



Funded by the
European Union

Local Pilot Activities/Programs at ENEEGYL Alexandroupolis,
in order to implement new well-being techniques for SEN students and
teachers

1.10.2023 – 31.10.2024





School Well-being 4 all

Our first year of participation in the **Erasmus program** was a unique experience that allowed us to explore interventions promoting the well-being of children with disabilities and teachers in schools. Our trips to Romania, Turkey, and Spain gave us the opportunity to observe and draw ideas from innovative practices implemented in different educational systems.

We wanted to explore how to experiment with and integrate these approaches into therapeutic programs for our students. We are particularly interested in how these activities can benefit students with disabilities and also support the well-being of our educators. In ENEEGYL Alexandroupolis, we decided to implement some of the activities we observed



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ΑΛΕΞΑΝΔΡΟΥΠΟΛΗΣ

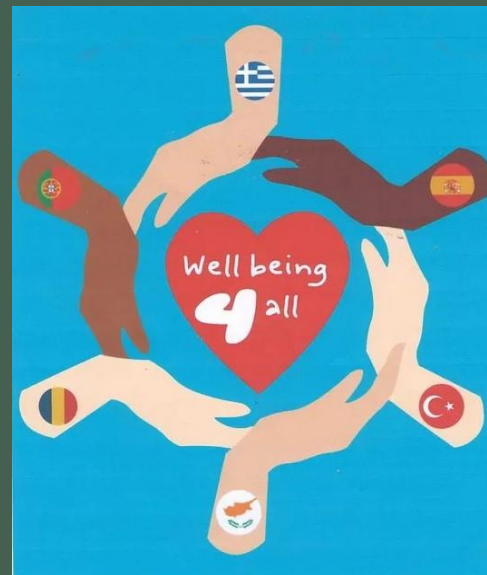


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School Well-being 4 all

Target group

- 40 children of ENEEGYL Alexandroupolis
- staff of ENEEGYL Alexandroupolis



Estimated total duration

12 months

Our website link of the program

http://eeeeek-alexandr.evr.sch.gr/?page_id=2294



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IMPLEMENTATIONS IN OUR SCHOOL

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SCHOOL WELL-BEING 4 ALL IN ROMANIA



ERASMUS + 2023-2025

Yoga for students

In the first video, you will observe our initial attempt at a yoga session with our students. The class was highly successful, leading us to acquire all the essential and specialized equipment tailored to meet their needs.



Links

- <https://youtu.be/L2DVnSmhiYU>
- <https://www.facebook.com/share/p/UowqsQpMKSNFp2QA/>
- http://eeeeek-alexandr.evr.sch.gr/?page_id=2294

Yoga for teachers

In the second video, you can observe our teachers participating in a yoga class and experiencing the positive effects of yoga. Their feedback emphasized improvements in relaxation, concentration, empowerment, and balance.



Links

<https://youtu.be/hPMN8LiJc4w>

http://eeeeek-alexandr.evr.sch.gr/?page_id=2294

Benefits of Yoga for Students and Teachers

- Improved Concentration: Enhances focus and attention
- Stress Reduction: Helps manage stress and anxiety
- Physical Wellness: Increases flexibility and overall fitness
- Emotional Regulation: Promotes better emotional management
- Social Connections: Fosters a sense of community
- Healthy Coping: Provides tools for handling academic pressures
- Positive Environment: Creates a supportive classroom atmosphere



Yoga benefits both students and teachers, promoting well-being and a healthier learning environment.



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IMPLEMENTATIONS IN OUR SCHOOL

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SCHOOL WELL-BEING 4 ALL IN TURKEY



ERASMUS + 2023-2025

Orff music

After our recent trip to Turkey, we decided to introduce Orff Music Therapy, Aerobic Exercise, and Marbling Art at our school in Greece.

In the first video, you can see our initial attempt at an therapy session with our students. The session which was tailored to meet our students needs and abilities, was highly successful.

In this session, you can see students with disabilities and typically developing students participating. This is a demonstration of our long-term inclusive educational framework.



Links

<https://youtu.be/NuYJ-d0ZvZU>

http://eeek-alexandr.evr.sch.gr/?page_id=2294

Some of the advantageous effects of Orff Music Therapy on children, particularly for students with disabilities, include:

- Expressive Autonomy
- Relief and Relaxation
- Social Interaction
- Development of Mobility
- Improvement in Communication:
- Development of Functional Skills:



Aerobics

In the second video, you can watch our teachers and students participating in an aerobic class, experiencing the positive effects of aerobics. Their feedback highlighted improvements in physical fitness, concentration, social interaction and a sense of well-being and self-confidence .



Links

- <https://youtu.be/mzmryEW9ssl>
- <https://www.facebook.com/share/v/hFhaMrZaLSrH9MsW/>
- http://eeeeek-alexandr.evr.sch.gr/?page_id=2294

Benefits of Aerobics for Students and Teachers

- **Improved Physical Health:** Enhances cardiovascular endurance and overall well-being.
- **Stress Reduction:** Releases endorphins that reduce stress and improve mood.
- **Increased Concentration:** Boosts focus and mental clarity, leading to better learning outcomes.
- **Socialization:** Promotes teamwork and social skills through group activities.



