

About the project

The project will help promote well-being in our school communities. In doing so we hope to adopt a whole school approach to health promotion. Each school will look at activities that are already happening in their schools that enhance the Wellbeing of their students. Each month we will participate in an activity that promotes well-being. We will share some of our experiences with our partners by using Skype. At the end of the project all experiences and activities will be collated and presented in a book. (Calameo). We will also create a common blog where all countries will be members. Our students can participate in the blog through us and comment on our partners' work.

AIMS

- To develop the students communication skills in a variety of different ways in particular through the use of technology and through the English language.
- To promote cooperation and collaboration between themselves and with other students from Europe.
- To develop the ability to work as a team
- To promote common cultural awareness between the students.
- The students will learn how to express themselves through different types of media

WORK PROCESS

September:

- Introductions – Introduce ourselves, our school, our town - video
- Logo Competition – we present them on Padlet. We can vote for our favourite using Google forms or SurveyMonkey.
- Food: well-balanced diet. Students can share their favourite healthy recipes with each other. We can share and present them on Prezi.

October:

- What are Positive Emotions? We investigate these. Choose one and create a dance. This can be presented using video or we can use Skype and present them to each other.
- Poetry: Create an acrostic poem from the Positive emotion of choice (e.g. love, Pride, excitement etc.)

November:

- Let's investigate the power of sleep and relaxation. Our findings can be collected by one partner and collated in a newsletter e.g. Smore
- Each partner will practice some Yoga and mindfulness exercises in class. We will display our feelings towards this exercise using a word cloud. Pictures of this experience can also be displayed on Prezi.

December:

- Each partner school will create a Wellness Wall in their own school and share their resources on Twinspace using Padlet
- Music: Each partner school will create a powerpoint display on their "Favourite songs".
- Each partner school can share videos of Musical activities within their school.

January:

- Kindness: Each partner school will celebrate Kindness week/day in their school.
- All partners will work together on a collaborative story based on the Kindness theme. We will write alternatively.

- Illustrations will be created and we will present it using Kamishibai. This can be recorded by one partner school by video.

February:

- Let's Play: The importance of Sport in our Well-being. Students will make a news report on this theme. It can be presented using Green Screen on video.
- Will we design a quiz on sport? We can use Kahoot and we can play each other's game.

March:

- Mindful Art: Mandalas. Let's find out what they are and their importance for focused attention. Let's have a Chat session and see what we found out!
- Each student will then design their own mandala and we will send them to each other by post (make them into postcards)
- Each Partner school will choose their favourite and as a class will create a large version for their school (materials of choice can be used)

April:

- Time for fun: Introduce a new activity of choice in your classroom. Let's blog about it!

May:

- Each school will have a "food festival" in their school. Presenting the best local ingredients and creating healthy and nutritious items for tasting. This can be opened to the greater school and local community. Pictures and video can be uploaded to Twinspace.

June:

- Evaluations for teachers and students
- Creation and publishing of eBook on all activities – Calameo

EXPECTED RESULTS

The project would encourage creation of small compositions, descriptions, reports, stories, recipes etc. They will be written in English. We will create a blog and everyone will be involved. We will create a huge Prezi where we will add the different sections. Each partner school will distribute and present within our own school community. An eBook will be created which will contain all activities and exercises. As a result of being part and working on this project, each partner will be able to add/change it's school Wellbeing Policy.

Language

English

Age range

From 5 to 17

Subjects

Art, Citizenship, Cross Curricular, Drama, Health Studies, Home economics, Music, Physical Education