

We plan to focus on 4 different areas about Well-being. We will work with our students at the first week of each skill, then we will create student teams from different schools. We aim to make pupils nourish each other

December -Introduction of schools, teachers and students

January -Logo contests

Poster contest

February -Focusing on Physical Well Being

1-All the schools have to prepare an eTwinning board at school. It can be about Well Being in general or about the project or both 😊

Activities

-We will organize a student meeting and they will share their fitness routines and eating habits.

-We will create mixed students teams, they will talk about their traditional healthy foods and create a poster about healthy foods.

Extra: Teachers can take students to school garden and have some sports/ physical activities.

March -Focusing on Cognitive Well Being

-Another students meeting will be organized and they will share what they do to focus and concentration.

-Mixed students teams will create a mind map about "how to deal with stress and anxiety"

Extra: Students can play some memory games in the class.

April -Focusing on Emotional Well Being

-Students will have a meeting about their hobbies and the things they like to do. (What gives them happiness)

-Each student will write about their positive experience which makes them happy on a Padlet.

-Students will hold a campaign named "Smiling makes us happier". Every school can make different activities about making other students happy.

May - Focusing on Social Well Being

-This month will be about community job. After maintaining Physical, cognitive and emotional well being, now it is time to spread it out. Students can help older people, feed street cats.

Celebration of eTwinning Day

-We will celebrate May 9th eTwinning Day with posters from each school.

Common Product

This will be discussed during the process.

Evaluation