



REGIONE DEL VENETO



ENSA General Assembly 2022

International and European Networking Days

24th-25th-26th January 2022

ENSA Child, Youth and Families Working Groups

ERASMUS + KA2 :2019 KA201-CBFBCC04- REFLECT

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MSc Counseling Psychology

Social Cooperative of Cyclades



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2019-1-BE02-KA201-060353



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2019-1-BE02-KA201-060353

Raising awareness and stimulating **Executive Functioning** and **Social Emotional Learning** by integrating **Evidence based** strategies in the **Classroom** to empower pupils, **Teachers** and parents

Different partners



2019-1-BE02-KA201-060353



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*I've learned that people will forget what you said,
people will forget what you did, but people will
never forget how you made them feel*

Maya Angelou



AIM PROJECT

Promote and enhance children's (8-12 years) SEL and EF

Increased awareness of teachers and parents of the importance of SEL and EF in the development of children

Empower teachers and parents to stimulate SEL and EF in children


Overview project application REFLECT

BACKGROUND

- Key challenge of 21th century: culturally diverse pupils, varied abilities and motivation for learning.



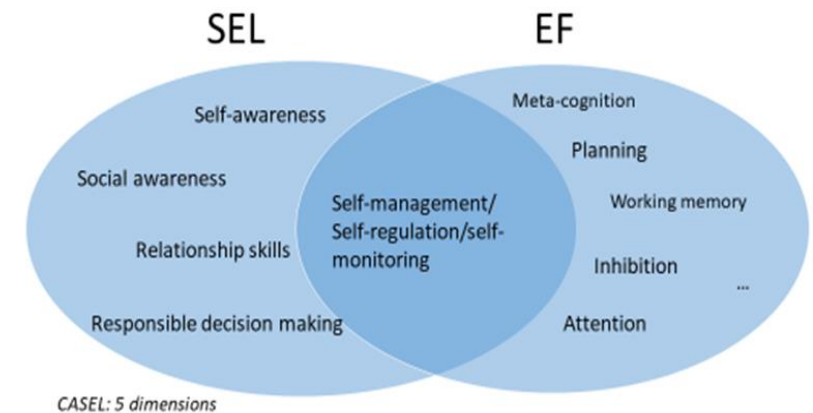
Schools: stimulating cognitive development AND social and emotional development (SEL and EF)

- Children with poor EF and SEL  at risk for early school leaving, emotional and behavioral problems

TRAINING SEL and EF (+SELF)

