seems to be an important response to the problem. This workshop will attempt to present real-world situations and examples of problem-solving, with an emphasis on ensuring educators' wellbeing. It will include identification of difficult behaviours and vulnerable children, and ways to address them with effective parent communication, as well as examples of how to ensure a healthy school climate.

**Nikkos Lekkos** was a primary school teacher and head teacher, and more recently has worked as an author and school counsellor in primary education. He has completed studies in pedagogy, psychology and counselling in Greece and the United Kingdom..

**SESSION 3** Saturday 28 September, 9:30 – 10:45 CEST

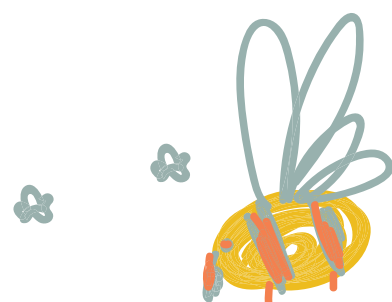
## Self-compassion as self-care in educational activities

Weronika Chmielewska



During this workshop we will explore what works in promoting wellbeing in schools, and investigate how self-compassion training helps educators. Scientific research based on the work of Prof. Kristin Neff shows that self-compassion has a significant positive impact on educators' wellbeing, resilience and stress management. A self-compassion practice will be introduced to the participants and knowledge acquired during the workshop can be implemented in eTwinning projects.

**Weronika Chmielewska** is chairwoman of the board and co-founder of EduMind Mindfulness in Education Foundation, and a certified mindfulness teacher and TED Speaker. She is passionate about supporting teachers and parents.



## Breathe in, breathe out: a workshop about the power of mindfulness and fostering children's wellbeing and health

Jowita Wowczak



The workshop is a combination of theory and practice. In the theoretical part participants will learn about the physiological background of mindfulness and movement, and in the practical part they will learn about games, exercises and practices that can be applied successfully in any educational environment. The workshop will include 5 elements that are also used in the 'Kayo & Space' programme: knowledge about stress, movement, mindfulness and breathwork, as well as emotional and social education.

**Jowita Wowczak** mindfulness and meditation teacher, trainer, stress-reduction consultant and author. She is the co-creator of Kajo and Space, a Polish children's programme aimed at developing mindfulness, and creator of Power of Silence, a mindfulness programme for adults.

## Wellbeing, bien-être, Wohlbefinden: from expressions typically associated with spa centres to the happiness of going to school

Svetlana Varbanova



The choice of the words wellbeing in English, bien-être in French and Wohlbefinden in German in the context of education might be surprising at first. In German-speaking and especially French-speaking countries, those expressions are intuitively associated with spa centres and healthy living. The focus of this workshop will be to investigate how these words from one sphere can work in another when we are talking about quality of education, ways to create student-friendly environments and harmony between the physical and emotional environments and what is important to creating an environment of help, tolerance and support in school.

**Svetlana Varbanova** is a German teacher who has been an eTwinning ambassador since 2009. She has lived and worked in the bilingual canton of Valais in Switzerland since 2014, and also works for eTwinning Bulgaria. She lives and works in a multicultural, multilingual environment with students from 50 different countries, many of whom are foreigners working in the Swiss tourism industry.

## Cultivating wellbeing in schools: positive psychology approaches for educators

Vicky Charalambous



In this workshop, educators will learn practical positive psychology strategies to enhance both student and teacher wellbeing. Topics include fostering collaboration among teachers, implementing whole-school approaches and integrating wellbeing into the curriculum. Attendees will explore resilience, optimism and social-emotional learning, learning evidence-based techniques to create nurturing classroom environments.

**Vicky Charalambous** is Director of the Institute of Development CY and Chief Happiness Officer at CARDET, and is a learning designer and facilitator with a PhD in positive organizational psychology. She has extensive experience in project management, training and research, particularly in applying positive psychology in educational settings.