

Well

*School year
2025-2026*

being at school





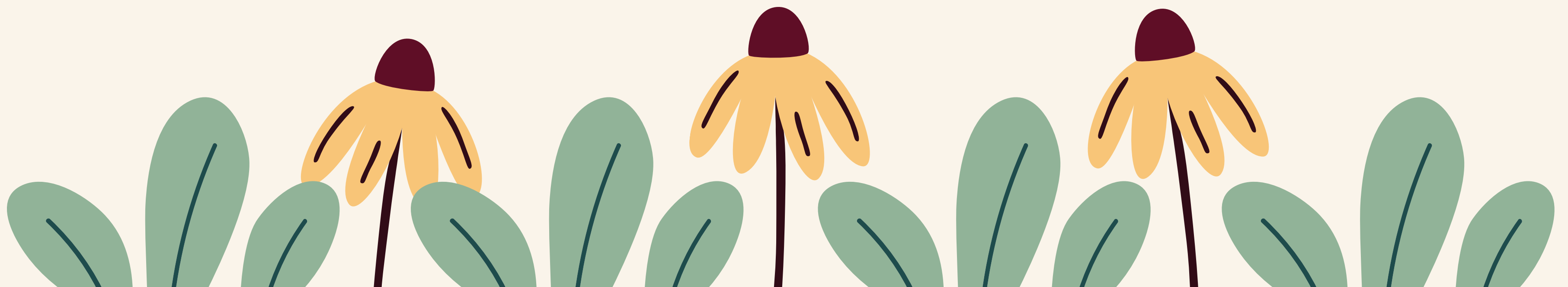

The Project

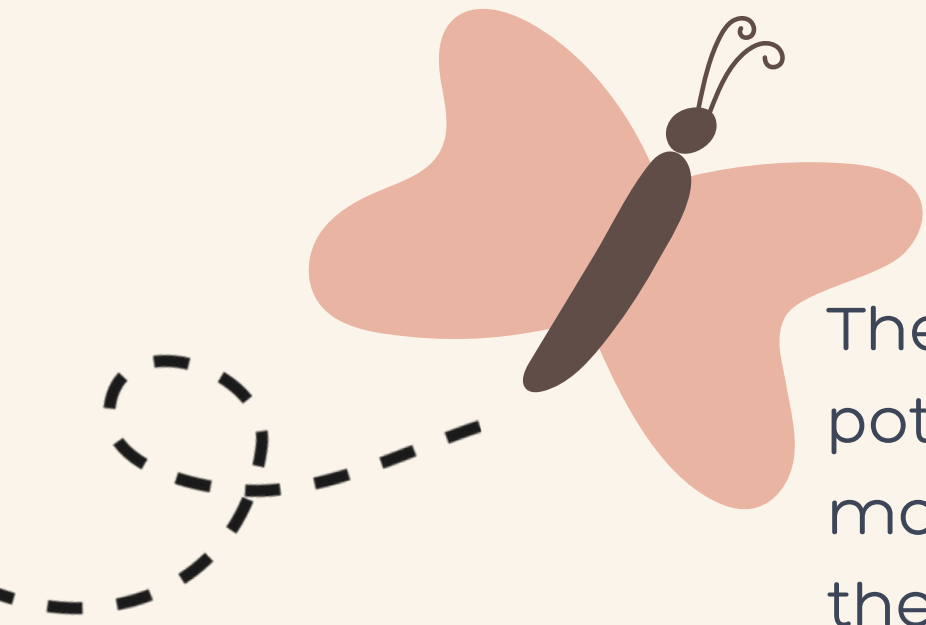
The project was created with the aim of guiding students on a gradual journey to discover and promote well-being at school, starting from concrete, sensory, and relational experiences, and moving step by step towards a more collaborative and digital dimension.

The initial focus will be on personal awareness:

“What makes us feel good at school? How do we take care of our body, our emotions, our relationships, and the environment around us?”

Through activities linked to a healthy lifestyle – balanced snacks, movement, positive relationships, and contact with nature – students will become true Ambassadors of Well-being, ready to share and spread good practices with peers from partner schools across Europe.