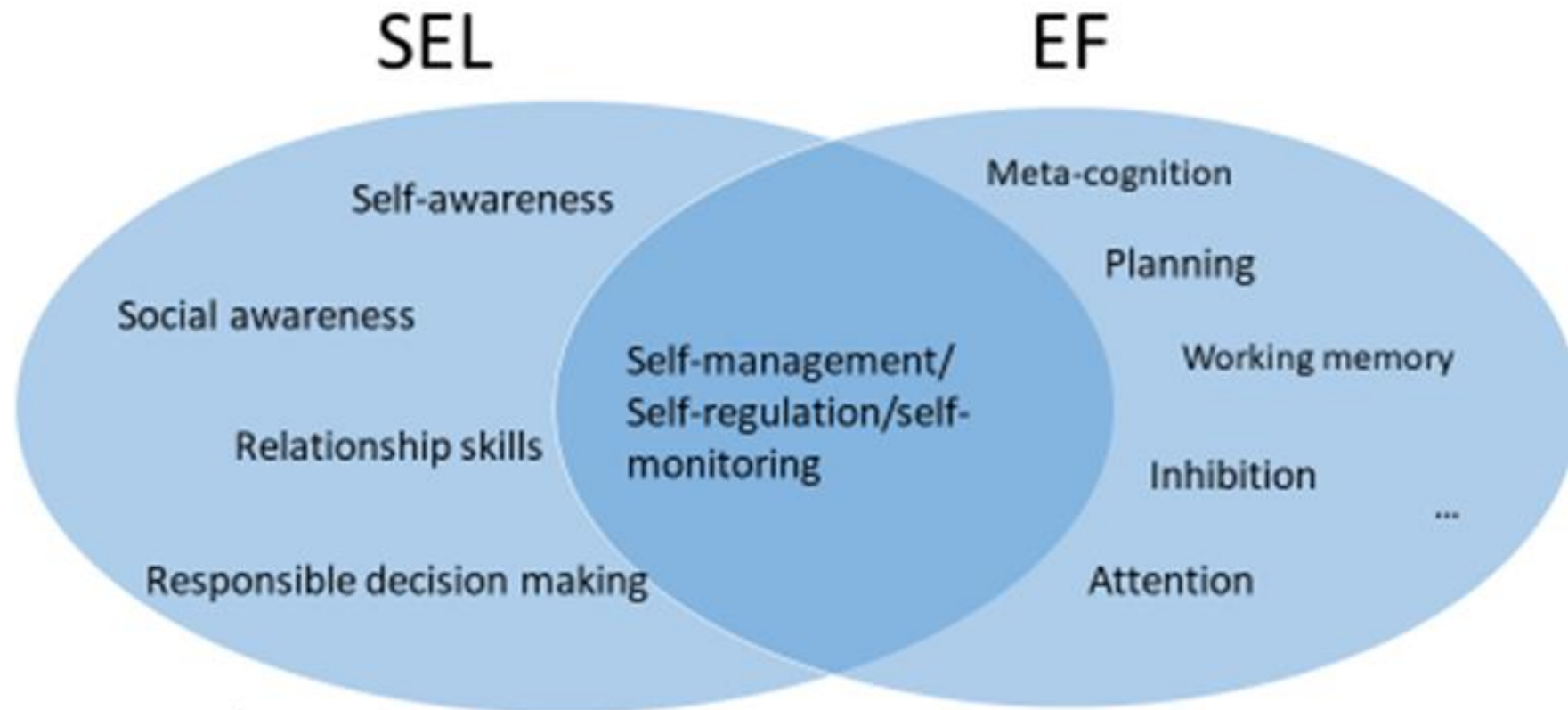
- Training SEL and EF has a positive effect on:
 - Social-emotional skills
 - Connection to school
 - Positive social behaviour
 - *Academic performance!*

Social Emotional learning (SEL) and Executive Functioning (EF)



- Most effective: training metacognition and self-regulation
- When is training most effective
 - Integrate into daily learning and routines
 - Empower context of children (teachers, parents)

Social Emotional learning (SEL) and Executive Functioning (EF)



