

CREATING EMOTIONALLY SAFE CLASSROOMS



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OID: E10201112

Advanced Institute for Skills Development

COURSE DESCRIPTION

Every student learns better when they feel safe, respected and emotionally supported. In a world where schools face increasing emotional and behavioural challenges, teachers need practical tools to create classroom environments that promote psychological safety, empathy, and positive communication.

This Erasmus+ course provides educators with evidence-based strategies to build emotionally safe classrooms – spaces where students feel comfortable expressing themselves, taking risks, and connecting with others in a respectful and inclusive way.

Throughout the week, participants will explore emotional intelligence skills, emotional regulation techniques, mindfulness practices, and classroom management approaches designed to foster emotional wellbeing and positive relationships between students and teachers.

Using a practical and interactive methodology, participants will experience real-life scenarios, group discussions, case studies, creative exercises, and roleplays – always with a focus on transferring these skills to their educational context.

This course supports teachers in creating safe learning environments that go beyond academic success – promoting emotional literacy, resilience, and social connection.

Methodology: Highly practical, reflective and experience-based. The course includes mindfulness practices, role-playing, group sharing, analysis of real school situations, co-creation of strategies, and collaborative problem-solving.

COURSE INFORMATION

Learning Outcomes

- Understand the concept and importance of psychological safety in schools;
- Identify emotional needs and behavioural signals in students;
- Apply emotional regulation strategies in classroom situations;
- Use mindfulness and breathing techniques for stress management (teachers and students);
- Promote positive communication, empathy and active listening in the classroom;
- Design classroom rules, routines and rituals that promote emotional safety and inclusion;
- Create a personal action plan for fostering wellbeing and emotional literacy in their schools;
- Promote intercultural awareness;
- Transfer and share core values, experiences and effective teaching practices with other teachers and colleagues;
- Improve technical and English language, communication and social skills.

DAILY PROGRAM

5-DAYS

..... *Our courses also include a daily Coffee Break

DAY 1 / 8h30-13h45

- The science of emotions and their impact on learning
- Emotional needs of students in diverse classrooms
- Introduction to psychological safety and inclusive practices
- Reflection: How safe is my classroom?

DAY 2 / 8h30-13h45

- Self-awareness and emotional regulation for teachers
- Strategies to recognise and respond to student emotions
- Breathing techniques, grounding and mindfulness for stress relief
- Practical exercises and guided activities

DAY 3 / 8h30-13h45

- Classroom communication for trust and respect
- Active listening and empathy-building activities
- Conflict prevention and resolution techniques
- Roleplays: transforming difficult situations

DAY 4 / 8h30-13h45

- Classroom organisation, routines and rituals that foster emotional safety
- Positive behaviour management without punishment
- Inclusion strategies for vulnerable students
- Creative expression activities (storytelling, emotions toolbox)

DAY 5 / 8h30-13h45

- Mini Project: Developing an Emotional Safety Action Plan for school
- Peer feedback and Final reflection circle
- Learning Outcome's validation
- Certification Ceremony



ADDITIONAL INFORMATION

Documentation: Learning Agreement; Certificate of Attendance with description of learning outcomes; Europass validation; and other required Erasmus+ supporting documents.

(Our courses are eligible to be completely funded by the Erasmus+ program 2021-2027 - KA1 funds and several other programs)

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