

Learn to be zen @ school

European strategic partnership project

How to build a favourable and serene learning atmosphere? How to create a better place to live together?



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The world is changing at a very fast pace, scientific and technological development is booming and our environment is becoming increasingly complex. School is no different to this reality. This constantly evolving environment, which imposes multiple and conflicting needs on their shoulders has directly affected teachers, educators and parents.

The globalisation and multicultural openness to the world generates new challenges! To better live together and collaborate we need to understand the way we and others operate. There is an urgent need for students to rebuild a sense of community, recognising the importance of social links without judgement and stress. We need to train ourselves and our children to adapt to changes and to this evolving complexity by using the best scientific knowledge available.

This strategic partnership between field workers (training institutions, educational associations and schools) from different European countries is launched to answer the needs of school teachers (and anyone involved in education), giving them practical tools to address the question of emotions, stress and aggressiveness with primary school children.

It is based on a functional and innovative approach, the **Neurocognitive and Behavioural Approach (NBA)**, which links our behaviours and emotions as well as our ability to act and make decisions. This approach favours our adaptive intelligence and our emotional and interpersonal skills. It enables us to understand, act and adjust our actions to make them more suitable, responsible and respectful of others.

By using new interactive and multimedia technologies, this partnership seeks to simplify our own understanding of human behaviour and human condition, and that of others. The main objective is to help children and adults acquire and develop the whole range of key-competencies needed in life: empathy, self-awareness, interpersonal skills, and emotional and relational abilities.

In practice, this partnership will develop and test **animated videos** with storytelling based on real-life school situations, enabling and fostering child/adult interactions. New educational material and **supporting tools** will be created and tested by teachers, educators and children during thematic workshops. These tools are intended to stimulate thoughts and reflection, raise questions, bringing forward exercises and illustrations, and drawing courses of action.

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