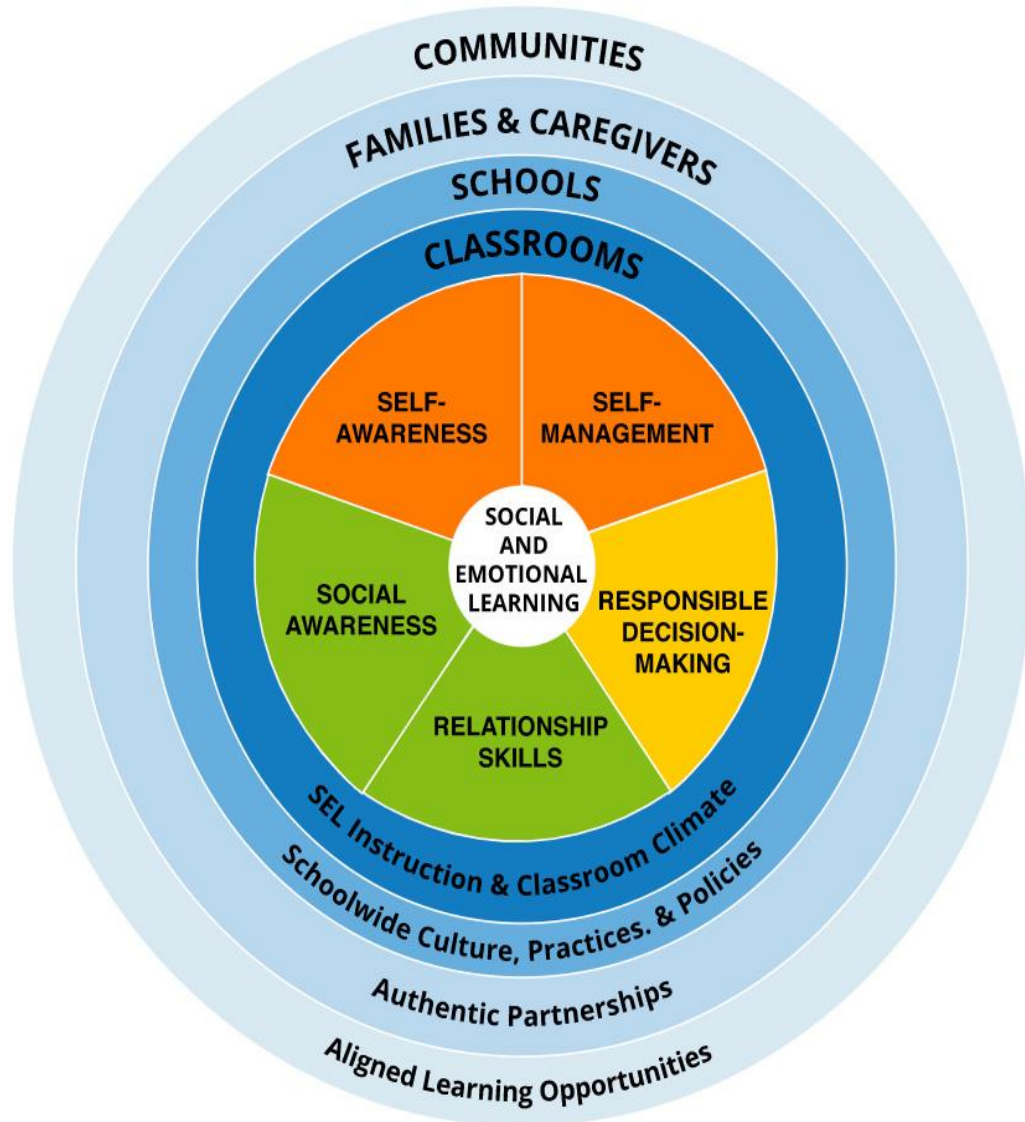
CASEL: 5 dimensions

Definition of SEL

“Social and emotional learning (SEL) is an integral part of education and human development. SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.”

CASEL

Categories of Social and Emotional Skills (CASEL)



Self-awareness

Self-management

Social awareness

Relationship skills

Responsible decision-making



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Self-awareness



The ability to understand own emotions, thoughts and values and how they influence yourself and others:



- Linking feelings, values, and thoughts



- Having a growth mindset



- Developing interests and a sense of purpose



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Self-management

- **The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.**



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Social awareness

- **The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, & contexts.**



Relationship skills

- **The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.**



Responsible decision-making

- **The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations**



Emotional skills

Recognizing and naming emotions

Body awareness

Positive and realistic self-image

Motivation and perseverance

Self-Awareness

Optimism, hope and self-esteem

Social skills

- **Empathy and mentalization**
- **Understanding and accepting differences**
- **Understanding intentions of other people**
- **Understanding that emotions can change and have influence**
- **Understanding humor**
- **Compassion, tolerance and showing respect for others**

Relationship skills

Communication

Feeling affinity

Taking turns,
sharing and
trading

Seeing what's
best for all
parts

Greeting and
welcoming

Invite others
and taking
initiative

Assertiveness

Problem
solving skills

Responsible decision-making

- Making choices with positive consequences for
 - myself
 - others
 - the common good (greater good)
 - for the society
 - nature and environment
- Problem solving skills (calming down and thinking- defining the problem- brainstorming solutions- reflecting on the alternatives- choosing a solution)



Learning to become a self-regulated learner...



"Self-Regulated Learning (SRL) is the self-directive process through which learners transform their mental and physical abilities into task-related skills."

Zimmermann, 2001

What young people said

- *I have heard the words but not in that order*
- *Is it about feelings and stuff*
- *It is how you behave and feel*
- *It is being kind and listening to other people*
- *Social – that is like being with your friends – kind of being nice – which we are*
- *Teachers can be nice*

Make My Day...



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It's the
little
things
that
count



"Nothing beats kindness," said the
horse. "It sits quietly beyond all things."



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Make My Day

"make an otherwise ordinary or dull day pleasingly memorable for someone"

- When **you make** someone's **day**, **you make** them feel happy and awesome on that particular **day**.

