

POLISH-FRENCH BILATERAL ETWINNING SEMINAR

My first project with an eTwinning Ambassador



Gdynia
26th-28th January 2024

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Well-being at schools

Milena Drąg
Monika Mojsiejonek



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1 Elementary school teacher

2 Speech therapist

3 PhD student

4 Mindfulness enthusiast

f Operatywna Nauczycielka



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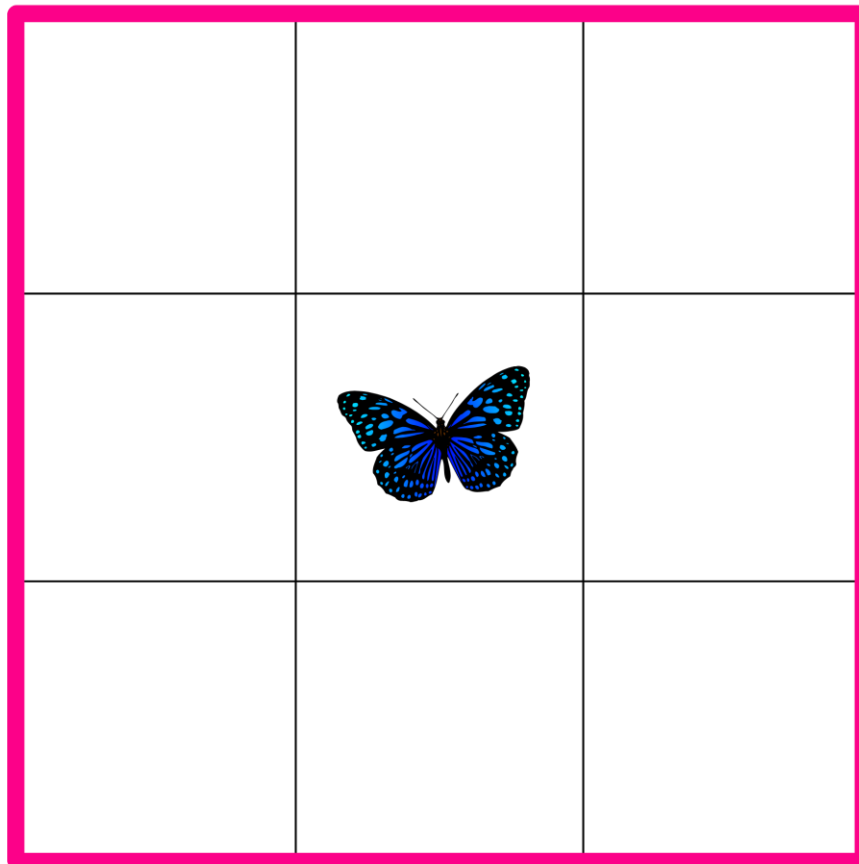
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- 1 English teacher
 - 2 Teacher Training Centre specialist
 - 3 eTwinning Ambassador
 - 4 well-being practitioner
- f Interdyscyplinarna Anglistka

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**What skills
do you want to equip
your students with?**

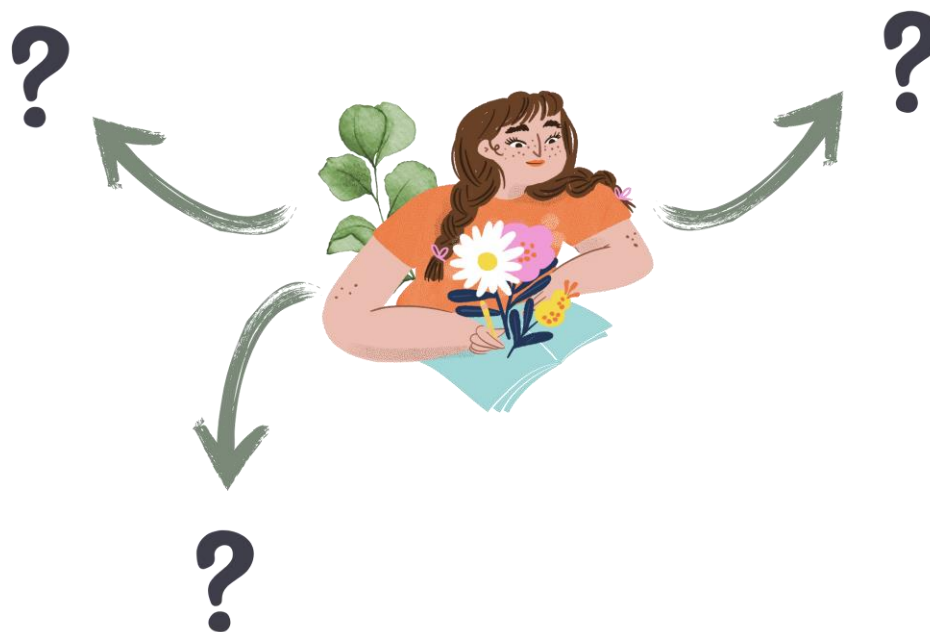


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Dobrostan - (ang. well-being)

The term "well-being," came from psychology. It signifies an individual's experience of happiness, satisfaction, and fulfillment.

