



# WELL-BEING IN TEACHING AND LEARNING

*30 hours in total*

## PROVISIONAL PROGRAMME AND ORGANISATIONAL DETAILS

Course location: Pinerolo, Italy

### PROGRAMME

Arrivals and settling into accommodation

#### Monday

Orientation, introductions

Perspectives on teacher and student well-being (key terms)

Reflecting on factors influencing your own well-being

Practical approach to well-being: mindfulness

#### Tuesday

Socio-emotional learning (SEL) elements & growth and fixed mindsets

Exploring tools for strengthening socio-emotional learning & building a growth mindset

Building an inclusive community

Practical approach to well-being: mindfulness

#### Wednesday

Practical approach to well-being: yoga

Impact of physical movement on learning

Integrating movement into lessons in order to increase learning & exploring outdoor learning activities

Planning of strategies to increase well-being in your school

#### Thursday

Practical approach to well-being: yoga

Empathy what it is and what role does it play in well-being and learning

Activities for enhancing empathy

Discussing implications of day's learning and planning for next steps in your context

#### Friday

Words / Language matters - Strength-based vocabulary

Exploring, playing with strength cards – creating a set for own use

Presenting and sharing ideas and plans created during the week

#### Saturday:

Outdoor learning: cultural field trip (fees may apply)

Course evaluation, certification, farewells & departures

## ORGANISATIONAL DETAILS

<b>Course dates</b>	2-7 October 2023 11-16 March 2024 20-25 May 2024
<b>Course venue</b>	TBC / Pinerolo
<b>Course facilitators</b>	Silvana Rampone, SMARTEDU4ALL, Italy Tuula Asikainen, CLILedu, Finland Local experts
<b>Primary course aim</b>	To support participants in gaining a deeper of understanding of: <ul style="list-style-type: none"><li>● student and teacher well-being</li><li>● how well-being impacts student learning, and</li><li>● what measures can be taken to increase well-being and thereby learning.</li></ul>
<b>Daily schedule</b>	09:00 – 16:00 (including 1-hour lunch break, other shorter breaks will be taken when needed)
<b>Course fee</b>	530 € per participant (480€ for tuition & materials & 50€ administrative costs)
<b>Certification</b>	Certificates of attendance specifying the total number of hours & the main course contents will be awarded. Europass certificates will be issued on request.
<b>Course organisers</b>	<b>CLILedu</b> , Notaarintie 1 b 26, 90650 Oulu, Finland, in cooperation with <b>SMARTEDU4ALL</b> <b>Business ID &amp; VAT number</b> (= Fiscal code) FI17430621 <b>OID</b> : E10213087
<b>Registrations</b>	<a href="https://www.surveymonkey.com/r/RBSH7QF">https://www.surveymonkey.com/r/RBSH7QF</a>