"You made my day"

"You've made my day".

Make My Day Activities



Make My Day - reflection and shared examples

How have I made / do I make someone's day?
How have people made my day?
What was impact on behaviour / feelings/ relationship?



How we / I feel

Field of words / Web of words - building out to outcomes



Diary of day – Childs Day My day

what does it look like – words, symbols, emojis; who is involved – support/not



Making someone else's day

What can I do? What helps and hinders? Force Field Analysis

Empathy

Empathy - ability to sense other people's emotions, coupled with the ability to imagine what someone else might be thinking or feeling. ...

“Cognitive **empathy**,” or “perspective taking,” refers to our ability to identify and understand other people's emotions



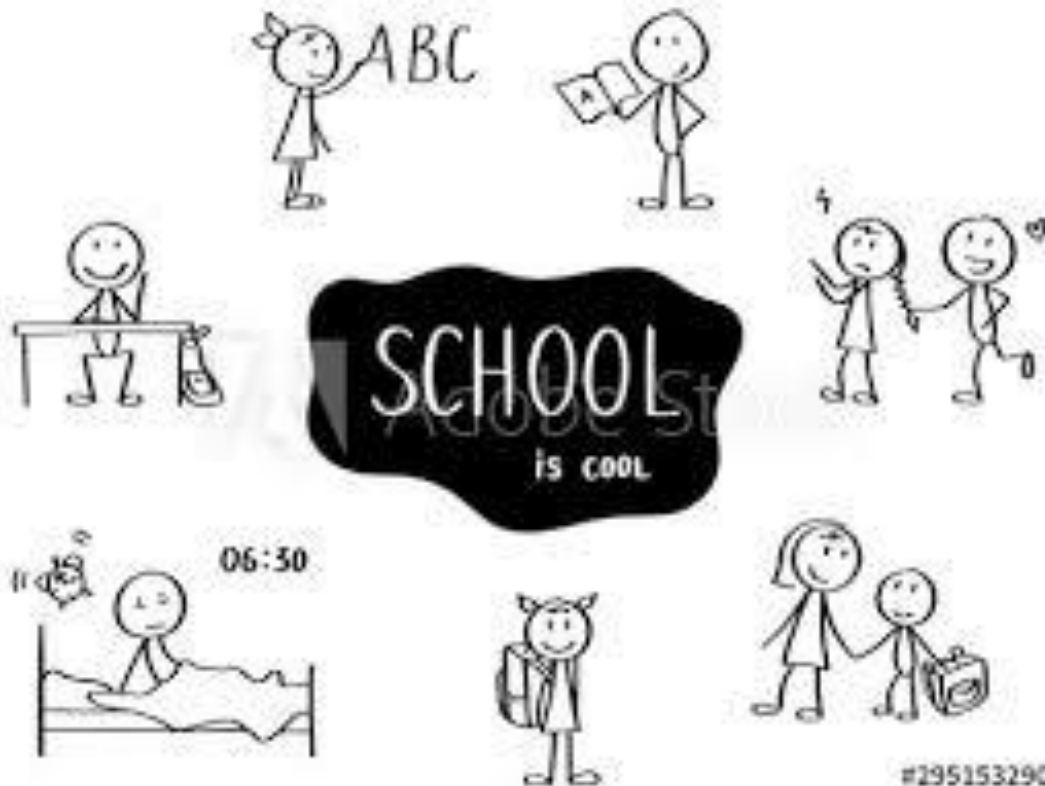
The Empathy Effect

what is the impact of empathy

(linked to Committee for Children ambition to positively transform the social-emotional well-being of 100 million children annually by 2028).

