



## ENSA General Assembly and Connected Activities 2024

With the support of the Committee on Environmental and Health Crisis, and the participation of the ENSEL Network  
Brussels 22-25 January 2024

**Spanish National Reference Centre  
CIPFP Misericordia**

*Dancefulness and Wellbeing*

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# ERASMUS+ KA2 Project DIGIT-GERA



**.NEED:** \* Adults have a digital gap + Adults need a different social emotional learning

**.METHODOLOGY:** \* Digital tools for social emotional learning in a friendly environment.



# Dancefulness

Erasmus+ KA227- Strategic partnerships for Creativity



# ERASMUS+ KA2 Project DANCEFULNESS



.2 NEEDS

.2 METHODOLOGIES

.2 TOOLS

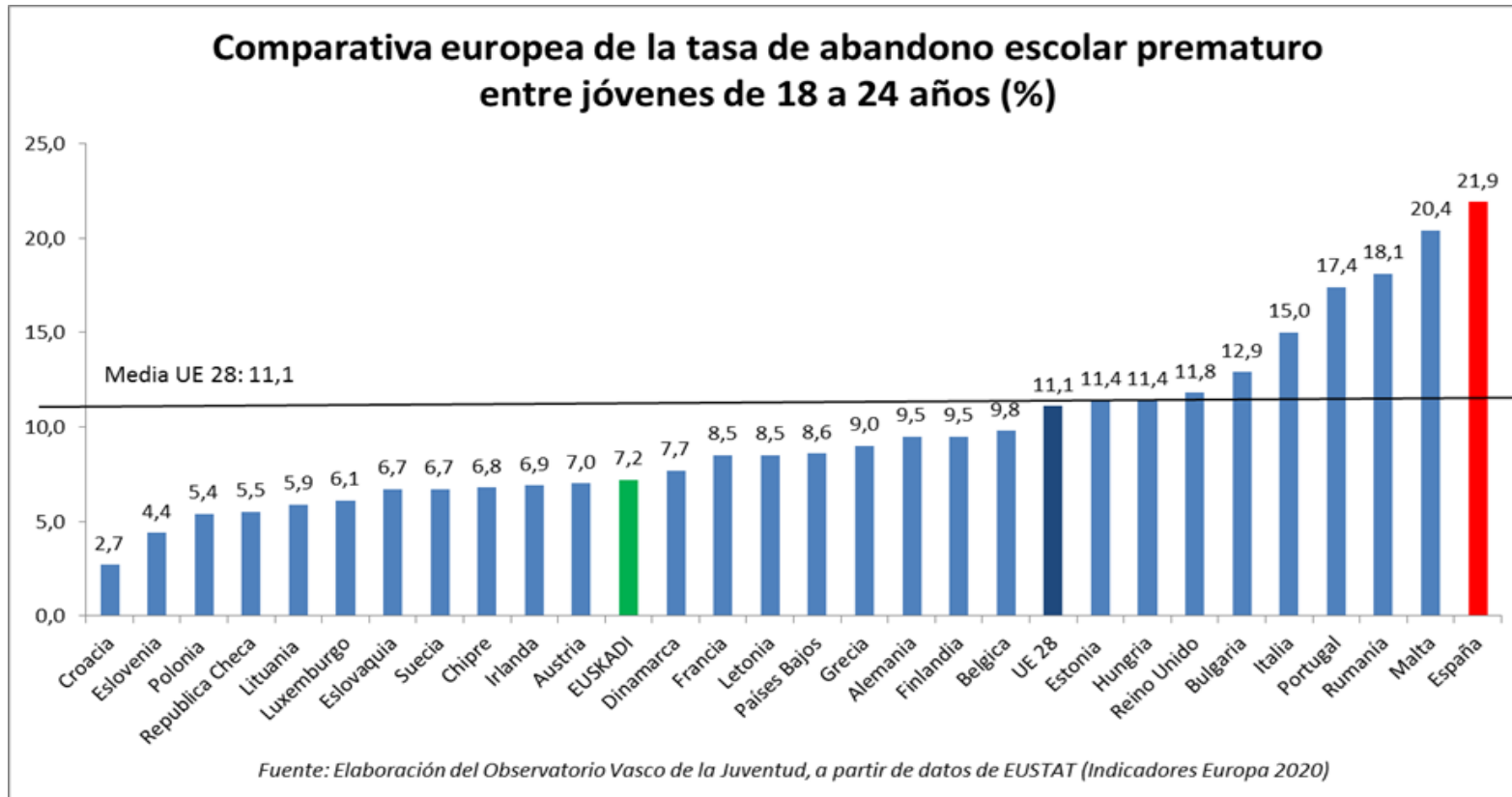
# ERASMUS+ KA2 Project DANCEFULNESS



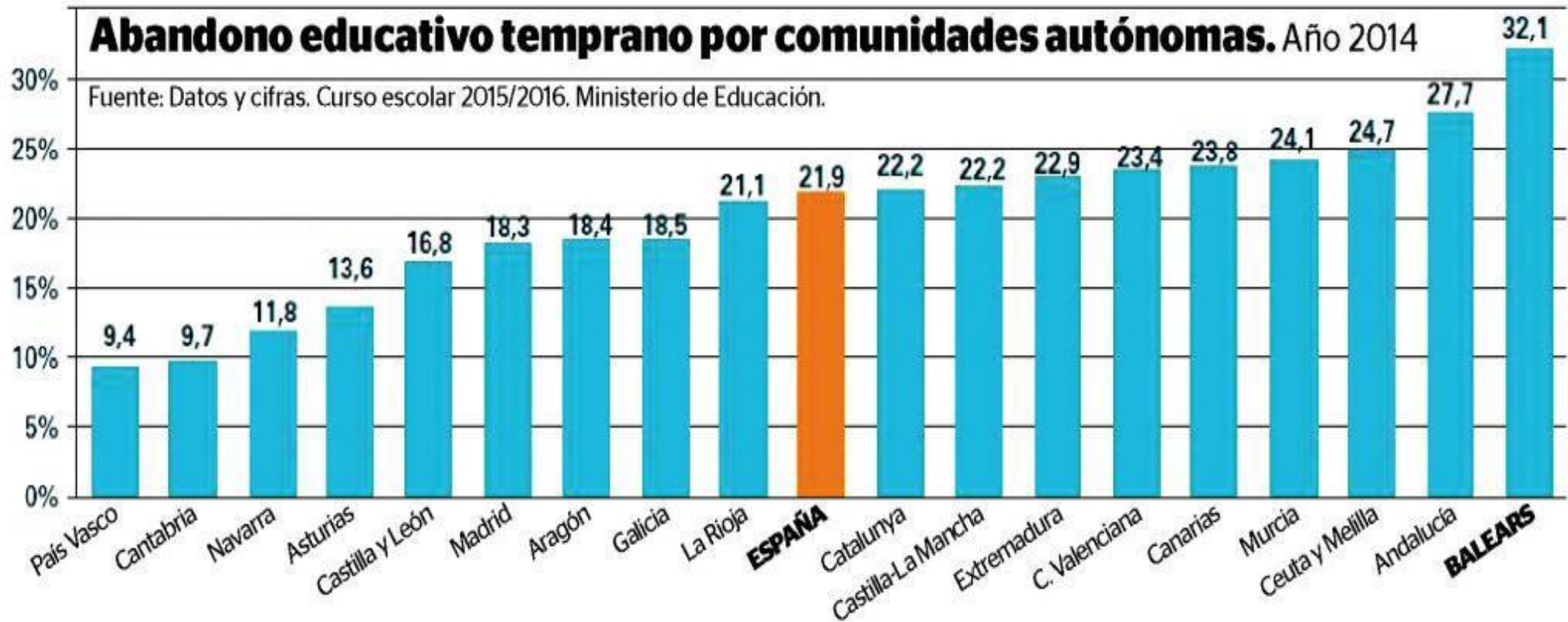
## .2 NEEDS

- Improve attractiveness for disadvantaged students and also adults
- Improve mental health

