

HOW TO ENERGIZE YOUR LESSONS



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siner advanced skills institute

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OID: E10201112

Advanced Institute for Skills Development

COURSE DESCRIPTION

In today's fast-paced, short-term attention spans and diverse educational environments, traditional teaching methods are no longer enough to captivate students. Learners need energy, participation, interaction and emotional connection to stay engaged and succeed.

This course's intention is to equip educators with practical tools, strategies and activities to create energized, lively, active and motivating learning spaces.

Through a combination of active methodologies, emotional activation techniques and creative class management strategies, participants will discover how to reignite energy, focus and motivation – even in the most challenging groups.

This course is not about entertainment: it's about deliberately energizing learning to maximize student involvement, autonomy, and positive emotions connected to school.

COURSE INFORMATION

Learning Outcomes

- Learn how to design lessons that foster movement, interaction and emotional engagement;
- Apply active learning techniques that stimulate participation and motivation;
- Use energizers, warm-ups and classroom rituals strategically;
- Develop strategies to re-energize lessons when focus drops;
- Use positive communication to maintain an inclusive, cheerful atmosphere;
- Integrate gamification and storytelling into everyday teaching;
- Promote a joyful and supportive classroom culture across different age groups;
- 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 Energy in Learning
- Why students disengage: emotional and cognitive reasons
- The emotional-energy cycle in classrooms
- Identifying "dead zones" and reactivating participation

DAY 2 / 8h30-13h45

- Energizers, Warm-ups and Activation Strategies
- Movement-based activities for starting lessons
- Focus-building games and cognitive energizers
- Emotional warm-ups to create group cohesion
- Let's test it out - energizer ideas

DAY 3 / 8h30-13h45

- Active Learning Techniques and Dynamic Group Work
- Cooperative learning structures
- Interactive storytelling and creative problem-solving
- Structuring group work for high energy and responsibility

DAY 4 / 8h30-13h45

- Gamification, Joy and Motivation
- Introduction to gamification in everyday lessons
- Simple ways to create playful challenges and competitions
- Maintaining positive classroom energy without chaos
- Exercise: design an engagement routine for your classroom

DAY 5 / 8h30-13h45

- Building your personal energizer and activation tool plan
- Course roundup and review
- Learning Outcomes' validation
- Certification Ceremony



DAILY PROGRAM

6-DAYS

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

DAY 1 / 16h30-21h30

- Self Preparation for a short School presentation on Day 2
- Cultural Quiz (to be filled out pre-dinner)
- Welcome Session - icebreaking & dinner, week briefing & planning
- Networking between participants and Erasmus+ team
- Sharing of European core values
- Open space for participants to share ideas and discuss current challenges in the Education sector; collaborative opportunity to exchange future goals (activity)

DAY 2 / 8h30-13h45

- The Science of Energy in Learning
- Why students disengage: emotional and cognitive reasons
- The emotional-energy cycle in classrooms
- Identifying "dead zones" and reactivating participation

DAY 3 / 8h30-13h45

- Energizers, Warm-ups and Activation Strategies
- Movement-based activities for starting lessons
- Focus-building games and cognitive energizers
- Emotional warm-ups to create group cohesion
- Let's test it out - energizer ideas

DAY 4 / 8h30-13h45

- Active Learning Techniques and Dynamic Group Work
- Cooperative learning structures
- Interactive storytelling and creative problem-solving
- Structuring group work for high energy and responsibility

DAY 5 / 8h30-13h45

- Gamification, Joy and Motivation
- Introduction to gamification in everyday lessons
- Simple ways to create playful challenges and competitions
- Maintaining positive classroom energy without chaos
- Exercise: design an engagement routine for your classroom

DAY 6 / 8h30-13h45

- Building your personal energizer and activation tool plan
- Course roundup and review
- Learning Outcomes' 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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✉ learningtogether.eu@sinerconsult.pt

🌐 www.learning-together.eu | (351) 229 418 490 - Portugal