REFLECT

“Make My Day”





© dreamstime.com

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Morning Routine



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Getting to School





School Day





Afterschool activity



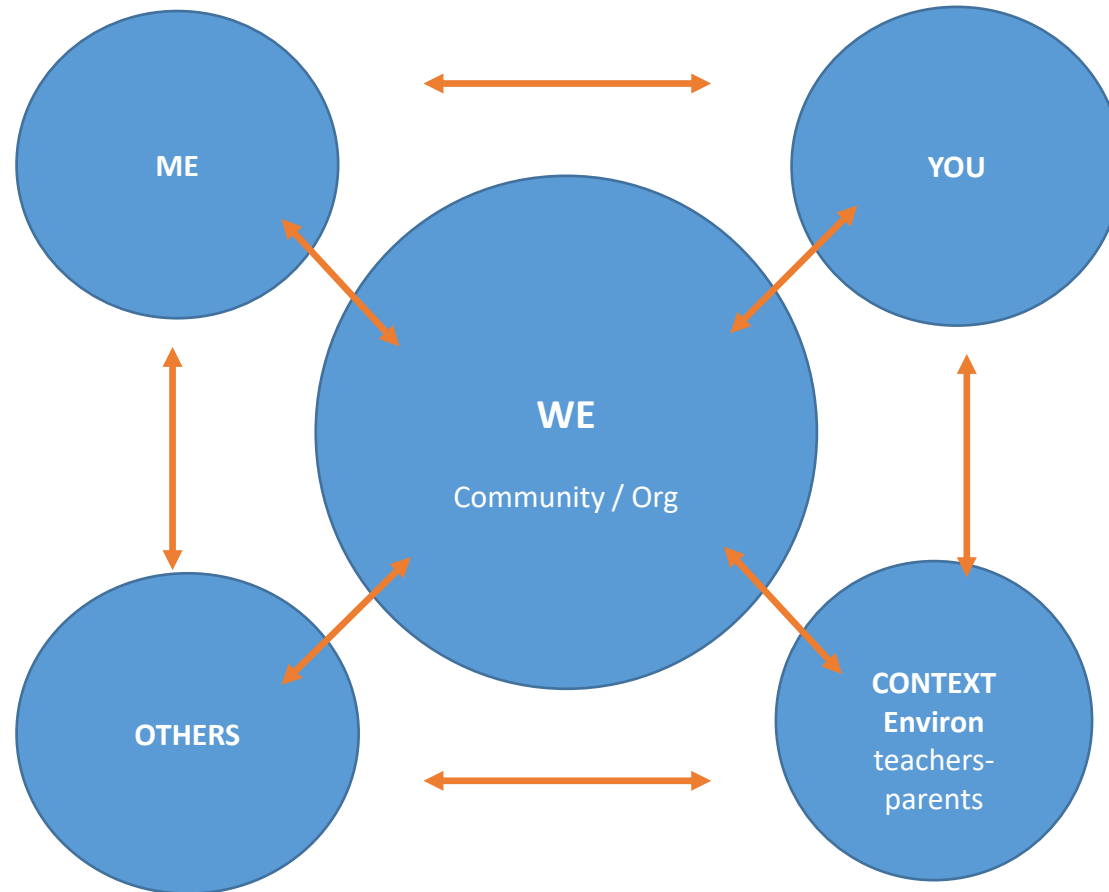


Evening routines



Creating We

We



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Intellectual outputs of the REFLECT

- We developed a **list of cross-cultural criteria** that are essential for an evidence-based intervention on SEL and EF.
- Based on the literature review we created **a compendium** of essential evidence-based components for enhancing SEL and EF.
- The same **teacher course** implemented in all countries with at least five school teams participating per country.
- The impact of this course evaluated through self-report questionnaires.
- We create also to empower pupils, teachers, and parents **an app** with tips and tricks about SEL and EF.
- The result will be an easy-to-implement **evidence-based toolbox** to promote SEL and EF at different levels, that will be cross-cultural and easily transferable to other users (teachers, parents, pupils) and other countries.

REFLECT-Teachers' E Course- EN

General

REFLECT -TEACHERS' E-COURSE-EN



2019-1-BE02-KA201-060353

Raising awareness and stimulating Executive Functioning and social-emotional Learning by integrating Evidence-based strategies in the Classroom to empower pupils, Teachers and parents

ERASMUS+ KA2 - Cooperation for innovation and the exchange of good practices

KA201 - Strategic Partnerships for school education

Form Id KA201-CBFBCC04

REFLECT

<https://www.reflectproject.eu/>

edmodo

Reflect Project

App for Teachers, Students, Parents



Reflect project 2019 - 2022



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Projeto REFLECT - Estratégias para o Bem Estar na Sala de Aula



Home / My courses / REFLECT - EBESA

CURSO EBESA



Curso de formação contínua de professor@s (1º e 2º ciclos)

Estratégias para o bem-estar na sala de aula

- O/A professor/a que sou e que quero ser! Como?
- Autonomia do aluno para a aprendizagem! Como?
- Empatia não-verbal/verbal na aprendizagem! Porquê?
- Aprender na comunidade! Onde? Como? Porquê?
- Ser professor/a com sentido! Onde? Como? Para quê?

