

## Project Set I: Happy Students for Happy Schools

Regional PDW for eTwinning ambassadors, Sarajevo, December 2023

### Authors, eTwinning ambassadors:

Azra Šoše, Bosnia and Herzegovina

Petar Nikolić, Croatia

Marko Brajković, Croatia

<b>Name of the project</b>	<b>Happy Students for Happy Schools</b>
<b>School Subject(s)</b>	Cross-curricular
<b>Age of the students</b>	Students of the 8th and 9th grades of primary schools, and students of the 1st and 2nd grades of secondary schools
<b>Recommended duration of the project</b>	6 months
<b>Short description</b>	Through this project, students will learn about different aspects of health preservation and the importance of preserving mental health above all. They will also learn about healthy lifestyles through joint activities.
<b>Goals</b>	<ul style="list-style-type: none"> <li>- Promotion of mental health preservation</li> <li>- Getting to know each other and networking</li> <li>- Promotion of healthy lifestyles</li> </ul>
<b>Activities</b>	<ol style="list-style-type: none"> <li>1. Conducting a survey on mental health (introduction of external partners (NGOs) to conduct a survey among students).</li> <li>2. Analysing the results and organizing lectures based on them.</li> <li>3. Getting to know students - via Padlet or another ICT tool, and video conferences.</li> <li>4. Joint celebration of e.g. International Day of Happiness/ International Day of Mental Health/ International Day of Hugs and creation of promotional materials</li> <li>5. Making exercises - 8 activities for well-being, making different videos (e.g. How to calm down, Different perspectives, etc.), Tik-tok challenge</li> <li>6. Creation of the final joint video</li> <li>7. Project evaluation and dissemination</li> </ol>
<b>Evaluation</b>	Evaluation of the project through the creation of surveys for students and teachers, participants in the project.
<b>Dissemination (inclusion of other pupils, teachers, parents, etc.)</b>	Dissemination of the project will be done through webinars, at teachers' council sessions and teachers' seminars.

## Project Set II: Zen Garden

Regional PDW for eTwinning ambassadors, Sarajevo, December 2023

### Authors, eTwinning ambassadors:

Tinkara Urek, Slovenia

Katja Jenko, Slovenia

Suzana Delić, Croatia

<b>Name of the project</b>	<b>Zen Garden</b>
<b>Short description</b>  <p>The "Zen Garden" project establishes a connection between good feelings and a green environment by creating mini-gardens in schools/kindergartens. It promotes environmental awareness and emphasizes the importance of contact with nature for well-being. The project brings together different age groups of children and young people. Through various, interesting and relaxing activities adapted to the age groups of the participants, the project explores the importance of coexistence with nature, getting to know it and its impact on mental health. By carrying out activities, we build mutual connection, encourage environmental awareness and educate generations about the necessity of respecting nature and taking care of mental health. The final result of the activity will be the establishment of a Zen garden in each school.</p>	<b>Age Range of pupils:</b> <i>For all levels of education</i>  <b>Key Competences addressed:</b> You can have more than one competence <ul style="list-style-type: none"> <li>• Digital</li> <li>• Language, entrepreneurship, personal, social and learning how to learn</li> <li>• Civic</li> <li>• Literacy</li> </ul> <b>Pedagogical objectives</b> <ul style="list-style-type: none"> <li>○ Enhance and promote knowledge on well-being</li> <li>○ Foster social-emotional development in pupils</li> </ul> <b>Subject areas</b> <ul style="list-style-type: none"> <li>• Citizenship</li> <li>• Cross-curricular</li> <li>• Ethics</li> <li>• Health Studies</li> <li>• Language and Literature</li> <li>• Science</li> <li>• Philosophy/Logic</li> <li>• Psychology</li> <li>• Social Science / Sociology</li> </ul>
<b>Goals</b> <ul style="list-style-type: none"> <li>• Through research, participants will understand how contact with nature contributes to overall well-being, with an emphasis on raising awareness of the connection between nature, gardening and mental health and encouraging positive experiences.</li> <li>• Participants will gain knowledge about the effect of natural sounds on well-being, stimulating the balance of stones and arranging their Zen garden.</li> <li>• They will strengthen their knowledge of using digital tools by writing code for robots, learning the basics of programming, moving robots along a path, and creating a Zen garden e-book and stop-motion animation "How to build a Zen garden".</li> </ul>	



- They will create their own Zen garden and a Zen garden at school with a special emphasis on sensory experience.

### Activities

1. Introducing Activities:
  1. "Let's get to know each other" (Padlet presentation)
  2. "Show your partners where you're coming from" (Google Earth)
  3. Online meeting: "Let's get to know each other"
2. Activities to present the topic "Well Green Path":
  1. Online meeting: "Zen garden" (external collaborator)
  2. TwinSpace Chat: talking about taking care of your own well-being.
3. Designing a logo
4. Activities for planning gardens and getting to know Zen gardens:
  1. Creation of an e-book with garden plans
  2. Group activity: sharing plans between schools and sending pebbles to encourage balance in the Zen garden.
5. Internet Security Activities:
  1. Internet security activities
  2. "A Zen Path": Basics of programming with various robots (KUBO, Bee-Bot, Ozobot) or without robots with CodyRoby (DIY Card Game)
6. Activities on the occasion of World Earth Day:
  1. Setting up Zen gardens

### Methods

- Tools for online collaboration: Padlet for "Let's get to know each other", Google Earth for "Show partners where you come from".
- Digital creation: Canva for logo design, StoryJumper for e-book creation.
- Learning to program: Using different robots or CodyRoby to program without a computer for "A Zen Path".
- Planning and making a garden: A sense of well-being as you plan and make your own garden.

