

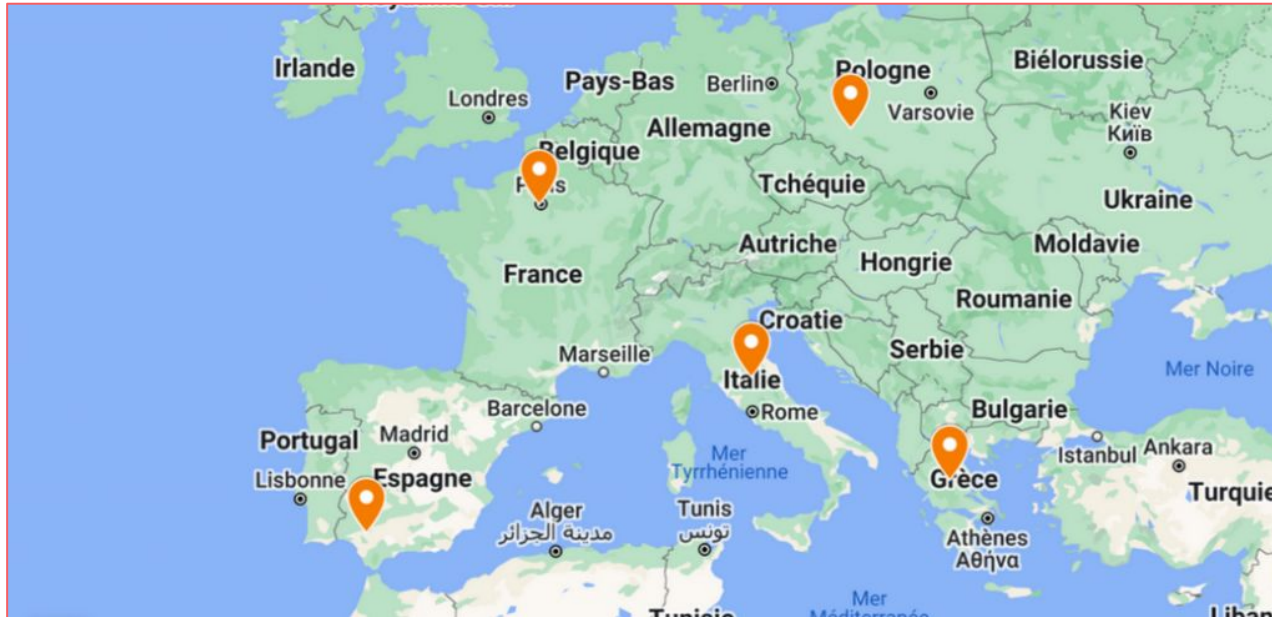
S.A.F.E

Supported, Aware, Feeling Well, Engaged

1ère LLCE - 2023-2024

S.A.F.E. (Supported, Aware, Feeling Well, Engaged)

Collaboration avec des élèves grecs, italiens, polonais et espagnols
sur le thème du bien-être à l'école.



MASTER YOUR EMOTIONS



Discussions et échanges dans le forum

Développer l'intelligence émotionnelle

Add NOUNS to name EMOTIONS (up to 20 characters)

Type your answer here... Submit

20 characters remaining

confusion, insecurity, overwhelmed, amazement, love, insecurity, hate, diadness, adoration, amazement, discomfort, liberation, love, enthusiasm, guilty, heart broken, anxious, embarrassment, hesitation, awkwardness, enjoyment, caring, curiosity, liberation, generosity, cruelty, confidence, satisfaction, freedom, tranquility, uncomfortable, panic, stress, regret, weak, grief, bored, fear, hurt, nostalgic, guilt, doubt, euphoria, ecstasy, surprise, frustration, glee, happiness, love, sad, positivity, enthusiasm, hope, gratitude, angry, anxiety, anger, humiliation, care, humiliation, amazement, disgusting, insecurity, joy, anxiety, irritation, infatuation, transe, enamouredness, empathy, stressed, optimism, neutral, enervation, errie, compassion, shameless, powerless, hope, depressed, worry, jealousy, rage, boredom, loneliness, frustrated, alarm, glee, in love, peace, sadness, confusion, excitement, delight, confused, pride, friendliness, furious, psychologically ill, cheerfulness, emptiness, serenity, disappointment, contentment, depression, trust, envy, hunger, tiredness, disappointment, summertime, sadness, sentimentality, worry, thankfulness, shame, hatred, attraction, sentimentally, inspiration, disgust, bliss, liking, awe, doubt, anticipation, flabbergast

COUNT YOUR BLESSINGS

Recâbler son cerveau, remplacer les pensées négatives par des pensées positives

Partage d'expériences

pbaرامي + 92 • 8mo

Wall of thanks

Think about one or two things you have to be grateful for

Pinned
pbaرامي

Anonymous
a year ago

I'm grateful to have a house, a place where I can relax.

