

Stress Relief and Well-Being Strategies for Teachers

Prague - July 10th to July 15th

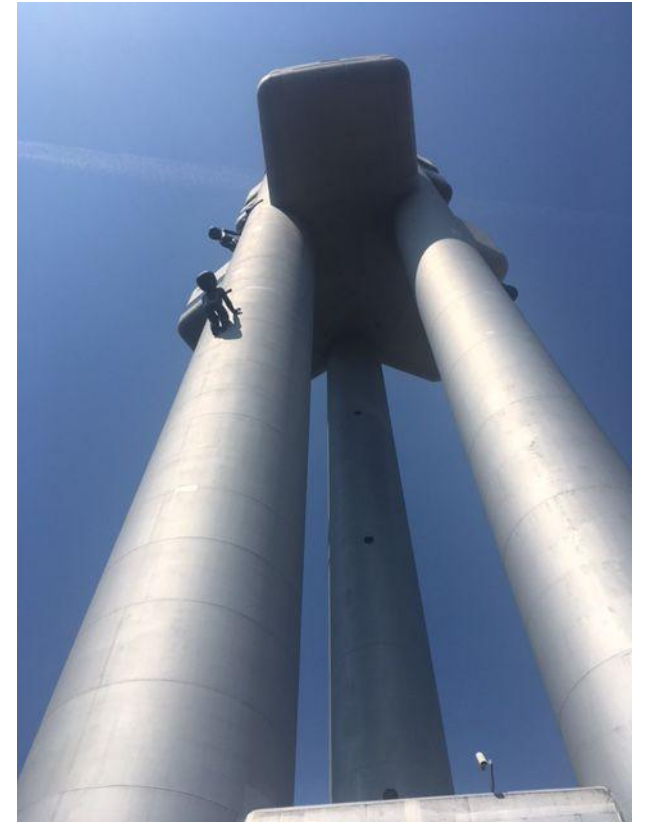
Prof. Oscar Pedretti

CANTU' - ITALY

DAY -1: Prague (new town)

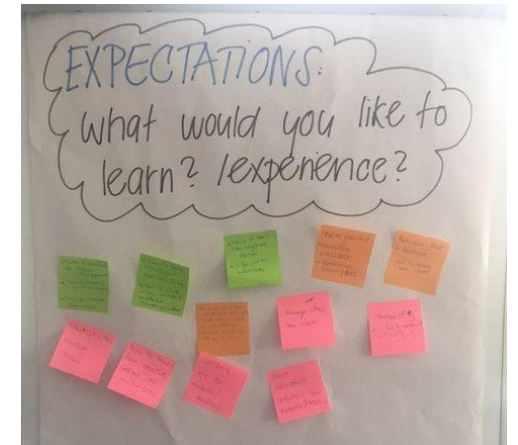


DAY -1: Prague (Viserhad)



DAY 1: Prague (Rosmarin center)

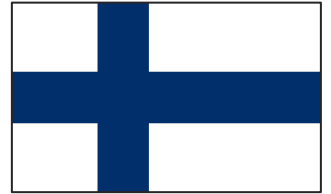
- Introduction to the course, the school, and the activities;
- Getting to know each other and icebreaker activities;
- Identification of learning needs and goals;
- Presentations of participants, their schools, and the trainer;
- Introducing basic terms: stress, wellness, illness, and their impact on teaching.
- Eustress vs distress (short-term and long-term stress);
- The physiological and mental impact of stress;
- Breathing techniques (body scan, box breathing).