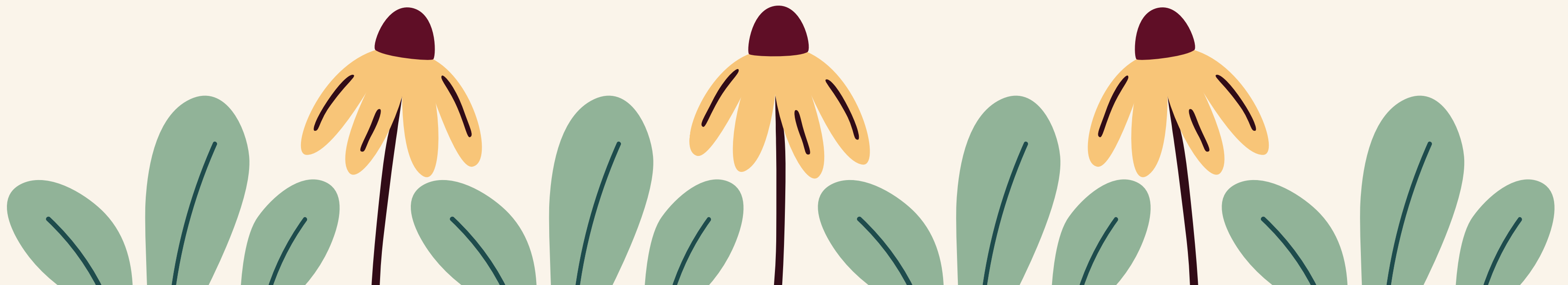


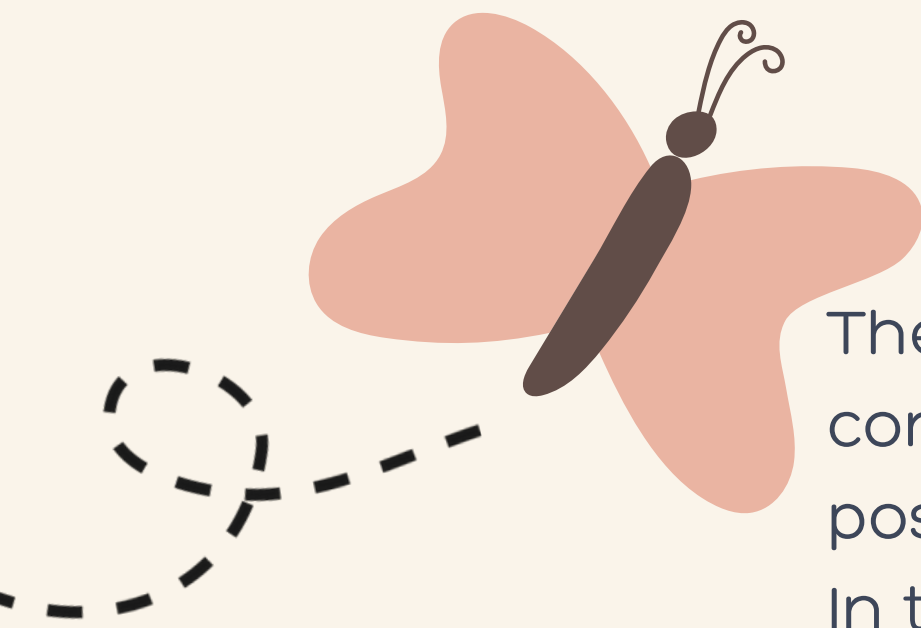


The journey will be personalized to enhance each student's strengths and potential, inspired by the model of multiple intelligences. This will ensure motivation, active participation, and opportunities for everyone to express themselves.