### Evaluation

Before and after project implementation.

### Dissemination

On the school's website, on social networks and in local media during the implementation of the project.

## A Package of Suggestions for Activities Related to Well-being

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**Authors, eTwinning ambassadors:**  
Lejla Hujdur, Bosnia and Herzegovina  
Dalibor Todorović, Serbia  
Nataša Vrapčević, Serbia  
Emilija Stojanovska, North Macedonia  
Zorica Milkova, North Macedonia

The group created a package of proposals for activities that contribute to well-being in the school, which can be implemented as part of any eTwinning project in the year dedicated to well-being. Each of the activities can be realized through collaboration, documented in a shared eBook, video, etc., and thus become one of the documented collaborative activities.

Name of the activity	Description of the activity	Objective of the activity	Age of students	Duration of the activity
<b>Rhythmic exercise</b>	<ol style="list-style-type: none"> <li>Students sit in a circle, on chairs.</li> <li>The teacher plays classical music and determines the way to beat the rhythm (clapping, hands clapping, kicking the floor...).</li> <li>At the end of the exercise, the students repeat the rhythmic beats without music.</li> </ol> <p><a href="https://www.youtube.com/shorts/YRYAHpSJmcE?reload=9&amp;si=90gM2yRhK94G-_2z">https://www.youtube.com/shorts/YRYAHpSJmcE?reload=9&amp;si=90gM2yRhK94G-_2z</a></p>	Development of concentration, attention and fine motor skills	All ages	3'-10'
<b>An experiment</b>	<ol style="list-style-type: none"> <li>The student plants 2 plants of the same species, but in different pots.</li> <li>The student keeps them under the same external conditions, taking care of them equally.</li> <li>The only difference is that the student talks kindly to one plant every day, playing pleasant music, but not to the other.</li> <li>At the end of the experiment, the student draws a conclusion about the importance of treating plants and all living things with kindness.</li> </ol>	Learning about the importance of wellbeing, and learning about plants	Up to 10 years	During the entire implementation of the project
<b>Mandala colouring</b>	<ol style="list-style-type: none"> <li>Students colour mandalas.</li> <li>The shape of the mandala can be adapted to the theme of an individual eTwinning project.</li> </ol>	Development of	All ages	20'-40'



	<a href="https://kreativna.org/crtanje-mandala-za-pocetnike-video-radionica/">https://kreativna.org/crtanje-mandala-za-pocetnike-video-radionica/</a>	concentration and attention		
<b>Op-Art technique</b>	<ol style="list-style-type: none"> <li>1. Students create a character in the Op-Art technique.</li> <li>2. The shape of the character can be adapted to the theme of the individual eTwinning project.</li> </ol> <a href="https://www.eduino.gov.mk/randetskirazvoj/game/7273/">https://www.eduino.gov.mk/randetskirazvoj/game/7273/</a>	Development of concentration and attention	From 12 to 19 years	45'- 60'
<b>Musical circle of emotions</b>	<ol style="list-style-type: none"> <li>1. Draw a circle of emotions on the floor and write one emotion in each field.</li> <li>2. Students stand in that circle.</li> <li>3. The teacher plays music while the students start walking around the fields of the circle of emotions.</li> <li>4. When the music stops, the students stop walking.</li> <li>5. The students should describe the field they find themselves in and act out or tell how to overcome the given emotion they are in.</li> </ol> <a href="https://drive.google.com/file/d/1XkeMNtTihn-PbPYm442ub0Fyx9xL5S8L/view?usp=sharing">https://drive.google.com/file/d/1XkeMNtTihn-PbPYm442ub0Fyx9xL5S8L/view?usp=sharing</a>	Learning about emotions	All ages	20'–30'
<b>In someone else's shoes</b>	<ol style="list-style-type: none"> <li>1. The teacher tells a story as a "hook".</li> <li>2. Students are then given the task of telling the story from the point of view of one of story's characters.</li> </ol>	Development of empathy	From 10 to 19 years	30'–60'
<b>Mediation with masks</b>	<p>In the event of a conflict situation, students are invited to mediate, with the presence of a teacher-mediator...</p> <ol style="list-style-type: none"> <li>1. Ensure that only students who are direct participants in the conflict attend the mediation, with the presence of the teacher-mediator.</li> <li>2. Each of the students gets a mask and the opportunity to tell another student under the mask, with the presence of a teacher-mediator, everything that bothers him/her...</li> <li>3. The conversation under masks continues, with the present teacher-mediator, until the conflict is resolved and the students apologize to each other realizing what they did wrong.</li> </ol>	Conflict resolution	From 12 to 19 years	30'–60'