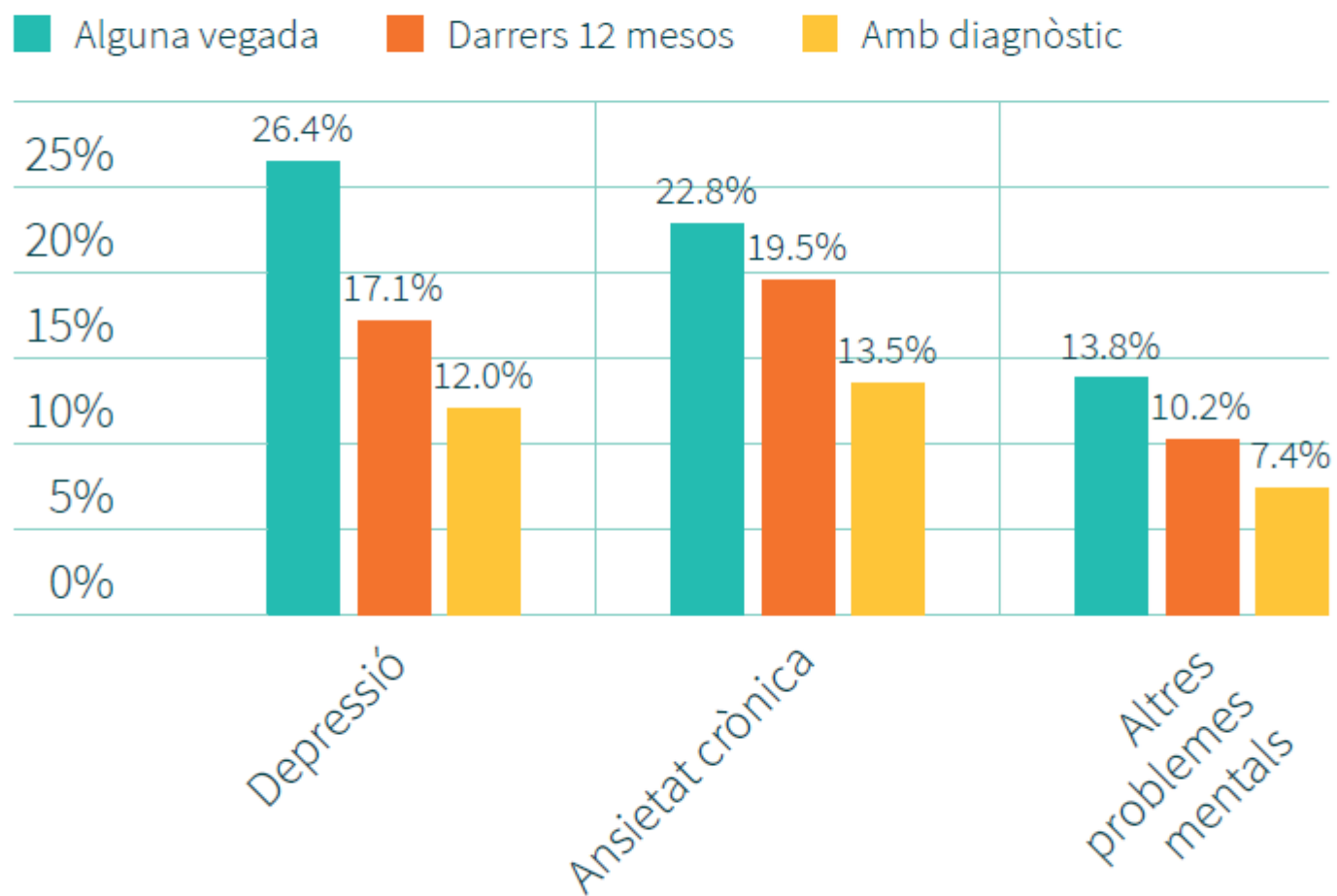
# Early school leaving figures



# Early school leaving statistics



## Figura 6. Prevalença de depressió, ansietat i altres problemes mentals





# Key features of some students

- Low self-esteem.
- School failure.
- Very low motivation towards academic world.
- Truancy.
- Disruptive behaviours (bullying, discipline measures,...)
- Dysfunctional families.
- Very diverse backgrounds.
- Unhealthy lifestyles.
- Low capacities in some of them.
- ...



# Tutorial action



- .To guide the entire educational process, group and individual
- .To develop the students' self-esteem and confidence
- .To stimulate the acquisition of social skills and values.
- .To foster skills contributing to the students' independence and better management of their future.
- .Continuous positive reinforcement.
- .Close relationship with families

# ERASMUS+ KA2 Project DANCEFULNESS



## .2 METHODOLOGIES

- Dance to attract and gather students and adults
- Develop a basic mental culture

# ERASMUS+ KA2 Project DANCEFULNESS



## .2 TOOLS

- Online course for trainers
- <https://e-learning.alteravita.eu/course/index.php?categoryid=14&lang=es>
- Video pills course

• [https://www.youtube.com/watch?v=qc\\_Wf8ppmA0&list=PLHcpmwnkcaePw59dfX\\_fKty-LOHOvQv6A](https://www.youtube.com/watch?v=qc_Wf8ppmA0&list=PLHcpmwnkcaePw59dfX_fKty-LOHOvQv6A)

# ERASMUS +DANCEFULNESS

Dashboard / Courses / ERASMUS +DANCEFULNESS

Course categories: ERASMUS +DANCEFULNESS ▾



## E -COURSE DANCEFULNESS -EN



The online course will be based on the results from IO1- [Research](#).

The online course will be developed with some theory and mainly with practical cases to stress the practical approach of the course.

The course will be structured into 5 training modules:...



# DANCEFULNESS



## DANCEFULNESS ERASMUS

@dancefulnesserasmus5120 · 9 subscribers · 55 videos

Welcome to the DANCEFULNESS Erasmus+ project >

[dancefulness.eu](https://dancefulness.eu) and 2 more links

Customise channel

Manage videos

Home Videos Shorts Playlists

### For you



Part 9: Help another dancing



Part 7: Free Dance



Part 5: Get up



Part 6: Daily Life

### DANCEFULNESS - TRAINING VIDEOS (EN) ▶ Play all



Part 1: Breathing



Part 2: Bodyscan



Part 3: Synchronicity



Part 4: Emotional



Part 5: Get up



Part 6: Daily Life