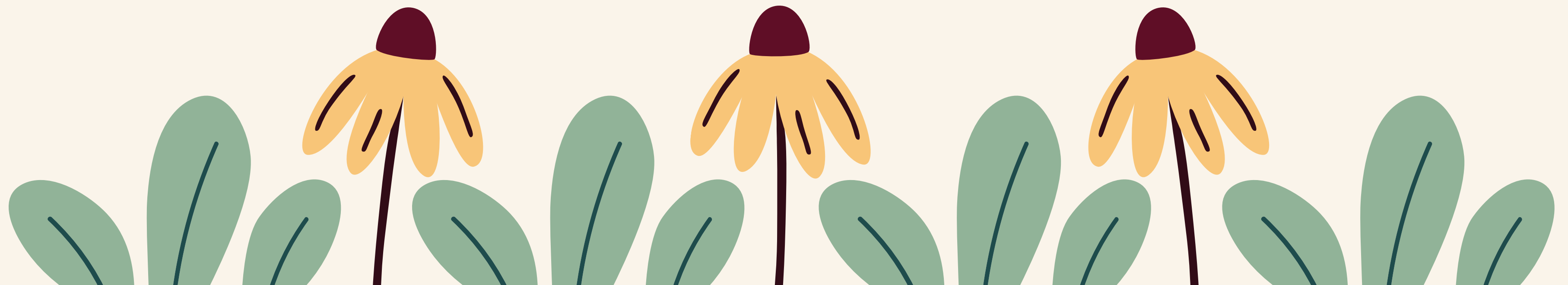
The project is structured into two main phases:

- Analog Phase: concrete experiences, hands-on activities, and moments of collective discovery.
- Digital Phase: collaboration between partner schools, exchange of ideas, creation of shared materials, and the use of multimedia tools.





The project may continue into the following school year, in order to consolidate results, expand its impact to other classes within the school, and possibly open the door to Erasmus+ opportunities. In this way, participating students will keep their role as Well-being Ambassadors, promoting awareness and good practices in the spirit of active citizenship and shared responsibility.





Objectives

The project aims to guide pupils on an integrated journey of personal and collective growth, working together to promote healthy and sustainable lifestyles, while developing awareness of their own bodies, emotions, and interpersonal relationships.

Particular attention will be given to active citizenship and to the care of oneself, others, and the environment, fostering a sense of shared responsibility.

Through creative, hands-on, and collaborative activities, children will strengthen their communication, digital, social, and entrepreneurial skills, learning to express themselves in different ways and to collaborate with peers from other countries.

The contact with different cultures will encourage openness, curiosity, and mutual respect.





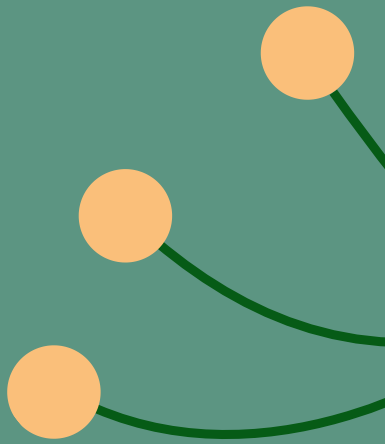
The project aims to develop a wide range of European Key Competences, including:

- Citizenship competence
- Digital competence
- Personal, social, and learning to learn competence
- Entrepreneurial competence
- Communication in the mother tongue and in foreign languages
- Cultural awareness and expression

All activities will also be connected to the UN 2030 Agenda Goals, in particular:

- Goal 3: Good Health and Well-being
- Goal 4: Quality Education
- Goal 11: Sustainable Cities and Communities

This value-based framework will enable students to feel like active protagonists of positive change, both in their school community and in an international context.



Work Phases

The project begins with a hands-on experiential phase, designed to spark children's curiosity, emotional involvement, and self-awareness. Before introducing the digital and international dimension, each class will find in their classroom a Well-being Kit: a symbolic container (such as a suitcase or a basket) holding small objects, images, proposals, and a mascot-guide.

At the heart of the kit, a shared diary will propose simple activities or daily habits that promote well-being at school.

Each day, pupils will be invited to:

- experiment with one of the proposals,
- reflect on how they felt,
- and document the experience to share with partner schools.





