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Erasmus+

Date: 28 luglio - 3 agosto 2025

Wellbeing in nature: outdoor activities for menthal and phisycal health

Lisbona



On this sheep-scale how do you feel today?



HOW DO YOU FEEL TODAY?



SAD



HAPPY



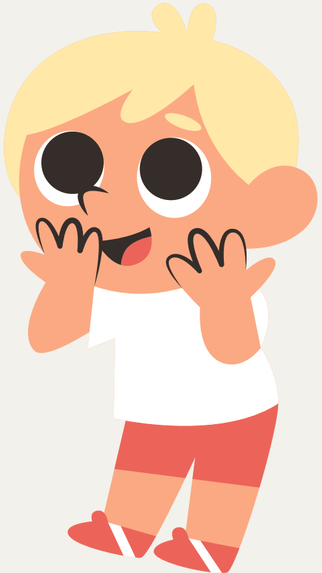
ANGRY



SLEEPY



EXCITED



DISGUSTED



It's ok to have

FEELINGS!

COURSE BY EUROPASS TEACHER ACADEMY

europass
Teacher Academy

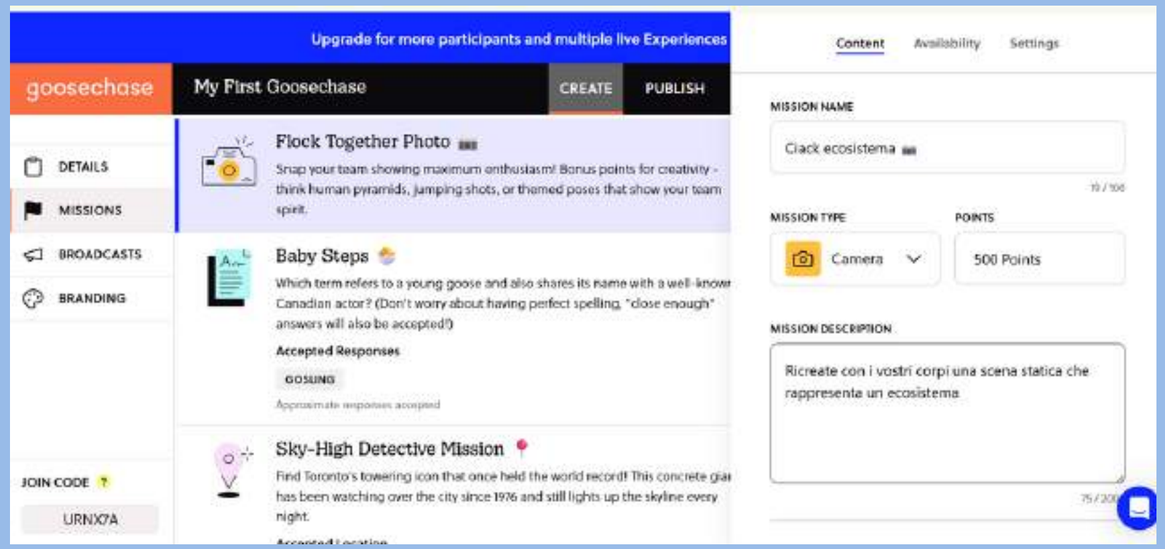
Lisbon

Wellbeing in Nature: Outdoor Activities for Mental and Physical Health

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30-14:30 Introduction to the course and the school Icebreaker activities	9:30-14:30 Ecopsychology and the effects of nature on mental and physical health.	9:30-14:30 Exchange with a forest school teacher	9:30-14:30 Outdoor activity: Mindful exercises for Mental + Physical Health	9:30-14:30 Bringing nature into your classroom	
11:00 - 11:15 Break	11:00 - 11:15 Break	11:00 - 11:15 Break	11:00 - 11:15 Break	11:00 - 11:15 Break	
Introduction to Mental + Physical Health; The role of a teacher in M+P Health	Can exposure to nature foster social skills? Social and emotional Intelligence (SEL)	Visit in Nature: Exploring my personal values	Introduction to biophilic design	Create your project to bring nature into school.	Cultural activities
12:45 - 13:00 Break	12:45 - 13:00 Break	12:45 - 13:00 Break	112:45 - 13:0 Break	12:45 - 13:00 Break	
Presentations of the schools The surroundings of Lisbon	Scavenger Hunt: Empowering missions to foster wellbeing in nature	Strenghts-based approach and the present moment	Well-being and self-expression through creative activities inspired by the natural world	Course evaluation: round-up of acquired competencies + Certificates	

OUTDOOR ACTIVITIES IN CITTÀ
PARCHI E SPIAGGE

Scavenger hunt
APP GOOSE CHASE







TEORIE, METODOLOGIE, STRUMENTI PER IL WELLBEING DI ALUNNI E DOCENTI

KWL chart

ECOPSYCHOLOGY

morning circle

SEL
games bank

PERMA

the toolbox project

personal ecosystem map



MINDFULNESS

BIOPHILIC DESIGN

cards against anxiety

giochi teatrali, musicali, di ruolo, di movimento e attività artistiche

nature meditation

IKIGAI

TEORIE, METODOLOGIE, STRUMENTI PER IL WELLBEING DI ALUNNI E DOCENTI











16 partecipanti

5 paesi:
Italia, Germania, Croazia, Francia, Ungheria

Diversi sistemi scolastici, esperienze, lingue, culture, cibi...

...nuove opportunità!



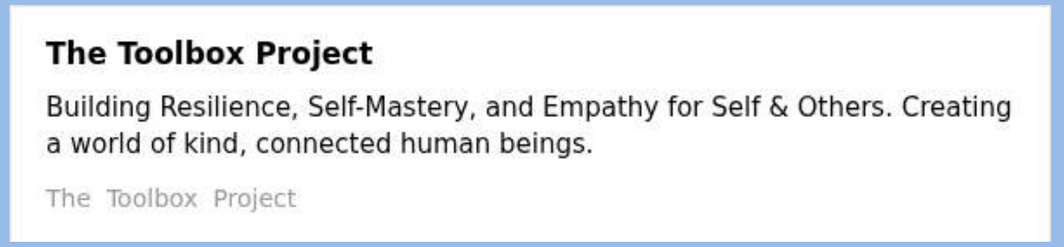






LINK UTILI PER MATERIALE:

The Toolbox Project



Social Emotion Learning



KWL Chart https://www.readwritethink.org/classroom-resources/printouts/chart-0

GOOSE CHASE app https://goosechase.com

CARDS AGAINST ANXYETY Fonte: Nancealverne School
https://share.google/Q8qA4IIztW7JqckBt

GRAZIE

a tutt* per l'attenzione