



WellbeingInSchools

Strengthening mental resilience and mental well-being in elementary school students



Co-funded by
the European Union

Project Goals

Our Erasmus+ project is bringing **mindfulness practices** to **primary schools** across Europe, supporting the wellbeing of both **students and teachers**. Our goals are to:

- 1** Improve student wellbeing
- 2** Reduce stress and burnout among teachers
- 3** Create positive and inclusive school environments

We're creating lots of useful resources to achieve these goals, including:

Our Resources

A **comprehensive curriculum** with detailed lesson plans for implementing mindfulness practices in the classroom, including adaptations for diverse student needs.



A user-friendly **mobile app** featuring guided audio and video-based mindfulness activities, for students and teachers.

Training events to prepare teachers to use these resources, carried out across Ireland, Finland, Greece, Slovakia and Czechia.



Find Out More

To find out more or get in touch, please visit our project website using the link or by scanning the QR code!

<https://wellbeinginschools.eu>

