

Learn to be zen @ school

Personal enrolment and commitment paper

Name

Profession

School

Class

Number of students

Phone number

E-Mail



École Primaire Franco-
Allemande de Fribourg



As a participant of the two-year "Learn to be zen @ school" project, and subsequent to evaluation by my school's management, I hereby agree to test and make use of the following support tools with my students, tools that will be made available for download on the www.learntobezen.eu website approximately every other month, comprising in total five subjects per year:

- **1 animated video** for children between 5 and 12 years old;
- **1 educational sheet** for teacher use
- **activities and fun tools** to allow children to explore and label their emotions.

The suggested activities for every subject can be divided into 10- or 20-minute units each, allowing the teacher to adjust their duration to individual preference.

I agree to personally evaluate the proposed activities by filling out the online evaluation questionnaire on our website (duration: 5 minutes) after each activity/group of activities.

If I should like to do so, I may contribute to activities by using the designated comment field online or by writing an email to suggest further improvements.

I agree to my students filling out a mini-questionnaire in the form of a colour-in smiley (duration: 2 minutes) in order to assess my class, and thereafter to send it to contact@learntobe.be

Date :

Place :

Signature :