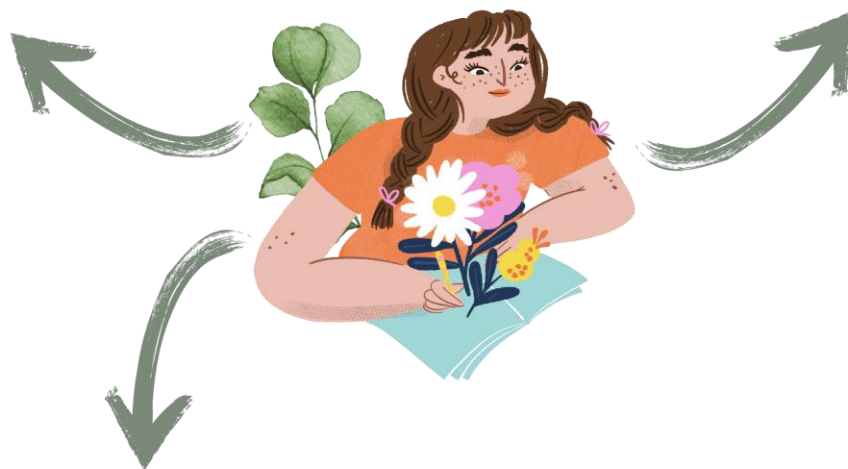


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social state

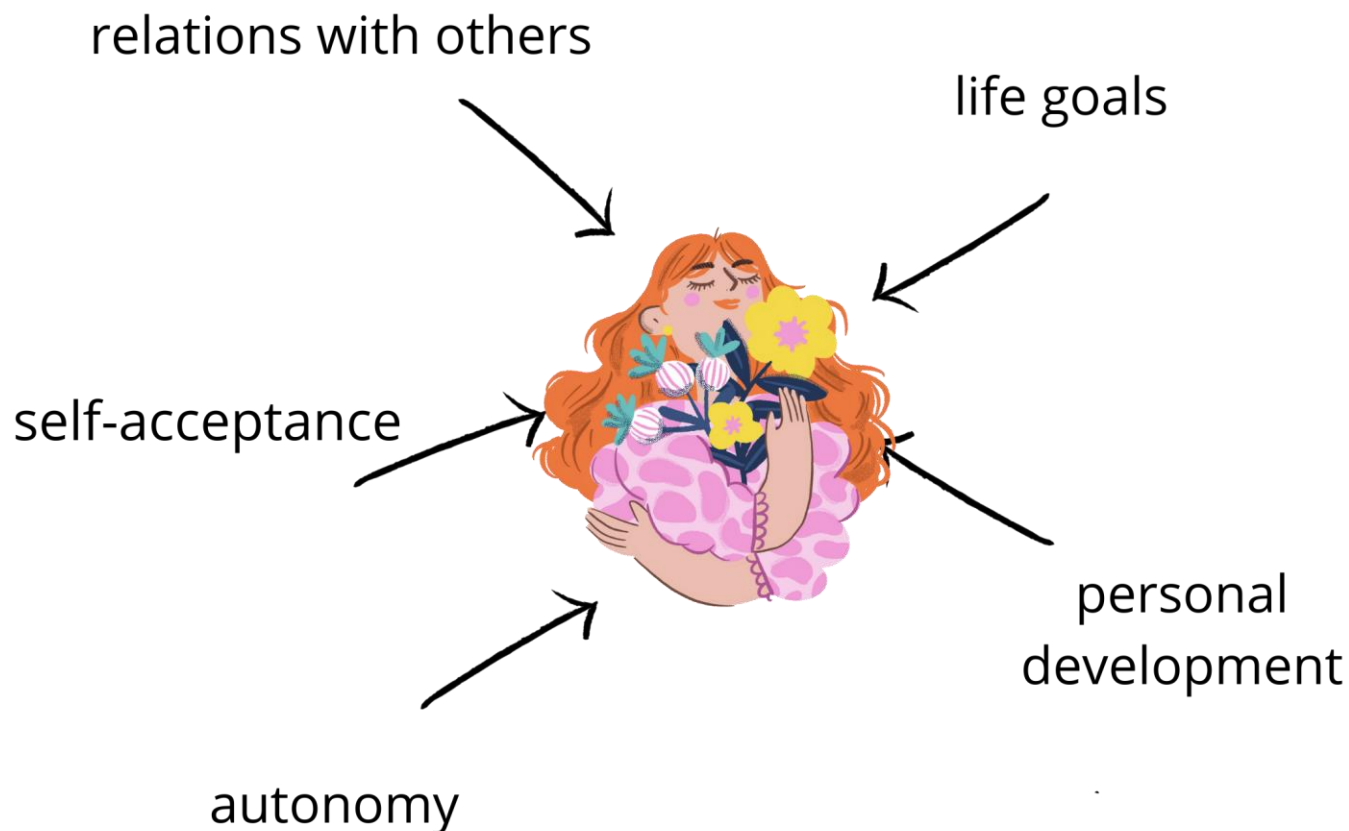
physical state



mental state

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If there is one **secret** of success, it lies in the ability to get the other person's point of view and see things from that person's angle **as well as from your own.**

Henry Ford

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To provide support for our students, we ourselves must be content, mindful, and have a sense of personal well-being.

Why? Because only a teacher who is full of energy can transmit it to their students.

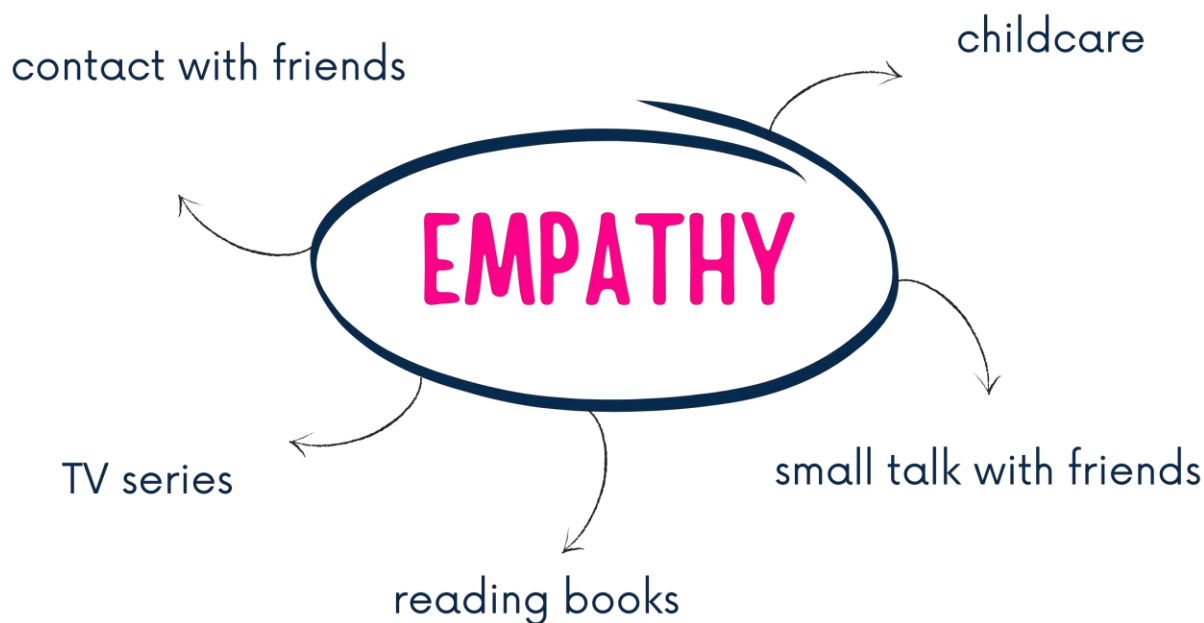
Mirror neurons - it's thanks to them!



core of empathy

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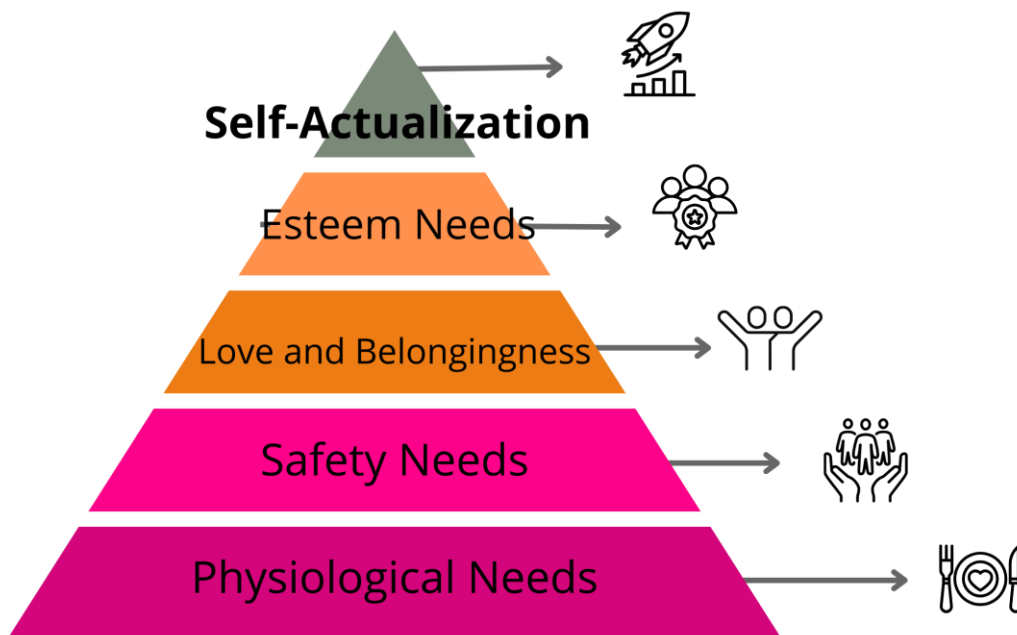
these activities are emotional intelligence training