I'm so grateful to have living parents who left everything (their countries, family and friends) to be able to offer my sister and me a better future.

I'm grateful to have friends who are always there for me and who love me.

I'm grateful for having had a nice education

Anonymous
a year ago

*I'm grateful to be **alive and healthy**.
I'm grateful for **life**, for its **highs**, which are the best moments of my life.
I'm also grateful for its **lows**, because without them, I would never be the person I am today.
I'm grateful to have the **best parents** in the world, who sacrifice themselves every day for the happiness of their children, which are me and my crazy little sister, I don't*

Anonymous
a year ago

I'm thankful for my friends and family who are always there to support and cheer me on. I'm also grateful for the simple moments, like sharing laughter or making new memories with my loved ones.

0
Add comment

Anonymous
a year ago

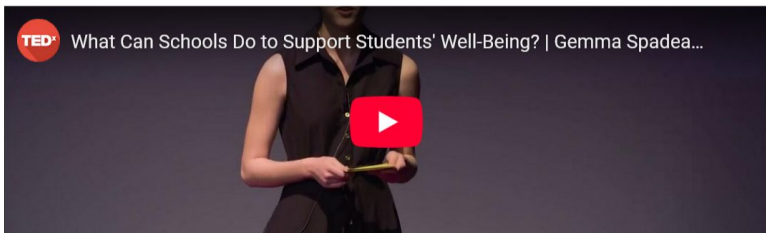
Sidonia

Anonymous
a year ago

I'm grateful for my sister even when she annoys me (almost all the time). I'm grateful for my grandparents because they're always there for me, and I always feel at home in their house. I'm grateful for my best friends Eva and Chloé for always making me laugh even when I'm sad. They are the same type of crazy than me and I've never had friends like them.



THE PATH TO WELL-BEING



Do you agree with the ideas in the video? Could you suggest any others? Share your thoughts on the twinboard below

Do you agree with the ideas in the video? Could you suggest any others?

Add
item

laura 1J

I do not agree with all of the opinions shared by Gamma. For

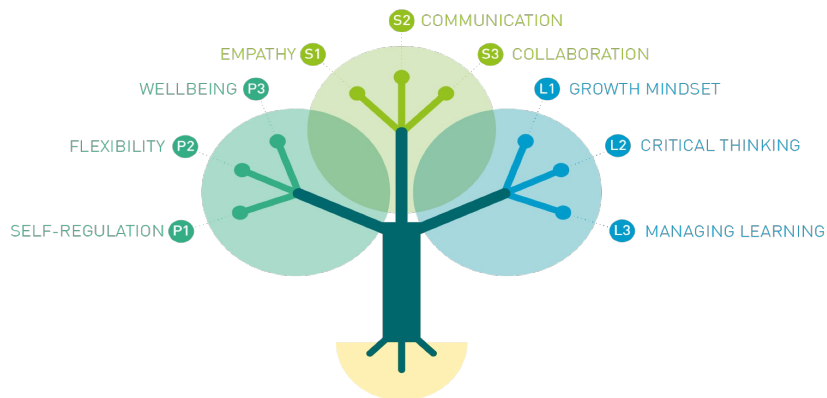
Nina 1J

I think that all of the ideas from this video are great. But I also

Wiktorija 1J

I agree with opinions presented by, except yoga in school. It would

LifeComp: le cadre européen pour les compétences clés en matière personnelle, sociale et d'apprentissage à l'apprentissage. Base méthodologique de ce projet.



