

The importance of pupils' well-being for learning.

Workshop – following the workshop with pupils–
to promote a Growth Mindset cooperation with parents



MindSet Go! 2.0



The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

Co-funded by the
Erasmus+ Programme
of the European Union



Health and Wellbeing

What makes your child
feel good at school?

MindSet Go! 2.0



The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

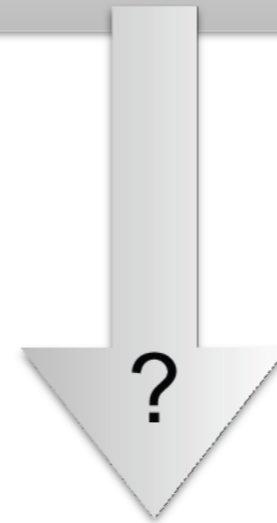


Aim of the evening

- Creating a "we" – a sense of belonging – in the pupil/student group.
- Creating a "we" – a sense of belonging – in the parent group.
- A common understanding of how we can work together to give all pupils the best possible conditions at school *and* at home.

After school

- What **knowledge, skills** and **qualities** do you want your child to have when they graduate?



1

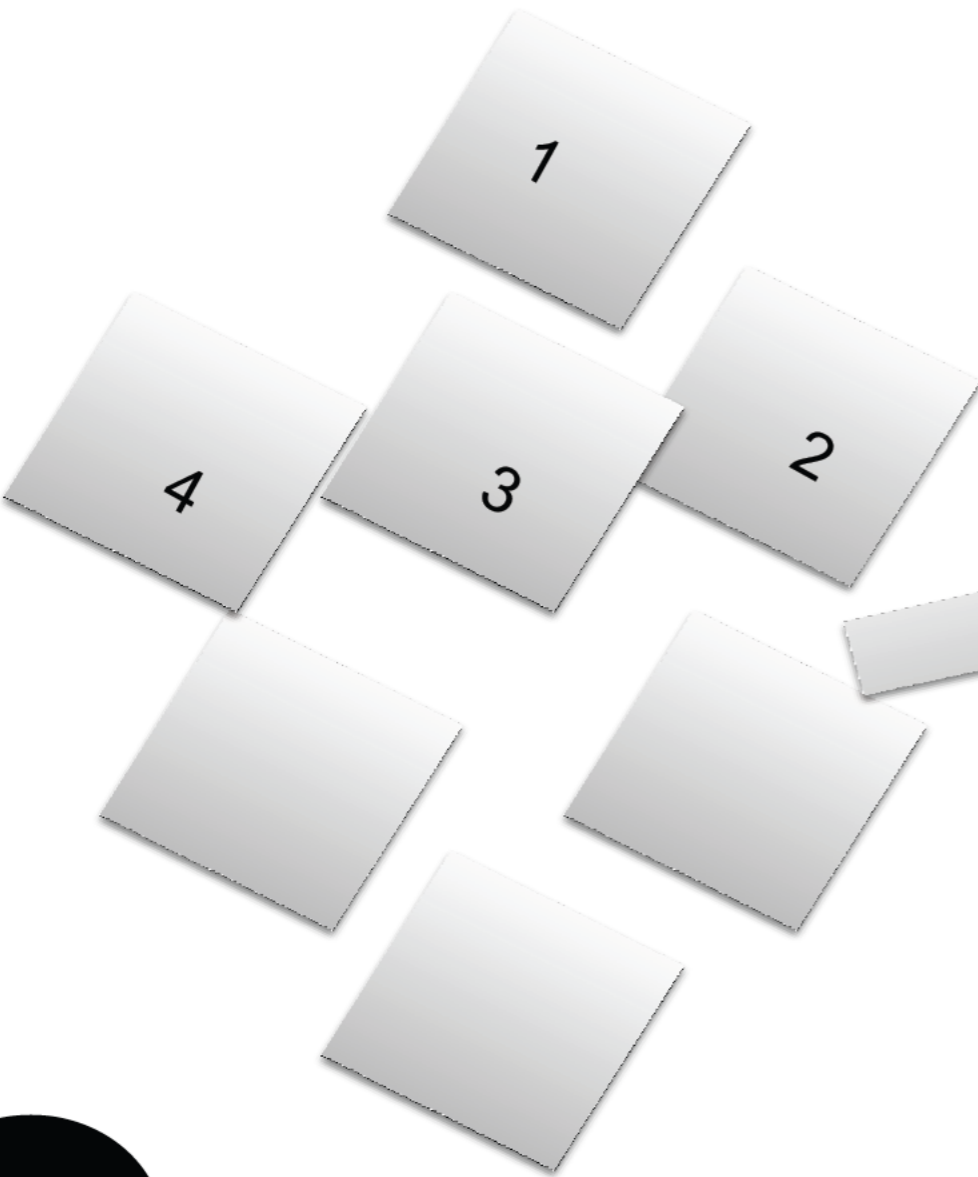
List your answers on your paper!



