

BRIGHT HORIZONS INTERNATIONAL BRITISH SCHOOL OF ZAGREB



ERASMUS + : STOP, BREATHE & THINK 2022-2023

About the project:

In these rushed, modern times it is sometimes difficult even to find the time and focus to take a deep breath, let alone settle your mind. We all struggle with it and find it challenging - both children and adults.

The idea for writing and creating the project came as a natural solution to challenges we see children are mostly struggling with nowadays.

Mindfulness methods are effective tools for improving mental endurance to stress events beyond the pupils' control. Pupils are exposed to stress, from an earthquake, pandemic, wars, being separated from family to the fear of enrolling in secondary school, exams, and overall exposure to fast growing technology and media-world in which they are growing up and forming attitudes, habits and character traits.

Project is mostly focused on the needs of the pupils as well as the needs of teachers- mindfulness methods can empower them to live in the present moment, focused on school tasks instead of various factors beyond their control that create permanent unrest. Mindfulness methods can not only help pupils with their academics but also with their social-emotional learning- better understanding of the world around them. We believe that through our programme we will motivate pupils to apply these methods outside of school, in their everyday life as well, thereby encouraging them to faster integration into Croatian society and living a more focused and calm life.

We hope pupils will be able to make positive choices- spend time in nature with friends, enjoy and appreciate small things, know how to control their behaviors and emotional responses in greater manner- instead of escaping into addiction to movies, games and seclusion.

Programme aims:

- Promote wellbeing in our school community
- Offer school staff and pupils techniques to deal with challenges of everyday life
- Improve the school curriculum in the field of mental health for better integration of students from different cultures in school using mindfulness methods
- Strengthen and further develop mindful practices in our School

Courses Agenda:

Happy schools: Positive Education for Well-being and Life- Skills Development (Florence, Italy)

Resilience and well-being strengths for teachers (Barcelona, Spain)

Mindfulness for teachers: a Hands-on Approach (Barcelona, Spain)

Mindful classroom intercultural seminar: Introduction to mindfulness skills, techniques and strategies for teachers (Lagoa, Portugal)

Wellbeing in Schools - Emotional education to learn/teach crucial life skills for a peaceful school environment (Malaga, Spain)

Shareholders:

Stop, Breathe and Think project is carried out by Bright Horizons in cooperation with the Agency for Mobility and EU Programmes.

Our shareholders are: European Academy of Creativity (Spain); European Seminars, Germany (Portugal); Asociación Plus Project (Spain) and EUROPASS SRL (Italy).