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Maslow's Hierarchy of Needs pyramid

everything starts with satisfying needs



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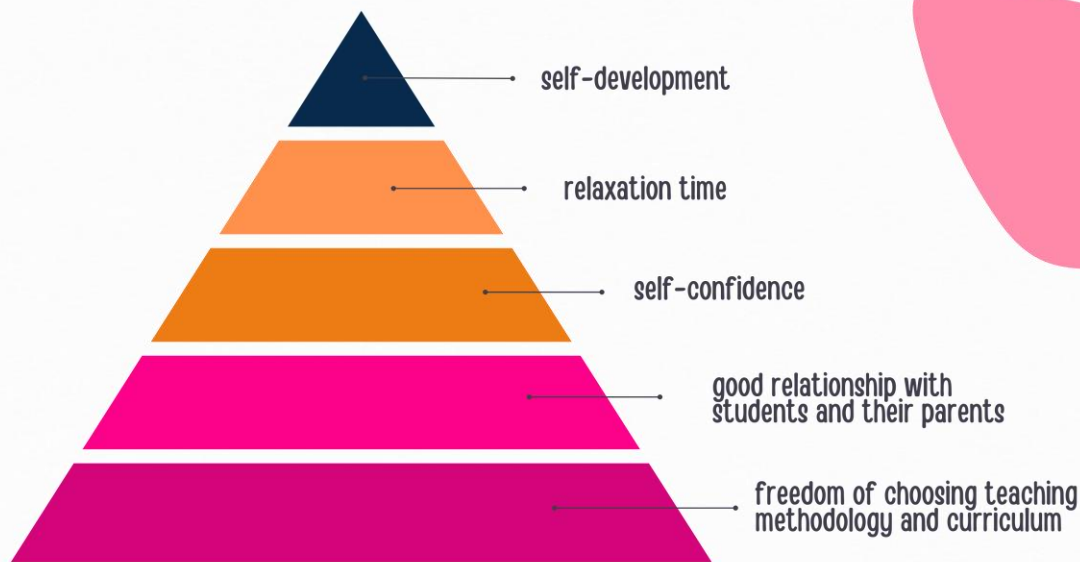
THE 21ST CENTURY HIERARCHY OF NEEDS



f *Operatywna Nauczycielka*

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TEACHER'S WELL-BEING



Operatywna Nauczycielka

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Self-care practices for teachers

Establishing boundaries

Setting boundaries around workload and personal time is essential for teacher self-care.

Healthy nutrition

Prioritize nutritious meals and stay hydrated to maintain energy levels and overall well-being.

Exercise & physical activity

Regular exercise can boost mood, reduce stress, and promote physical wellness for teachers.

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Wellbeing

Conclusion and key takeaways

1

Reflect on learning

Encourage teachers to reflect on the valuable insights gained from the well-being and mindfulness guide.

2

Practice self-compassion

Emphasize the importance of self-compassion in the journey towards improved teacher well-being.

3

Implement small changes

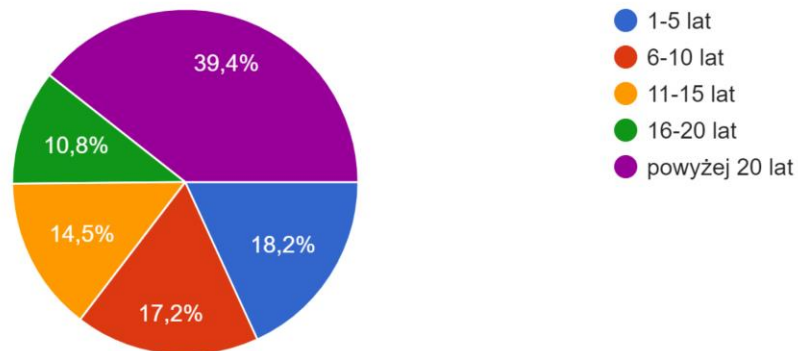
Guide teachers to start implementing small, manageable changes to enhance their overall well-being.

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How long have you been working as a teacher?

Staż pracy jako nauczyciel
325 odpowiedzi

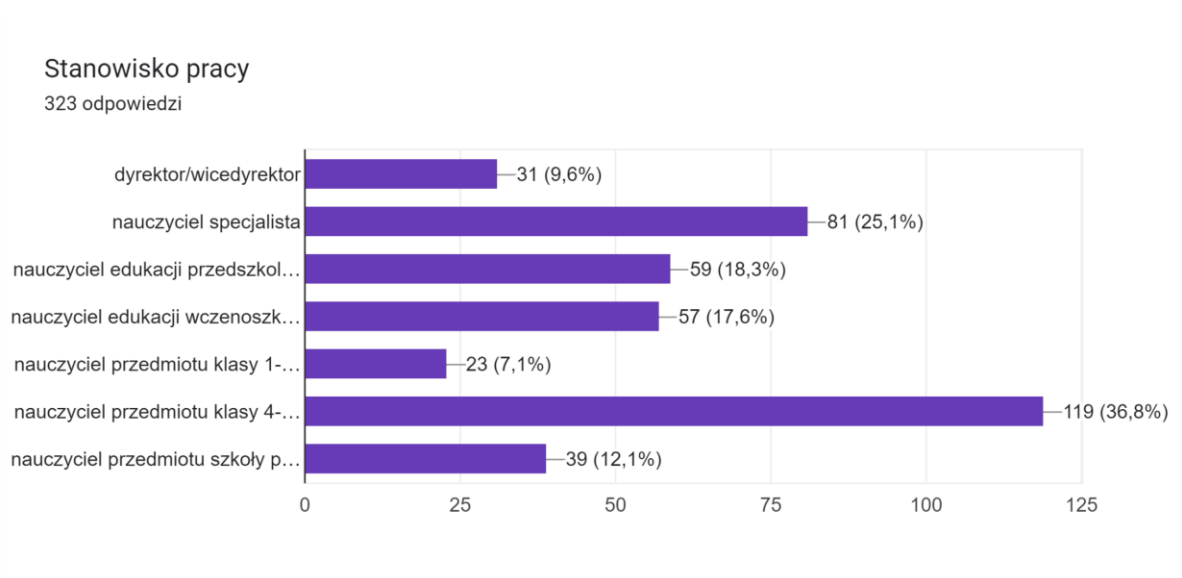


Source: the analysis of data gathered from a self-made questionnaire

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What's your position at work?