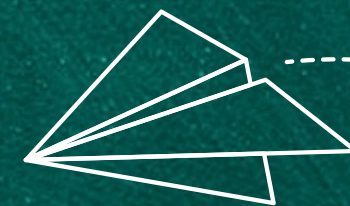
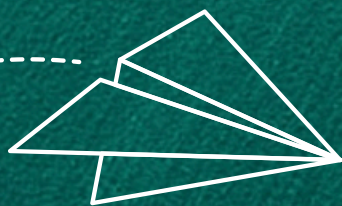
Borcelle
School



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Start Slide



Next to the diary, an invitation letter will call them to become Well-being Explorers: little ambassadors tasked with observing, trying, discovering, and proposing new ideas to improve school life.

This first analog phase is designed to root learning in concrete experiences, stimulate active participation, and build a set of experiences that will form the basis of the next stage.

After this initial phase, a symbolic element – such as a QR code hidden in the kit – will lead the children to discover TwinSpace, introducing the digital and international dimension of the project.

This step marks the transition from the “here and now” of the classroom to the wider European learning community, broadening the children’s horizons beyond the borders of their own school.



A moment of socialization and mutual acquaintance between partner schools will follow, leading to the creation of thematic virtual classes (for example: active breaks, healthy snacks, outdoor activities, relaxation moments).

Students will not be assigned to groups randomly, but according to their strengths and interests, following a personalized approach that aims to value their talents while encouraging them to explore new skills.

Each student will thus be able to create their own Personalized Well-being Menu, choosing how to contribute to collaborative activities based on their learning styles and intelligences, while always remaining connected to the common path.

This approach will foster a sense of belonging, motivation, and the perception of making an authentic contribution.






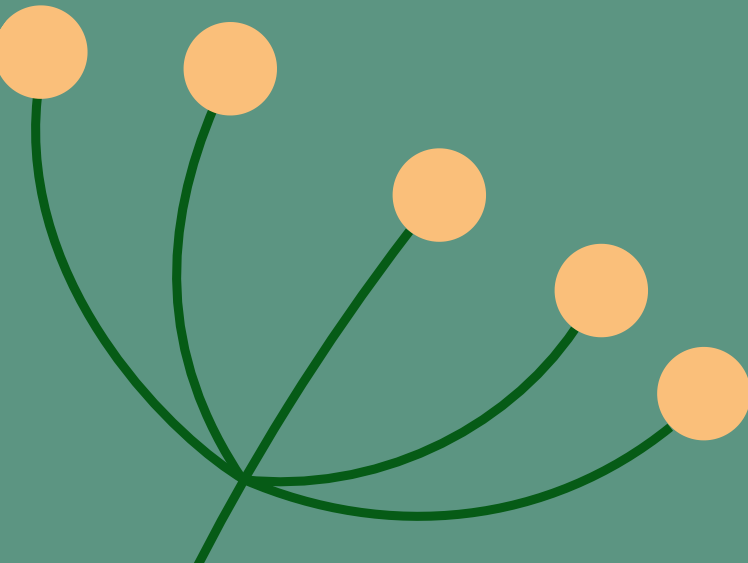
Expected Results



At the end of the project, students will have contributed to the creation of several collaborative outputs that will remain as a testimony of their shared journey. Among these:

- a Shared Well-being Diary with experiences and suggestions collected from all partner schools, highlighting the contributions and strengths of each student;
- thematic boards from the virtual classes (active breaks, healthy snacks, outdoor activities, relaxation moments), created through international collaboration;
- artworks, videos, recipes, and routines designed and built together, to be shared with the school community.

Finally, the work carried out will provide a solid foundation for possible future collaborations, including the continuation into the following school year or the development of Erasmus+ mobility activities, thus ensuring continuity and a lasting impact.



Partner schools



Istituto Comprensivo
Statale SANTENA



4th primary school
of Kilkis



Col·legi Esclaves SCJ
Alcoi



CEIP Sierra Nevada



Panevėžio r.
Pažagių mokykla-
darželis



NECMETTİN
ÖZTÜRK İLKOKULU



Publiczna Szkoła
Podstawowa nr 17 im. Jana
Kochanowskiego w Radomiu



Scoala Profesională
Specială „Sfântul
Special” Botoșani



Twinspace