5 Sessões - 13/4, 27/4, 11/05, 25/05, 8/06

Horário - 17-20H (limitado a 20 vagas)

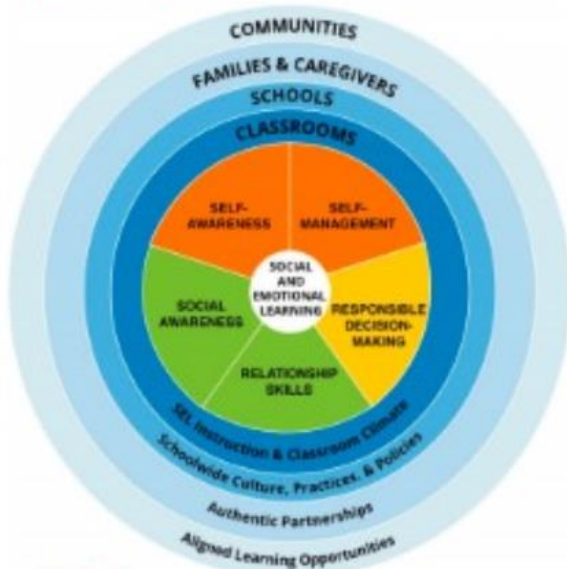
Online (Zoom), Gratuito, 15horas, 1 Crédito (FOCO)

Mais informações: reflect.pt@gmail.com

E-COURSE -GREECE

Συνεδρία 1η

Κατηγορίες κοινωνικών και συναισθηματικών δεξιοτήτων (CASEL)



Αυτογνωσία

Αυτοδιαχείριση

Κοινωνική ευαισθητοποίηση

Κοινωνικές δεξιότητες / Δεξιότητες σχέσεων

Υπεύθυνη λήψη αποφάσεων



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προχωρήσετε στην εγγραφή σας στην πλατφόρμα **E-Learning ALTERA VITA**.

Περισσότερα: <https://e-learning.alteravita.eu/mod/page/view.php?id=156>

SOCIAL COOPERATIVE OF CYCLADES



<https://alteravita-cyclades.gr/>

REFLECT

Η ενσυναίσθηση, η συναισθηματική νοημοσύνη, η επικοινωνία, η ανάπτυξη της κουλτούρας της συνεργασίας και η μαθησιακή εμπειρία μέσα από δημιουργικά προγράμματα, καθοδηγούν τα βήματά μου σε ταξίδια με πυξίδα

Με λένε Λίτσα Παππά κι είμαι δασκάλα Αγγλικών στο 4ο Δημοτικό Σχολείο Ερμούπολης! Ηπειρο-Πειραιώτισσα, 47 χρονών, και από το 1999 πολιτογραφημένη Συριανή! Βρήκα τον Συριανό στον Πειραιά κι ήρθαμε εδώ! Ο γιος μας είναι 21!

Πάντα λαχταρούσα θάλασσα κι ουρανό, σπότεν η Σύρος είναι η βάση μου! Η τέχνη κι η αγάπη μου δίνουν ανάσες και τα παιδιά δύναμη κι ελπίδα! Λατρεύω και τα ταξίδια! Τόσο τα πραγματικά όσο και του νο!

Ο Dave είναι το τετράποδο alter ego μου! Περίεργος, παιχνιδιάρης κι αισιόδοξος! Α, ναι, και χνουδωτός!

REFLECT

Ονομάζομαι Βαΐα
Δαλαμήτρου και είμαι
από τη Θεσσαλονίκη.
Η καταγωγή μου είναι
από Τρίκαλα και
Κοζάνη.