COLLABORATIVE WORK

10 équipes internationales composées d'élèves des 5 pays

Team

CALMNESS

Alicja, Wiktorja , Nerea, Darío, Álvaro R., Wissem, Zaccharie, Sidonia, Nefeli, Olga, Lampros, Michelangelo (3BM), Andrea (3BM), Mattia F. (3AM)

Team

PRIDE

Nina, Lena, Sandra , Pablo C., Lucía F., Gabriela, Camille, Chafina, Marios, Nikos Kof., Christoforos, Federico B. (3BM), Federico P. (3BM), Nicola (3AM),

Team

HOPE

Laura, Magda, Rozalia , Violeta F., Laura G., Miguel M., Sasha, Ysandre, Lisa, Katerina, Margarita, Federico C.(3BM), Orlando (3BM), Alessandro F. (3AM)

7 Team building ▾

7.1 Team CALMNESS

7.2 Team PRIDE

7.3 Team HOPE

7.4 Team GRATITUDE

7.5 Team JOY

7.6 Team EMPATHY

7.7 Team TRUST

7.8 Team CONFIDENCE

7.9 Team RESILIENCE

7.10 Team LOVE

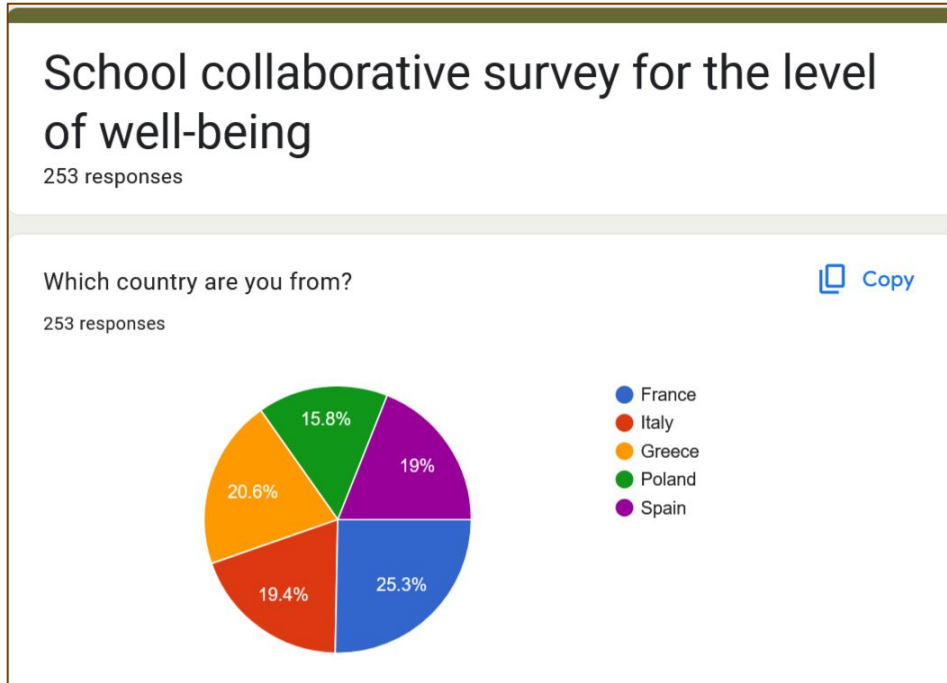
RESEARCH IN TEAMS



9 compétences dans le
LifeComp défini par l'Union
Européenne

Chaque équipe se penche sur
1 compétence

SCHOOL SURVEY



Elaboration conjointe d'une enquête pour sonder nos 5 communautés scolaires

Recueil de + de 250 réponses

Analyse des résultats en équipes, identification des **problèmes**.

WELL-BEING CAMPAIGN

Team Kalmness,
use this online board to create tips – processes to enhance Self-regulation

FRENCH TEAM:

- We say that we should to relax, to meditate, or even just breath...
- But does it really help? In our opinion we should force us in a way, even though it's really hard, to forget this fear found inside of us, this obstacle that prevent us of putting this feeling away and just do it.
- By doing that several times, we just get used to and will become a reflex and will be easier to share feelings, talk about us.

GREEK TEAM

- Find suitable ways to let your emotions out, such as listening to music, hanging out with friends/family and exercising
- Aim for regulation, NOT repression
- Accept your emotions

GREEK TEAM

- Establish a more positive and helpful relationship with teachers
- Visit a psychologist or the school's therapist

Greek Team

SPAIN TEAM

- To relax,breath and think through before doing or saying something important.
- To meditate once a day, it will relax you.
- Don't suppress your emotions.
- Set your goals.

POLISH TEAM

- Engage in meditation and breathing exercises regularly
- Surround yourself with supportive people and minimize sources of distraction from your environment

SELF-REGULATION

because Expressing your emotions by writing them on paper helps you to understand them better. It's a turn of the Highlight New

Team CONFIDENCE,
use this online board to create tips – processes to enhance the topic of GROWING MINDSET

I've created a simple process called "Growth Steps".

Reflection Time: Set aside a few minutes each day to reflect on your experiences. Think about challenges you faced and what you learned from them.

