

POSITIVE LEARNING AND WELLBEING IN SCHOOLS



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siner advanced skills institute

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OID: E10201112

Advanced Institute for Skills Development

COURSE DESCRIPTION

Schools today are not only places for academic learning – they are spaces where emotional development, social connection, and wellbeing play a critical role in student success and teacher satisfaction.

This course is structured to help educators and school leaders to create a positive school culture where wellbeing is integrated into everyday learning, routines and relationships.

Participants will explore key principles of Positive Education, Emotional Intelligence, and Wellbeing Strategies that support students' personal growth, motivation, and resilience – while also promoting teacher wellbeing and preventing burnout.

This mobility combines evidence-based practices with hands-on activities, offering teachers concrete strategies to build positive classroom environments, strengthen their communication skills, and develop wellbeing-focused projects for their school community.

All sessions are designed to be interactive, reflective, and practical – using group work, real-life scenarios, roleplaying, mindfulness practices, and creativity exercises. It's based on active learning, peer sharing, and experiential workshops.

COURSE INFORMATION

Learning Outcomes

- Understand the principles of Positive Education, Positive Psychology and its application in schools;
- Design learning environments that promote student engagement, wellbeing, and emotional safety;
- Apply techniques for fostering a positive classroom climate and supportive relationships;
- Promote social-emotional learning, empathy, and resilience in students;
- Integrate wellbeing routines and positive habits into school life;
- Develop a personal or school-wide wellbeing action plan to implement after the course;
- 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

- What is Positive Education? Origins and principles
- Wellbeing and its role in 21st-century schools
- Reflection: Assessing my school environment
- Positive Psychology and the science of wellbeing

DAY 2 / 8h30-13h45

- Self-awareness and emotional regulation
- Empathy and perspective-taking activities
- Strategies to foster resilience and growth mindset
- Wellbeing routines in daily school life

DAY 3 / 8h30-13h45

- Creating a supportive classroom climate
- Strength-based feedback and positive communication
- Strategies for student motivation and participation
- Classroom rituals for emotional safety and connection

DAY 4 / 8h30-13h45

- Designing wellbeing projects for schools (peer collaboration)
- Examples of successful wellbeing initiatives across Europe
- Mindfulness and relaxation practices for stress prevention
- Sustainability and wellbeing in the school community

DAY 5 / 8h30-13h45

- Group Presentation: Creating a Positive Learning and Wellbeing Action Plan
- Personal reflection: What will I take home?
- 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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