



# WellbeingInSchools

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



## 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>