Source: the analysis of data gathered from a self-made questionnaire

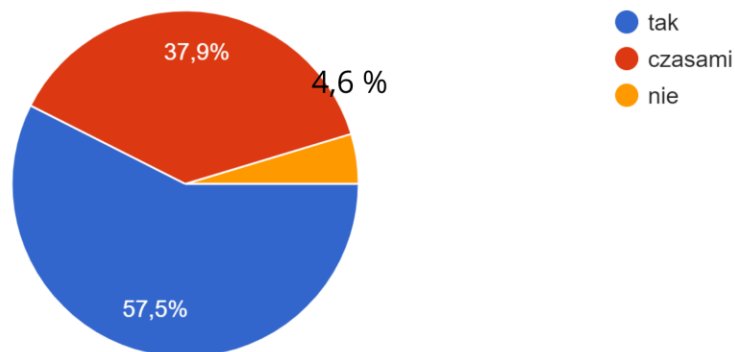
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Social relations: Are you and your needs respected?

Relacje Społeczne: Czy czujesz się szanowany w relacjach społecznych?

322 odpowiedzi



Source: the analysis of data gathered from a self-made questionnaire

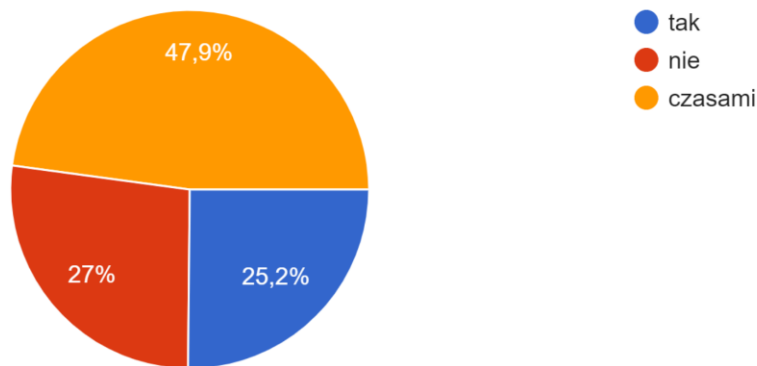
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Do you feel appreciated at work?

Docenianie: Czy czujesz się doceniony?

326 odpowiedzi



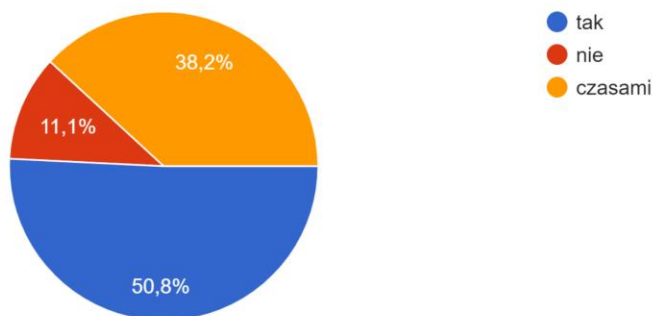
Source: the analysis of data gathered from a self-made questionnaire

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Support and social relations at work: Do you get adequate support from your colleagues?

Wsparcie i prawidłowe relacje społeczne w pracy: Czy odczuwasz wystarczające wsparcie oraz prawidłowe relacje społeczne ze strony koleżanek/kolegów
325 odpowiedzi



Source: the analysis of data gathered from a self-made questionnaire

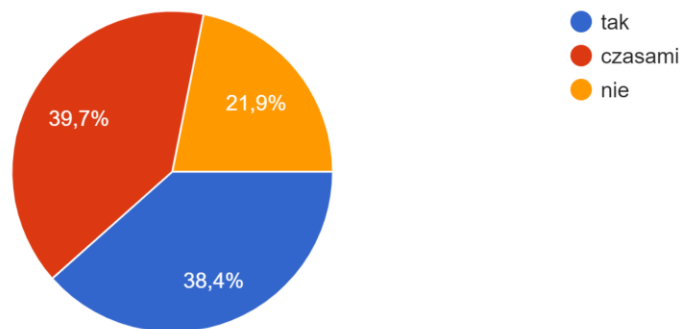
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Do you feel your head teacher supports good relations between the teaching staff?

Znaczenie wsparcia dyrekcji: Czy czujesz wsparcie ze strony dyrekcji szkoły w kwestiach związanych z relacjami między nauczycielami?

320 odpowiedzi



Source: the analysis of data gathered from a self-made questionnaire

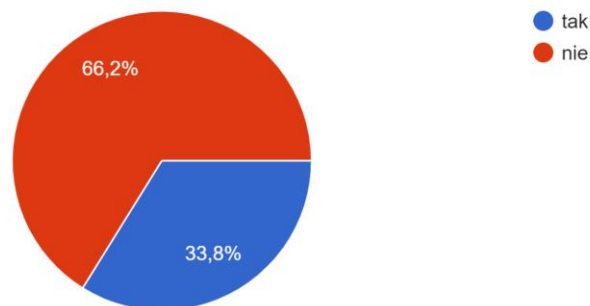
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Are you satisfied with the balance between your work time and private life?

Proporcje pracy i życia prywatnego: Czy uważasz, że masz odpowiednie proporcje pomiędzy pracą a życiem prywatnym?