Τα τελευταία 6 χρόνια
εργάζομαι ως
αναπληρώτρια στην
ειδική αγωγή σε
διάφορα νησιά της
Ελλάδας. Φέτος, είμαι
στη Σύρο, στο 4ο
Δημοτικό Σχολείο και
νιώθω πολύ χαρούμενη
και τυχερή!

Τα ενδιαφέροντα μου
εκτός σχολείου είναι η
φωτογραφία, η
μουσική και το
διάβασμα. Μου
αρέσουν πολύ τα
ταξίδια!

Μου αρέσει πολύ να
παρακολουθώ σεμινάρια
και επιμορφώσεις
σχετικά με διάφορα
θέματα γιατί σίγουρα
«όσο ζεις μαθαίνεις»...
το συγκεκριμένο
σεμινάριο μου φαίνεται
πολύ ενδιαφέρον και
αφορά ένα θέμα που δεν
έχω ασχοληθεί ξανά.



REFLECT-Teachers' E Course- EN



Make My Day!

In the REFLECT project, we aim to promote children's social, emotional, and academic engagement and growth by offering evidence-based strategies to enhance SEL and EF in daily practice. Ultimately we aim to decrease the risk of social exclusion and improve pupil's academic performance by enhancing the awareness of the importance of SEL and EF and empowering pupils and their context. We will do this by targeting teachers, parents, and pupils. The age range of 8 to 12 years will be our focus because that age is crucial for interventions on SEL and EF. We developed a list of cross-cultural criteria that are essential for an evidence-based intervention on SEL and EF. Based on the literature review we created a compendium of essential evidence-based components for enhancing SEL and EF. The same teacher course will be implemented in all countries with at least five school teams participating per country.

The impact of this course will be evaluated through self-report questionnaires.

We want also to empower pupils, teachers, and parents by **creating an app** with tips and tricks about SEL and EF.

The result will be an easy-to-implement evidence-based toolbox to promote SEL and EF at different levels, that will be cross-cultural and easily transferable to other users (teachers, parents, pupils) and other countries.

The **project website** (under construction). The link is: <https://www.reflectproject.eu/>

Reflect Project

App for Teachers, Students, Parents



<https://www.etwinning.net/en/pub/index.htm>

School
Education
Gateway

www.schooleducationgateway.eu

EUROPEAN YOUTH CARE
PLATFORM

EUROPEAN
YOUTH CARE
PLATFORM

E- course- Facilitator Guide



Make My Day! – A short course for teachers and school staff enabling the development of self – awareness, confidence and skills to identify and integrate SEL and EF learning everyday.

Make My Day! Course
Facilitator Guide

February 2021



Reflect project 2019 - 2022



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E- course- Exercise Pack for students



Bitesize activities supporting
Make My Day! – A short
course for teachers and
school staff enabling the
development of self –
awareness, confidence and
skills to identify and integrate
SEL and EF learning
everyday.

REFLECT Implementation Exercise Pack Session 1

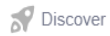
February 2021



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EDMODO APP

edmodo



Search



REFLECT PROJECT

0 Students taught • Teaching since 2019

Add subject and grade



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Progress

You can control who can see your profile information from [Account Settings](#)

Posts



REFLECT PROJECT posted to **Reflect app- English**

Teacher · Athens, GR

8 Nov 2021 · 7:34 AM ·

Transnational Project Meeting
SYROS GREECE

Translate

Transnational Project Meeting
SYROS GREECE



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EDMODO APP

The screenshot displays the Edmodo mobile application interface. At the top, the 'edmodo' logo is on the left, and navigation icons for Home, Classes, Calendar, Discover, and Messages are in the center. On the right, there is a search bar, a notification bell icon with a red dot, and a REFLECT logo. Below the navigation bar, the 'My Groups' section is visible, featuring a search bar labeled 'Search groups..' and a blue circular button with a white plus sign. A list of six groups is shown, each with a colored dot and text:

- REFLECT App - Portugal
- REFLECT App- Belgium
- Reflect app- English
- REFLECT App- Greece
- REFLECT app-Spain
- REFLECT App-Sweden

