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**Local Pilot Activities/ Programs
At Agios Spyridonas Special School,
Larnaka, Cyprus
In order to implement
New Well-Being Techniques
For SEN Students And Teachers
01/10/2023-31/10/2024**



1. 2 Local Pilot Activities/ Programs After Participating in LLT1 WELL-BEING 4 all in ROMANIA

- 1) Yoga to create Well-being 4 students and teachers
- 2) Sensory swimming to create Well-being for students



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Yoga to create Well-being 4 students and teachers

Main goal:

- Developing movement skills and increase of respiratory capacity for both SEN students and staff. Informing teachers about the effectiveness of the **yoga to** the decrease of tenseness of students

Target group:

- 124 SEN students of “Agios Spyridonas Special School”, Larnaka
- Teachers & Therapists of “Agios Spyridonas Special School”, Larnaka

Estimated total duration:

- 3 months

Objectives:

- Developing communication and good relationship between staff
- Improving health of SEN students and teachers
- Increasing interest in the movement both of SEN students and teachers
- Decreasing tenseness both SEN students and teachers



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Sensory swimming to create Well-being for students

Main goal:

- Developing movement skills and built water confidence in a calm environment with the use of multisensory equipment SEN students. Informing teachers about the effectiveness of the **sensory swimming**

Target group:

- 124 SEN students of “Agios Spyridonas Special School”, Larnaka
- Teachers & Therapists of “Agios Spyridonas Special School”, Larnaka

Estimated total duration:

- 9 months

Objectives:

- Developing movement & motor planning skills
- Improving health of SEN student
- Building water confidence
- Promoting Body awareness



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Links: eid-ag-spyridonas-lar.schools.ac.cy
<https://eid-ag-spyridonas-lar.schools.ac.cy>



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2. 2 Local Pilot Activities/ Programs After Participating in LLT1 WELL-BEING 4 all in Turkey

- 1) Orff therapy to create Well-being 4 SEN students and teachers
- 2) Ebru-marbling art therapy to create Well-being 4 SEN students and teachers



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Orff therapy in order to create Well-being 4 SEN students and teachers:

Main goal:

- Developing socio-emotional skills for SEN students and informing teachers & therapists about the effectiveness of the **Orff method** in the rehabilitation of students

Target group:

- 124 SEN students of “Agios Spyridonas Special School”, Larnaka
- Teachers & Therapists of “Agios Spyridonas Special School”, Larnaka

Estimated total duration:

- 3 months

Objectives:

- Developing Socio-emotional skills, communication, self-control, self esteem
- Improving stimulation and tension
- Multisensory intervention



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Ebru-marbling art therapy in order to create Well-being 4 SEN students and teachers:

Main goal:

- Developing socio-emotional skills for SEN students and informing teachers & therapists about the effectiveness of the **Orff method** in the rehabilitation of students

Target group:

- 124 SEN students of “Agios Spyridonas Special School”, Larnaka
- Teachers & Therapists of “Agios Spyridonas Special School”, Larnaka

Estimated total duration:

- 3 months

Objectives:

Developing of:

- Socio-emotional skills
- Self-control
- Attention
- Cognition
- Imagination
- Eye-hand coordination
- Multisensory intervention



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3. 2 Local Pilot Activities/ Programs After Participating in LLT1 WELL-BEING 4 all in Spain

- 1) TEACCH METHOD and use of ARASAAC program in order to create Well-being 4 SEN students and teachers.
- 2) Chess lesson in order to create well being 4 SEN students cognitive acquisitions, personal development and social inclusion.



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TEACCH METHOD and use of ARASAAC program in order to create Well-being 4 SEN students and teachers

Main goal:

These educational intervention programs focused on individual and team well-being through social competences development. After evaluation of the benefits of Arassac in our students we decided to translate it to Greek , disseminate it to the new teachers & therapists and continue this educational intervention for the school year 2024-2025. TEACCH METHOD and use of ARASAAC Program IN ORDER to create Well-being 4 SEN students and A work shop for teachers and therapist s was organized in order to improve their skills in handling autistic student communication , social abilities and well being

Target group:

- 113 SEN students of “Agios Spyridonas Special School”, Larnaka
- Teachers & Therapists of “Agios Spyridonas Special School”, Larnaka

Estimated total duration:

- **12** months

Objectives:

- Developing: communication & interrelationship skills of SEN students,



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