Positive Affirmations: Write down positive statements about yourself and your abilities. Repeat them to yourself daily to reinforce a growth mindset.

Learning Journal: Keep a journal where you jot down new things you've learned or skills you've developed. Reflect on your progress regularly. Celebrate Progress: Celebrate your successes, no matter how small. Recognizing your

Greek Team
Dear friends
We're thinking of using Canva Infographics for the presentation of the campaign.
How do you feek about it?

greek team,
Develop the mentality of "not yet", willing to make mistakes but making the best of the situation.
Set realistic goals
I would seek feedback before accepting any further challenge
Give importance to rewarding actions

You should always try new things especially the ones that seem the hardest. Set aside dedicated time on a regular basis, such as

Recherche de solutions en équipes

Yes, we think that it is a great idea to make an Infographics. We choose this template and we put some changes.

GROWING MINDSET

https://davidtitafoqa/bhfxulXKt8JOYnsWLUtutml_content=DAGDITaFogA&utm_car

Spain Team

French Team
To develop and give confidence to people, we think that writing your goals is important. You should divide them, because tiny steps seem easier and it helps to grow confidence. That way, you see that you're doing things in your day!
That would be also helpful tracker to visualise your achievements.

5 TIPS

TO IMPROVE YOUR SELF-REGULATION

Team Calmness

1

Meditation

First things first you need to accept your emotions. Then find suitable ways to let your emotions out for example by doing breathing exercises regularly.



2

Communication

Furthermore it's really important to communicate with friends, parents or even teachers... whatever makes you happy!



3

Activities

Besides communicating you can also relax by doing sport, listening to music, hanging out with friends/family.



4

Lifestyle

Develop a routine, it makes it easier to stick to healthy habits



5

Self Management

Set your goals, define your objectives, prioritise your needs! Keeping a personal diary helps a lot!



IDEAS TO COMMUNICATE BETTER

1

PRACTISING GRATITUDE

Practising gratitude is another way to make friends because gratitude makes people's mood increase in a good way!



START BY TALKING TO YOUR PARENTS

Some people have difficulties communicating with other people and the best way to start dealing with it is to talk to your parents about how you feel. They are going to be there for you, listen to you and try to help you.



3

TRY TALKING WITH FRIENDS

Hang out with friends and try to talk to them, they can help you and they can understand you. Always have fun with them!



2

BE A GOOD LISTENER

Listening to your friends increases the rapport between two people, so always remember to listen to your mates



4

5

TRY OUT NEW GROUP ACTIVITIES

If you want to make new friends, you should take up group activities like joining team sports, acting or creating a podcast.



Collaboration

Team Trust

PROBLEM SOLVING

Improve your problem-solving skills by analyzing complex situations and finding practical solutions.



THINK TWICE

Think carefully and don't just go ahead with your first thought.



EMPATHY

Cultivate the ability to put yourself in others' shoes and understand their perspectives.



ESTABLISH COMMON GOALS

Make sure everyone understands the team's common goals and objectives. When everything is well organized, collaboration is easier.



DEFINE ROLES AND RESPONSIBILITIES

Clearly define the roles and responsibilities of each team member to avoid confusion and conflict. When everyone knows what is expected of them, collaboration becomes more efficient.



DISCUSSION

You should always speak to someone you trust. But be careful who you trust, sometimes they're just waiting for your downfall.



RECIPROCAL TRUST

Believe in your friends and family without doubt, and they will extend the same belief to you in return. Trust builds strong, reciprocal relationships.



Elaboration d'une campagne de sensibilisation pour développer ces 9 compétences du bien-être :

création collaborative de visuels regroupant les solutions / conseils définis ensemble.

Publication de la campagne sur un site internet.

S.A.F.E WEBSITE



S.A.F.E. Supported - Aware - Feeling well - En...

Home ▾

Team building ▾

Campaign for well-being

CAMPAIGN FOR WELL-BEING

SELF-REGULATION

FLEXIBILITY

WELL-BEING

SOCIAL WELL-BEING

COMMUNICATION

EMPATHY

COLLABORATION

GROWTH MINDSET

CRITICAL THINKING

LEARNING MANAGE...

The interpretation of the results obtained with our common school survey leads to a deeper understanding of strengths and areas for improvement. That is the starting point of our campaign.

CONGRATULATIONS!

Projet primé au concours national eTwinning en Italie !



Premi nazionali eTwinning 2024 - "S.A.F.E.", ITTS "A. Volta" di Perugia