GREEK NETWORK FOR SEL



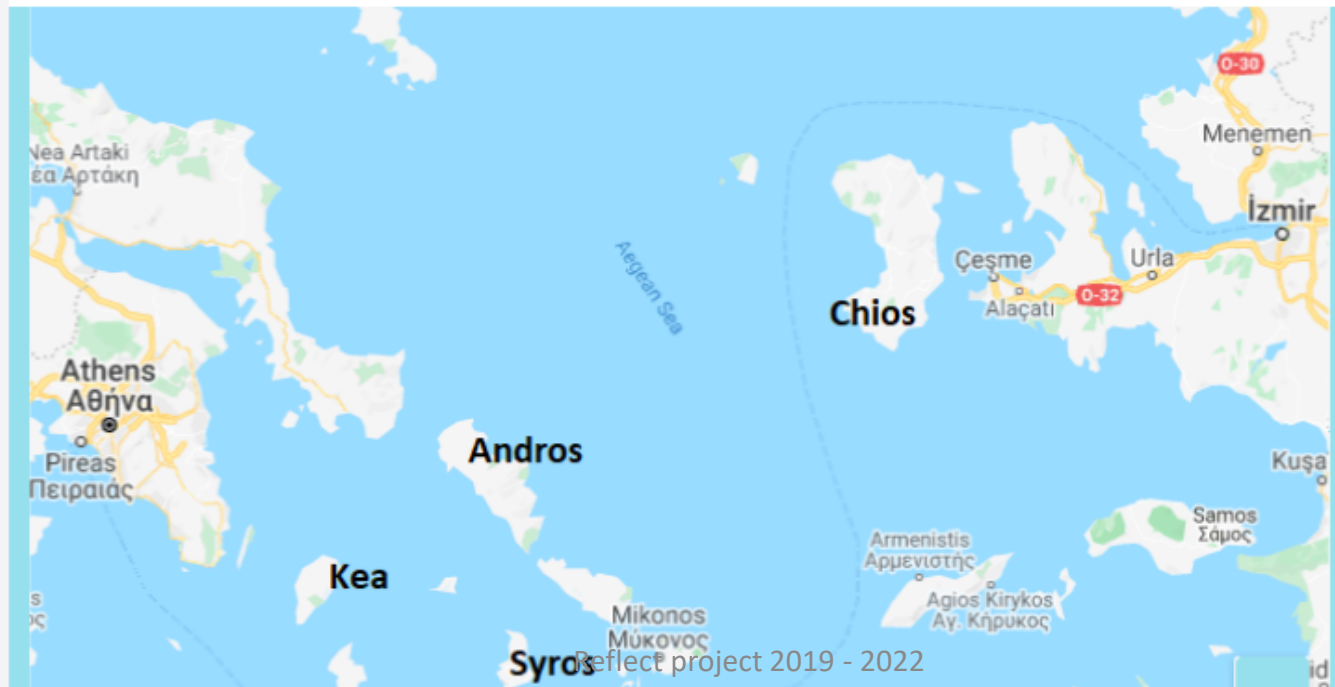
REFLECT PROJECT posted to **REFLECT Staff**

Teacher · Athens, GR

13 Dec 2020 · 9:52 PM · 🏠

GREEK NETWORK OF ELEMENTARY SCHOOLS FOR REFLECT PROJECT

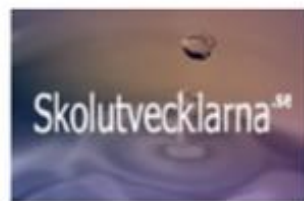
Translate



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Reflect project 2019 - 2022



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MOODLE PLATFORM-E COURSE-WEBSITE

REFLECT

- From the following link you can have access to all the intellectual outputs of the REFLECT project:
- <https://e-learning.alteravita.eu/course/view.php?id=28>
- Under construction is the following webpage:
- <https://reflecterasmus.wixsite.com/reflect>

The Partners

- [TOPUNT Gent Belgium, Coordinator](#)
- [UNIVERSIDAD DE GRANADA, Spain](#)
- [UNIVERSIDADE DE EVORA Portugal](#)
- [ALTERA VITA- Social Cooperative of Cyclades Greece](#)
- [Skolutvecklarna Sverige AB Sweden](#)
- [Imagine If Partnership Ltd United Kingdom](#)



THANK YOU!!

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