325 odpowiedzi

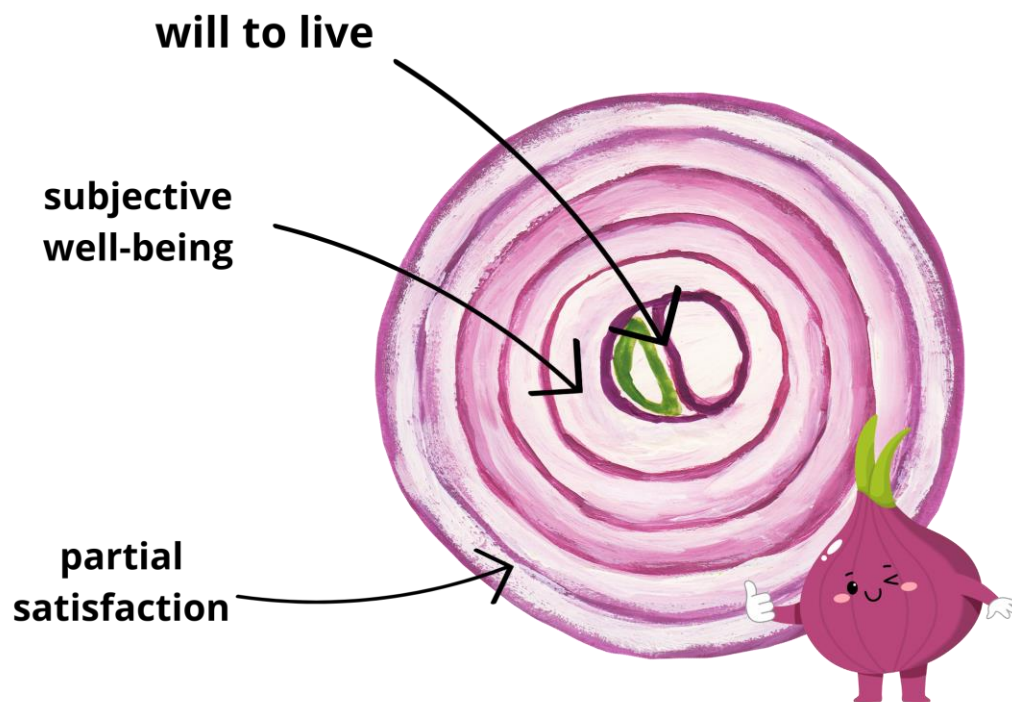


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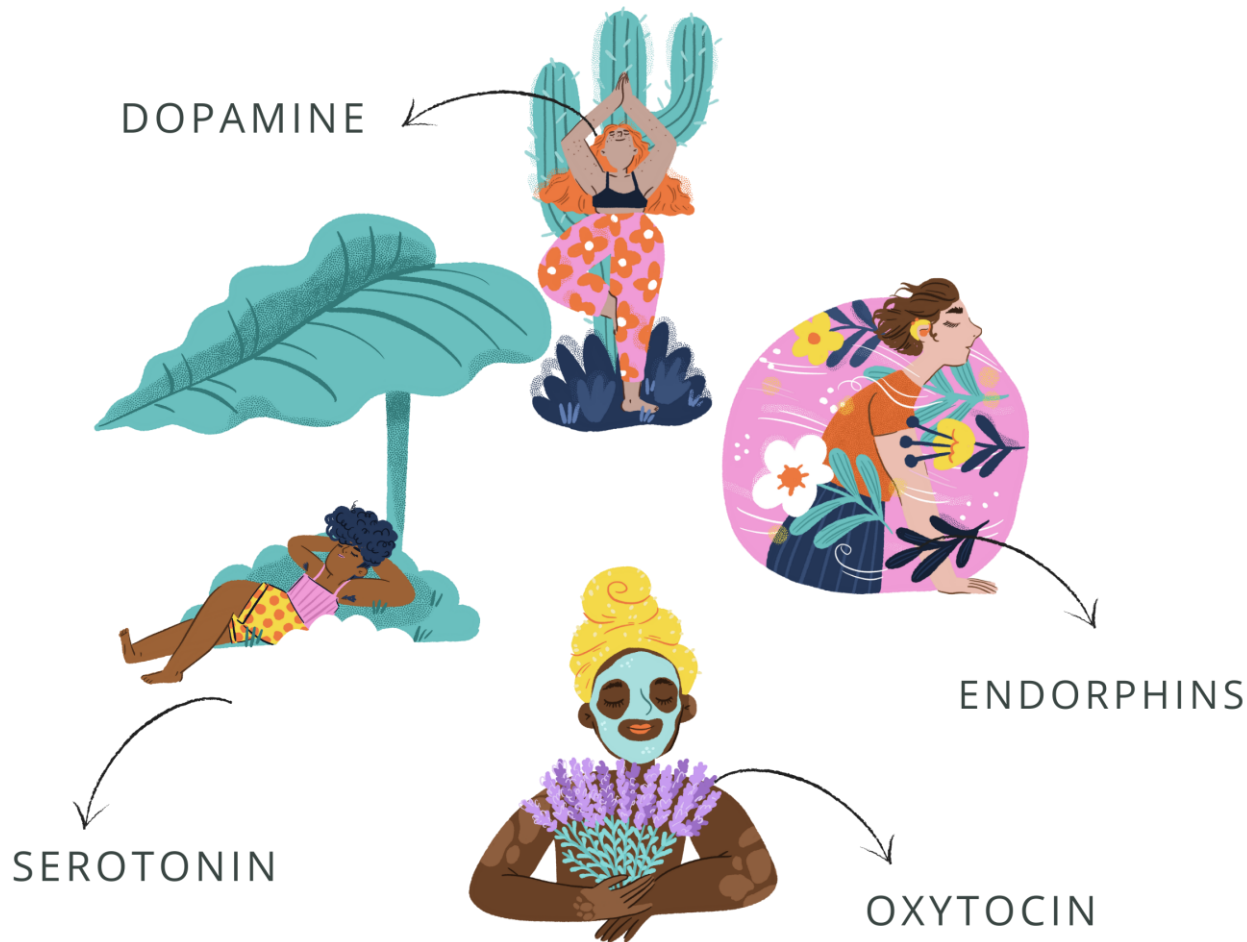
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The Onion Theory of Happiness - a psychological concept created by a social psychologist and academic lecturer Janusz Czapiński



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ENDORPHINS

**REDUCE PAIN AND STRESS
CAUSE A FEELING OF EUPHORIA**

WHAT BOOSTS THEM?

- *Laughter or thinking about happy moments*
- *Body movement – less or more intense*
 - *Chocolate*
 - *Orgasm*
- *Spicy seasoning (e.g. chilli pepper)*
 - *Acupuncture*



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DOPAMINE

**GIVES YOU A SENSE OF PLEASURE,
REWARD, GIVES YOU MOTIVATION
TO REPEAT A BEHAVIOUR**

WHAT BOOSTS IT?

- *Celebrating small, everyday achievements*
- *Learning new things*
- *Recognizing and fulfilling your own needs*
- *Completing complex, multi-stage tasks*
- *Diet rich in vitamin B6, iron, folic acid and magnesium
(legumes, nuts & seeds, eggs, fish, red meat, green vegetables)*



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OXYTOCIN

**GIVES YOU A SENSE OF
PEACE AND SECURITY**

WHAT BOOSTS IT?



- *Hugging*
- *Playing with a child or pet*
- *Holding hands*
- *Paying compliments to others and yourself*
- *Massage and self-massage*

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SEROTONIN

**IMPROVES YOUR MOOD
REDUCES ANXIETY**

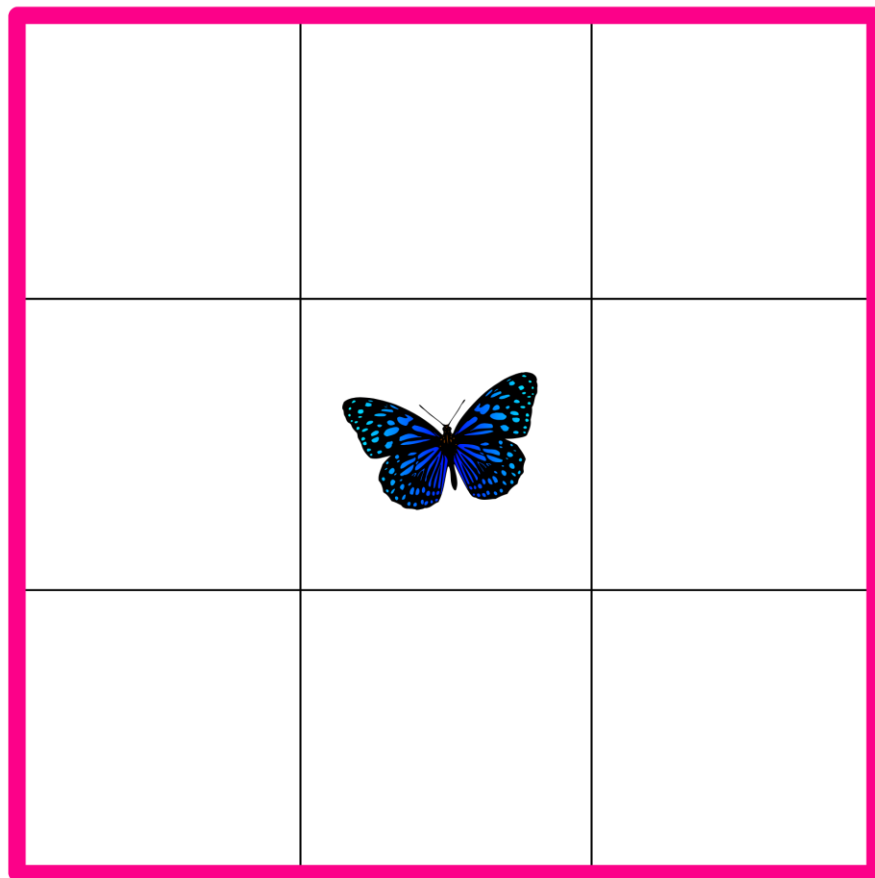
WHAT BOOSTS IT?