2

Rank the answers!

Which are the top 4?



3

Summarise and present!

Showing the pupils' spontaneous response to the question - ***What are the qualities of a backpacker?***

- Good understanding of the environment
- Ability to plan, organise and structure.
- Flexible, spontaneous
- Taking on responsibilities
- Taking in information and knowledge
- Patience
- Curiosity
- To be brave and to dare to try new things.
- The ability to communicate in English and preferably other languages.
- To be creative, set goals to achieve or to come up with ideas.
- Not afraid to take on challenges.



Selected example quotes from the parents

1. *"Knowing how to ask the right questions and how to ask a question to get an answer"*
2. *"You need a willingness to explore and come up with new things"*
3. *"Creativity - without it you can't figure out what to do to move forward"*
4. *"You need a goal, to achieve but you also need to be spontaneous and flexible, and to take on challenges"*



When graduating from primary school, what do you think has been important for you to enjoy being together at school?

Example of the pupils' replies:

"Friends are important and even though I don't know everyone, I can talk to everyone."

"We talk to each other"

"Changing groups makes you get to know each other" "We feel like a big family"

"Even when I don't have my closest friends in my group, I feel at home in the group, because I know everyone."

"Camps, when everyone does activities together and when we do things outside of school"

"A new environment can break group constellations."

"The teachers are important for well-being. We feel that they care about us. If you have had a bad day or failed a test, they ask how you are doing and how they can help you".

**"Teachers care about how you are doing and not just at school,
they care about the whole of me"**

**Our task is
to make sure that
the pupils**

- are prepared for challenges and unforeseen events.
- make an effort to acquire information and solve problems.
- have an active approach with personal responsibility and initiative.
- work to provide a creative and imaginative environment for learning.

"The aim of all our schools is for children and young people to develop into responsible, creative and imaginative individuals. The aim is for our children and young people to have a good understanding of the world and to be willing and able to participate in the democratic processes of society in the future."

However...

Over time, schools have an increasing number of pupils who do not experience joy, pleasure and pride in their schoolwork. It is clear that, despite our good intentions, we have failed to take into account an essential part of children's learning, namely the basic needs as the foundation for the children's well-being and thus also learning.

Self-realisation

The Circle of trust



Sociability

- I know what happens and why it happens.
- I have the tools to deal with what is happening.
- I feel that I have the power to influence what is happening which makes my behaviour meaningful.





Emotional intelligence

To be able to interpret and understand the emotions of others, one must be able to recognise them in oneself.

Therefore, the basis of empathy is awareness of one's own emotions.

Professor Peter Salovey divides the assessment of emotional/feeling intelligence into four parts:

- Perceiving, assimilating emotions
- Using emotions
- Understanding emotions
- Managing our own and others' emotions



A word
or
a sentence
about this evening