These benefits contribute to a healthier and more positive environment for both students and teachers!

Marbling Art Therapy





Links

- <http://www.facebook.com/share/p/ejavqksE86XALvWA/>
- http://eeeeek-alexandr.evr.sch.gr/?page_id=2294

Benefits of Marbling Art Therapy

- **Emotional Expression:** Students express emotions, while educators gain insight into their needs.
- **Self-Esteem:** Students feel confident; educators observe progress.
- **Stress Reduction:** Promotes relaxation for both students and educators.
- **Creative Thinking:** Encourages imagination and initiative.
- **Motor Skills:** Improves fine motor skills for students, with educators tracking development.
- **Social Connection:** Enhances collaboration in the classroom.
- **Self-Awareness:** Helps students understand their emotions and needs.
- **Independence Development:** Encourages student autonomy.



This therapy fosters a creative and supportive learning experience for everyone!

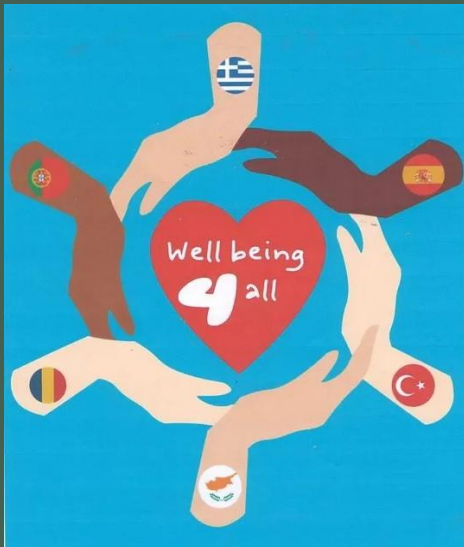


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IMPLEMENTATIONS IN OUR SCHOOL

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SCHOOL WELL-BEING 4 ALL IN SPAIN



ERASMUS + 2023-2025

Pilates

The Pilates activity offered numerous benefits, promoting both physical and mental well-being, with exercises specifically adapted for students with disabilities. It improved flexibility, strength, and balance, while also helping participants relax and reduce stress. The exercises were designed to be accessible and to meet the needs of everyone, enhancing body awareness and coordination.

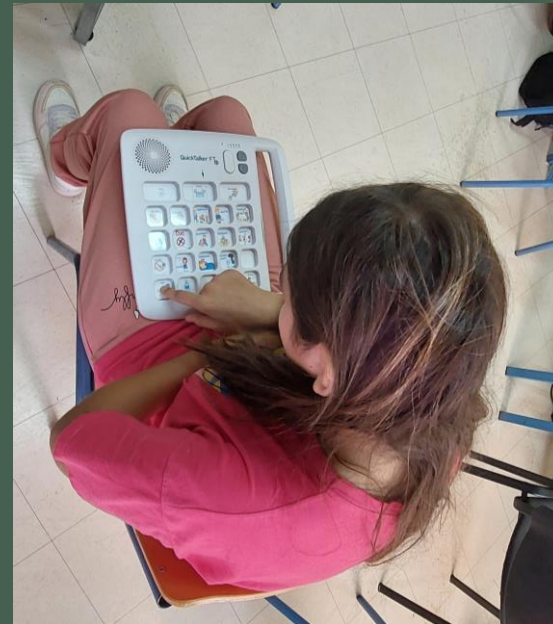


Links

<https://www.facebook.com/share/p/RpKJyHEodvb87Nv3/>
http://eeeeek-alexandr.evr.sch.gr/?page_id=2294

TEACCH and ARASAAC

These educational intervention programs focused on skill development and improving social interaction. Students actively participated in activities that enhanced teamwork and cooperation.



Links

- <https://www.facebook.com/share/p/FJCScNXpkvBCB6Qr/>
- http://eeeeek-alexandr.evr.sch.gr/?page_id=2294

Benefits in the Education of Students with Disabilities from TEACCH and ARASAAC

- **Structured Learning:** Predictable routines reduce anxiety and facilitate learning.
- **Individualized Approach:** Tailored programs meet each student's unique needs.
- **Visual Supports:** Visual schedules and symbols enhance understanding and task management.
- **Social Skills Development:** Encourages interaction and collaboration with peers.
- **Enhanced Communication:** AAC tools support students with speech difficulties.
- **Independence Promotion:** Develops self-management and decision-making skills.
- **Parental Collaboration:** Involves parents for consistent support.
- **Customized Materials:** Personalized educational resources for diverse needs.
- **Free Resources:** Accessible tools and materials for students and educators.



These benefits improve the educational experience and support the success of students with disabilities.

THANK
YOU

The image features the words "THANK YOU" rendered in a playful, 3D style. Each letter is a separate, brightly colored block with a white, sans-serif font. The top row consists of five blocks: a purple 'T', a blue 'H', a red 'A', a yellow 'N', and a green 'K'. The bottom row consists of three blocks: a green 'Y', a blue 'O', and a yellow 'U'. The blocks are arranged on a plain white surface, casting soft, light-colored shadows to the right and slightly forward, giving them a sense of depth and volume.