- *Sun exposure or supplementation of vitamin D*
- *Spending time in the bosom of nature*
 - *Yoga and meditation*
 - *Sleep - minimum 7-8h/day*
- *Consumption of products rich in tryptophan and B vitamins
(pumpkin seeds, fish, cheese, lean meat, soya products)*



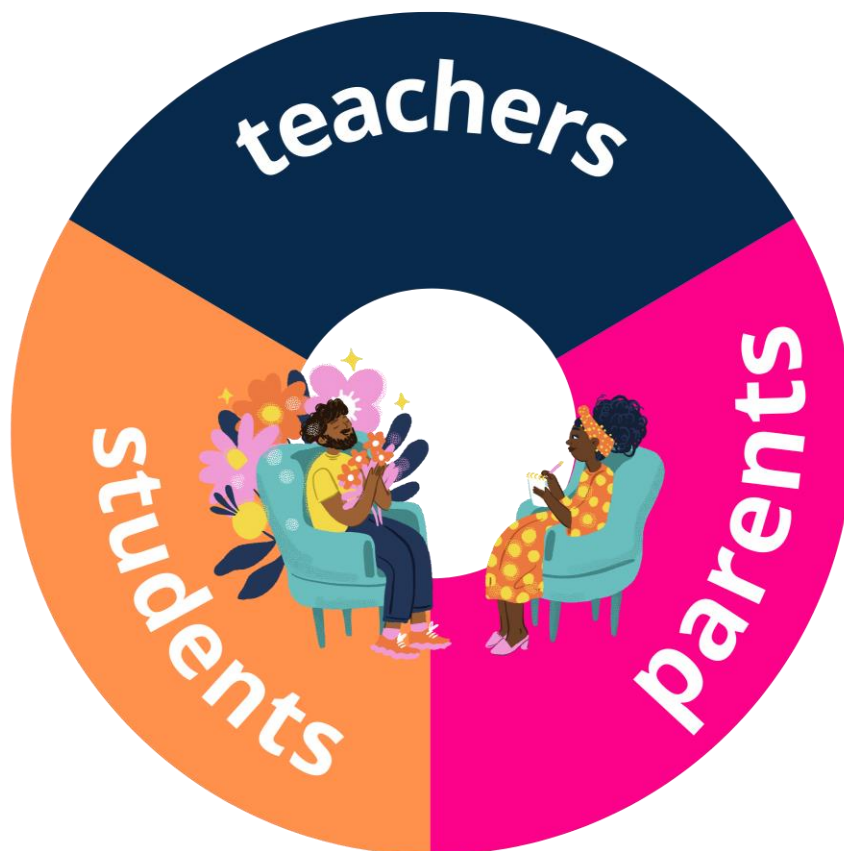
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TEACHERS

- little steps
- spending free time together
- active teaching methods
- mindfulness

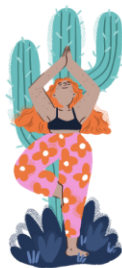


MINDFULNESS



Literally:

fulness of mind,
full awareness



Regular practice:

impacts our well-being and
health positively



Aims:

- achieving peace
- staying focused
- understanding
- good, calm nature

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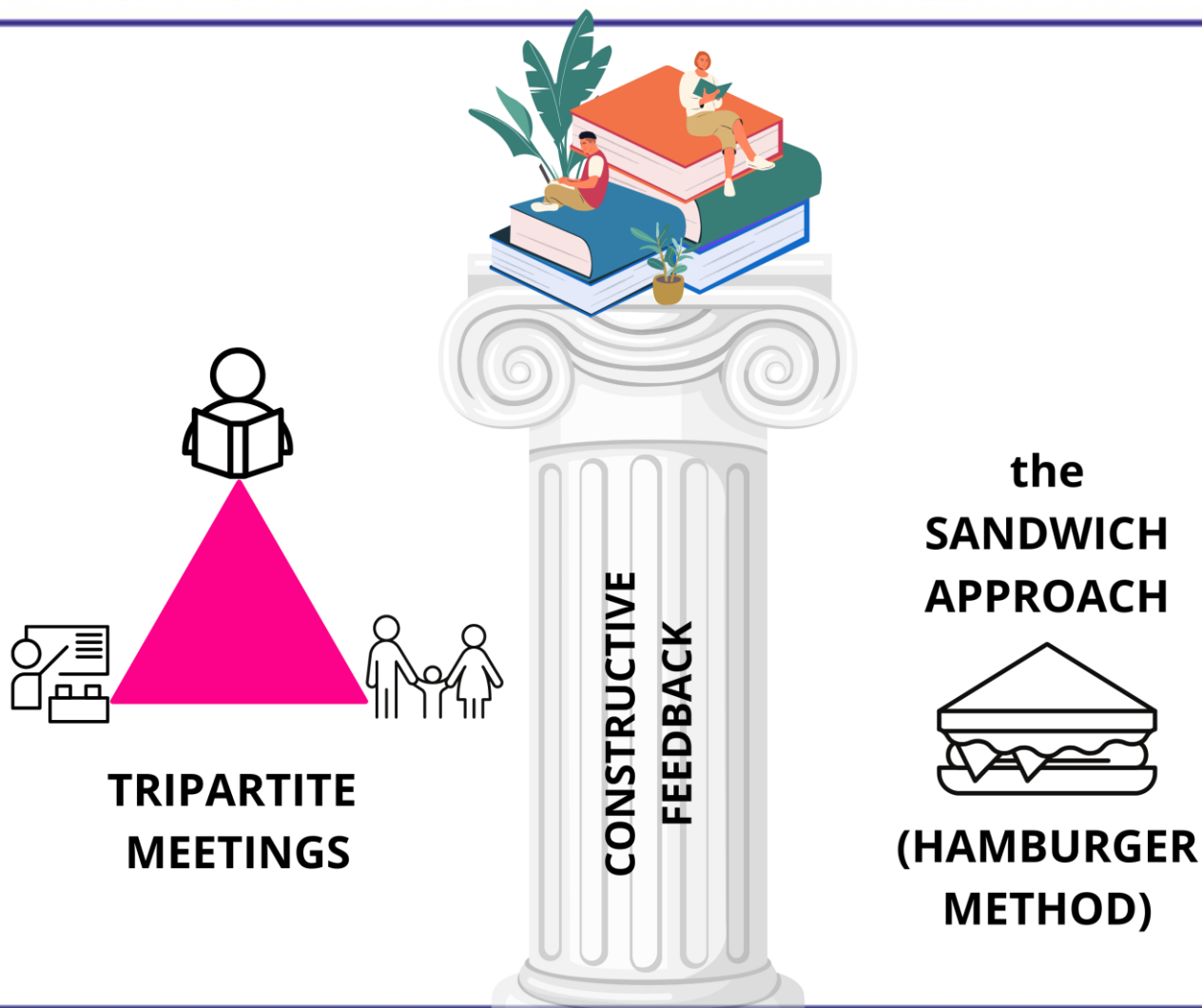
PARENTS

