

## SUMMARY for Testing Phase

### ORGANIZATION: WSBINOZ

#### Names of SCHOOLS INVOLVED:

1. Primary School No. 172 in Łódź
2. Primary School of King Stefan Batory in Szczawinie
3. Sports School No. 3 of Józef Jaworski in Aleksandrów Łódzki

#### Nº Classrooms classified in AGE:

1. First class (6-7 years) (Sports School No. 3 of Józef Jaworski in Aleksandrów Łódzki) – 24 students
2. Third class (8-9 years) (Primary School No. 172) – 22 students
3. Third class (8-9 years) (Primary School of King Stefan Batory in Szczawinie) – 20 students  
*Additional pilot was realized also in one more 1<sup>st</sup> first class (Primary School of King Stefan Batory in Szczawinie) – 20 students*
4. Control: Second class ((Primary School of King Stefan Batory in Szczawinie)

#### Names of teachers involved:

1. Daniela Kuca
2. Wioletta Plich - Patora
3. Monika Kosiewicz

#### DESCRIPTION:

- **When the testing was done?** (Curricular, or extra-curricular classes)

The pilot was carried out during the curricular lesson, as well as during extra-curricular activities, or social education classes.

- **Timeframe**

Testing started with information / introductory classes in May / June 2019. The main part of the pilot started in September and was ended in December 2019/January 2020.

- **What specific aim/objective you wanted to reach?**

The overarching aim was to plan and develop concrete actions to prevent and reduce early school leaving and support students, parents of students in the development of basic life skills and emotional development of students.

Students' development of **social and emotional competences**, in particular:

- planning skills
- entrepreneurship
- organizational skills
- creativity and creative thinking
- ability to cooperate
- personal culture
- assertiveness
- coping with stress
- the ability to rest and relax
- emotional intelligence, empathy
- interpersonal communication
- conflict management

- **Tested activities**

Teachers participating in the pilot implemented activities appropriate for a given age group. Each of the teachers planned the implementation of several exercises from the ToolKit (about 10 activities). Teachers planned to implement activities from different areas, but first of all they chose tasks from areas such as: Coping with stress, Ability to relax and rest, Emotional intelligence, empathy, Interpersonal communication, Personal culture, Creativity and creative thinking, Teamwork, Conflicts management, Entrepreneurship, Independent and critical thinking.

Tested activities for students:

1. My favourite flower
2. Balloons of anger
3. Mindfulness
4. Counting breaths
5. Secret of Aunt Clara
6. Desert Island
7. Therapeutic fairy tale
8. Fairy tale about feelings
9. The mime game
10. Where is the stress?
11. Words for feelings

12. Good morning Captain!
13. Group class
14. Conflicts, NO!
15. Sign of stress
16. Out of Chaos-Polis – The rules for well-being together
17. Body scan
18. Song with different rhythms
19. Snakes and ladders for knowing each other
20. Thermometer of feelings

Tested activities for parents:

1. A book a way to fight the boredom
2. Healthy breakfast
3. Let me tell you about my job.../vocational consulting
4. Meetings of parents and teachers

Teachers' feedback about the activities was collected during the regular meetings with teachers during testing time and at the end of piloting in completed by them document: teachers' feedback, pre questionnaire with feedback. All documentation is enclosed to this document.

Attachments to this summary are divided into 6 folders:

- 1) LIKE\_Pre questionnaire from teachers with feedback - filled in the questionnaires in English and Polish version
- 2) Meetings with teachers – Scan of attendance lists and reports of 8 meetings (English version)
- 3) Operational Plan (English and Polish version)
- 4) Pictures – of implementation of activities
- 5) Questionnaires\_WP7 – survey tools – scans of filled in questionnaires, translation of templates into Polish
- 6) Teachers' feedback – filled in the questionnaires about the feedback (English and Polish version) also feedback about activities for parents.