DAY 1: Erasmus group

21 participants from 6 different countries and different schools:

- 1 teacher from lower secondary school Cantù3
- 1 teacher from primary school “Karl Erckert” (Merano)
- 1 ATA from IC Castelfidardo (Ancona)
- 2 teachers from Sotunki Upper Secondary School, Finland
- 6 “ATA” from Cairo American College, Egypt
- 1 teacher from Upper secondary school (Munich, Germany)
- 1 teacher from KLA Upper secondary school (Bremerhaven, Germany)
- 1 teacher from Upper secondary school (Heidelberg, Germany)
- 5 teachers +1 “ATA” from Kindergarten Yavor (Gabrovo, Bulgaria)
- 2 teachers from Technikum Hotelarsko-Turystyczno-Gastronomiczne nr 21w, Warszawie



DAY 1: Prague (old town & jewish district)

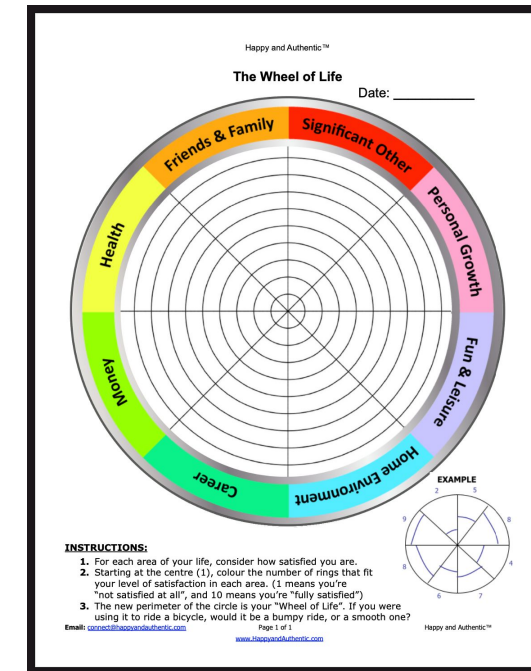


DAY 1: Prague (Karlův most)



DAY 2: Prague (Rosmarin Center)

- Movement wake-up
- Story of my name;
- Wellness and circadian rhythm;
- How sleep influences our health, memory, and cognitive functions;
- 20 tips for better sleep quality;
- Daily routines and habits for better sleep;
- How to help your students sleep better;
- Evaluating your own 8 dimensions of wellness (Wheel of Life).



DAY 2: Prague (Castle & Letna gardens)

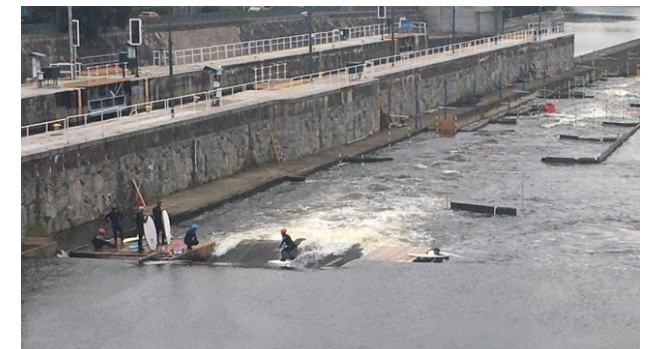


DAY 2: Prague (Malá Strana)



DAY 3: Prague (Rosmarin Center)

- Understanding the importance and physiological impact of relaxation techniques;
- 5 senses meditation;
- Coping strategies and stress “first aid”;
- Building emotional resilience;
- Recognizing, labeling, and understanding emotions;
- Practicing gratitude, perspective, and complex view;
- Panic attack, depression, burnout, psychotherapy ;
- Tips for mental health;
- Biodancing, 5 rhythm dance, belly dancing;
- meditation to relax.



DAY 3: Terezin



DAY 4: Prague (Rosmarin Center)

- Say what you know about others;
- satisfaction, love, appreciation, happiness (speed date clock);
- Jacobson (progressive muscle) relaxation;
- Autogenic training;
- Dancing wake-up;
- Getting ready to speak;
- Humming and breathing;
- Tips for the voice.



DAY 4: Prague (World of Banksy)



DAY 4: Prague (“Le nozze di Figaro” at theatre)



DAY 5: Prague (Rosmarin Center)

- Improve games;
- Drama and theatre exercises;
- Creating connections;
- Presentations of participants and their schools;
- Course evaluation: round-up of acquired competencies, feedback, and discussion;
- Awarding of the course Certificate of Attendance;
- Excursion and other external cultural activities.



DAY 6: Prague (Castel tour guide)