- tripartite meetings
- constructive feedback
- involving parents in the process of education and upbringing of their children



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STUDENTS

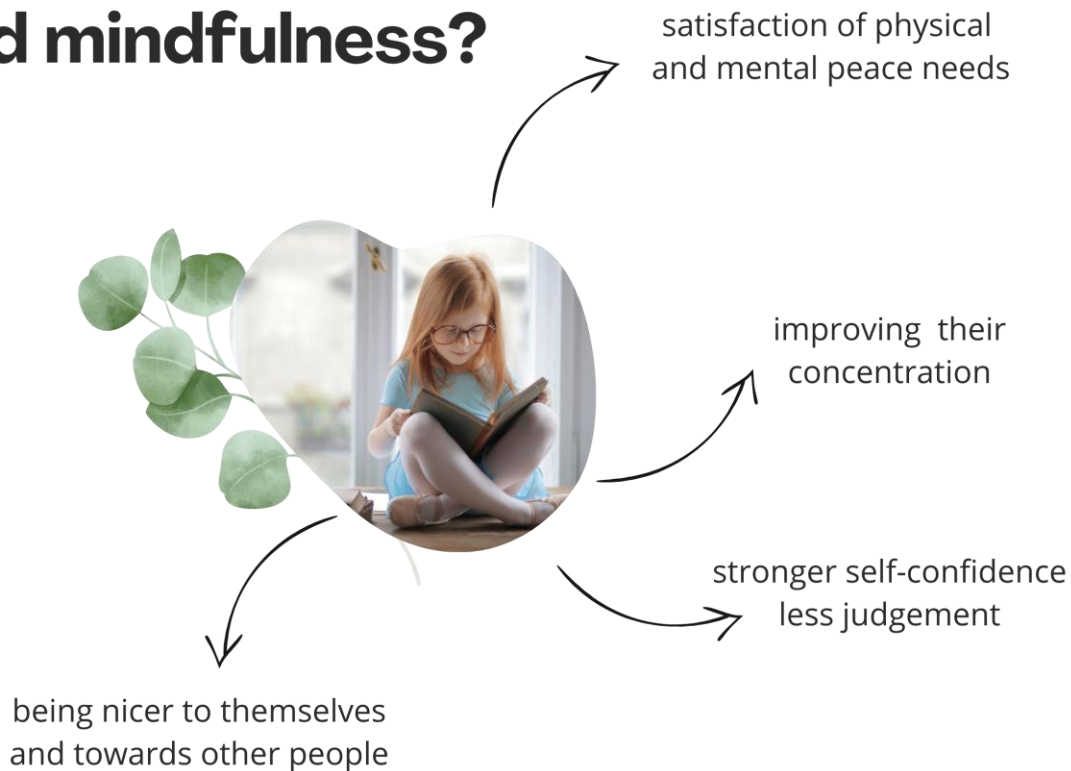
- mindfulness
- active methods of learning
- FUKO (in English: FFCE - Facts, Feelings, Consequences, Expectations)



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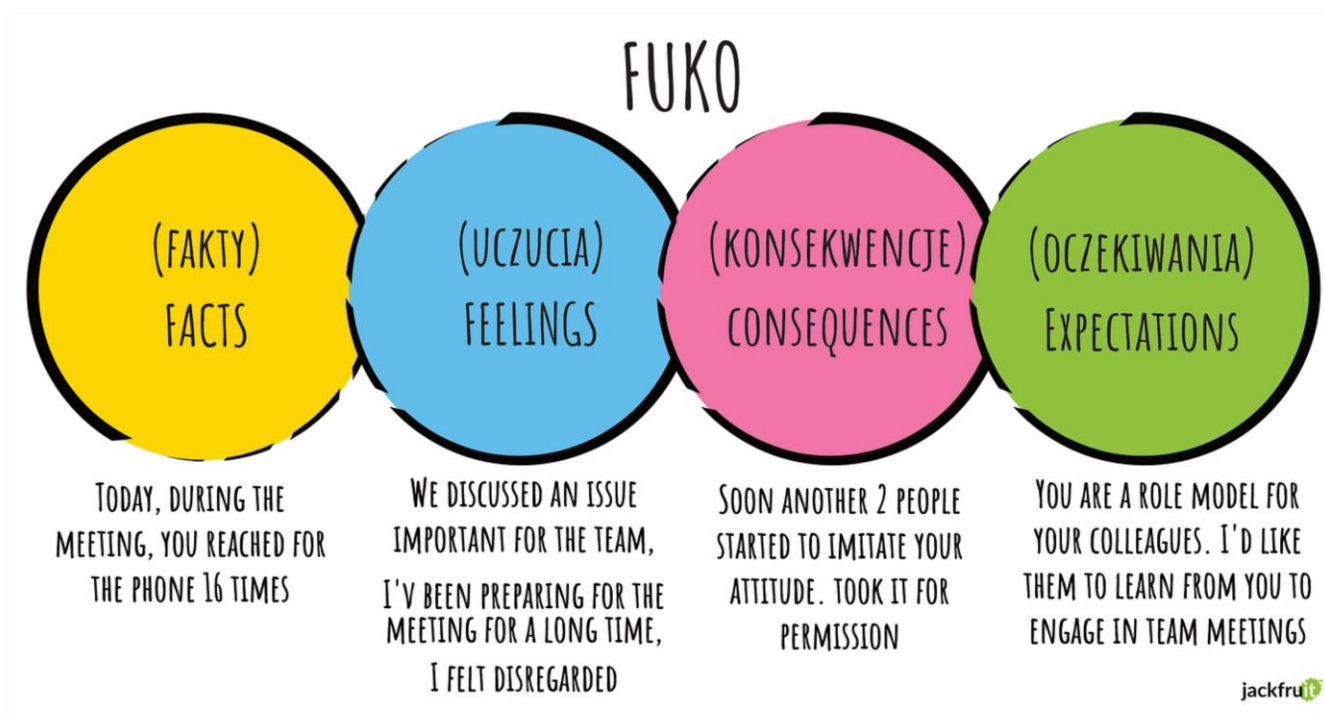
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Why do children need mindfulness?



FUKO (ang. FFCE)

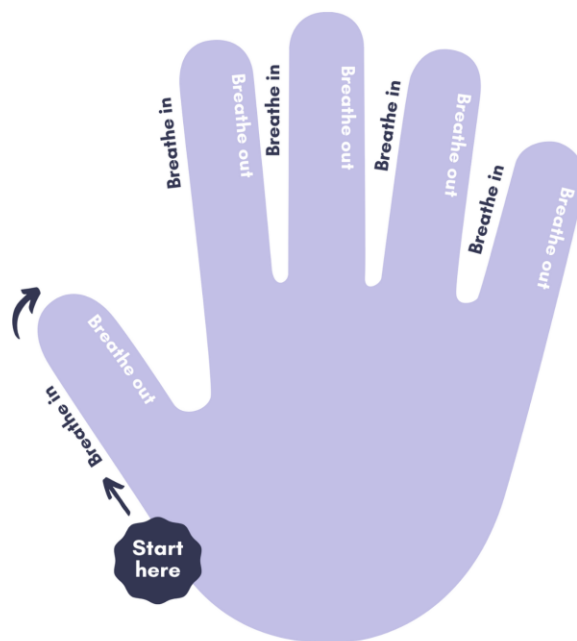
supportive feedback



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CALM YOURSELF WITH A **5 FINGER BREATHING** BRAIN BREAK



Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down. You can also do this breathing exercise using your own hand.

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THOUGHT CLOUDS

In the clouds, write words to describe your thoughts and feelings.

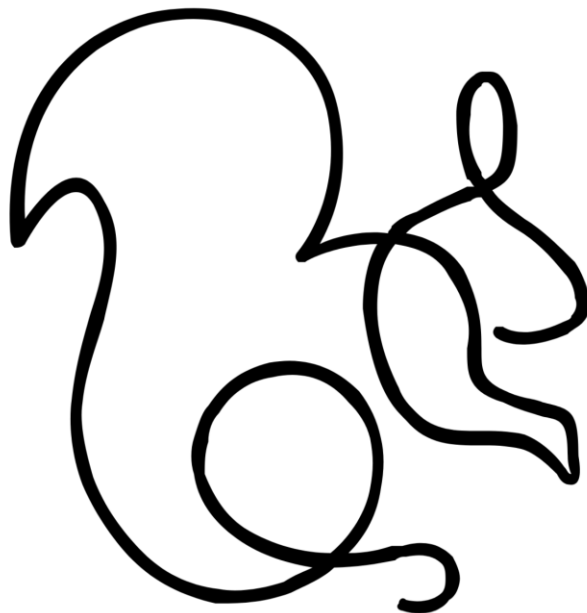


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MINDFUL TRACING

Use your finger to trace the animal and concentrate on mindful breathing.



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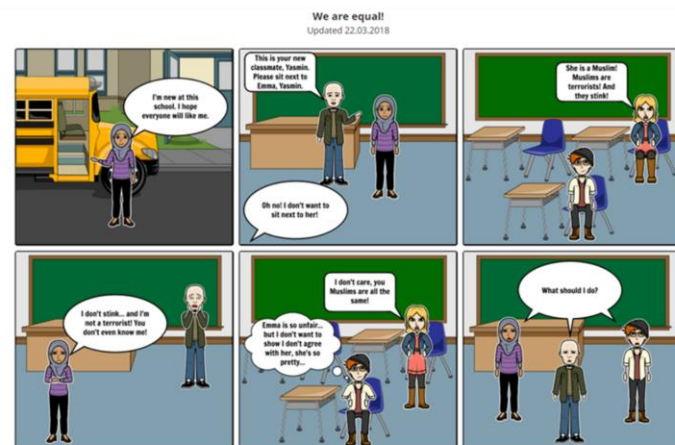


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Project's main objectives:

- dealing with bullying issues (especially cyberbullying)
- dealing with prejudice
- supporting an attitude of tolerance and understanding



Create your own at Storyboard That

Be a Buddy, Not a Bully



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Would you like to add something else to students' backpack of competences?



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To approach the state of **well-being**, it's necessary to practice your own **mindfulness** and gratitude and to work with the aspects of life we really have an impact on.



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KONTAKT



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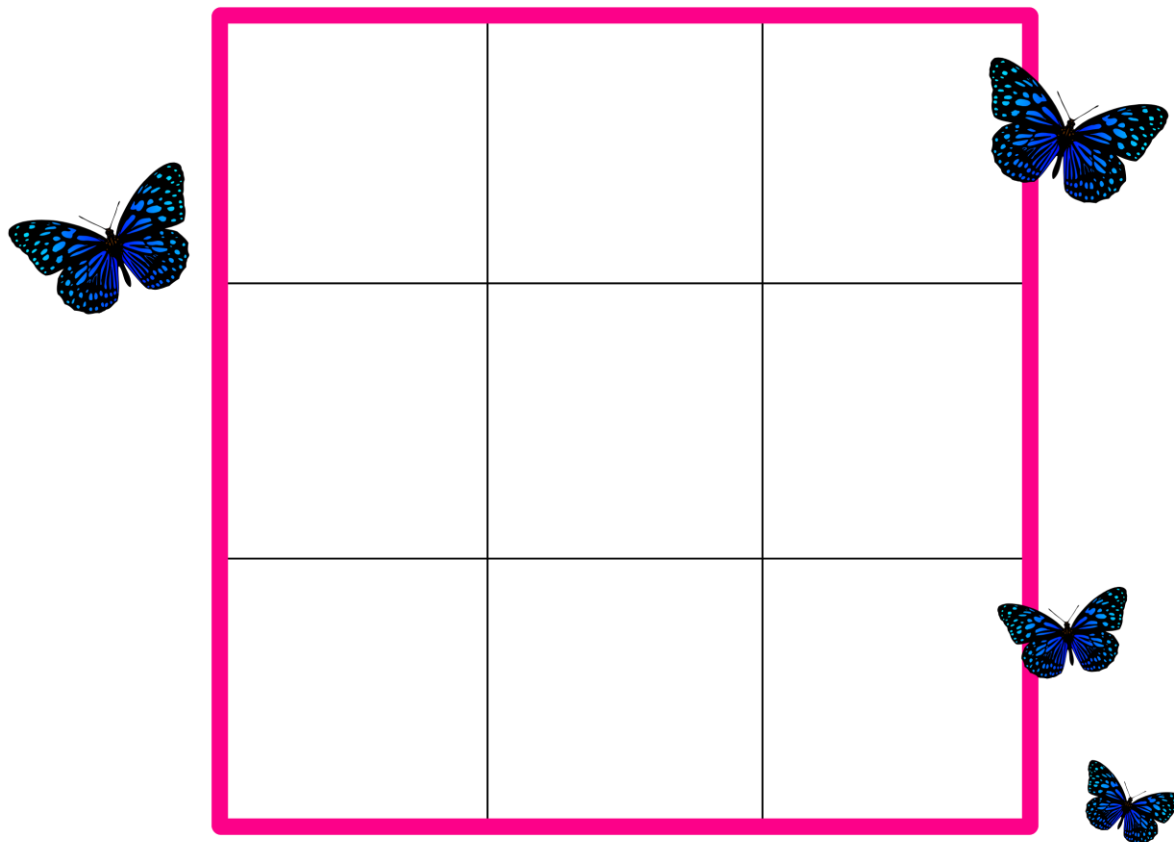
FACEBOOK

Interdyscyplinarna Anglistka



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Thank you
for your attention



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