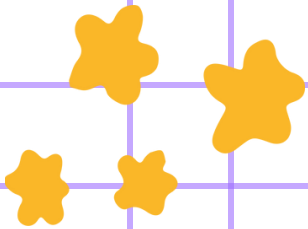


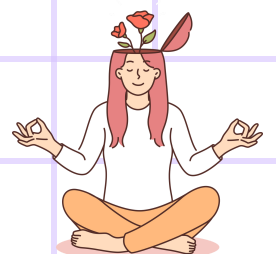
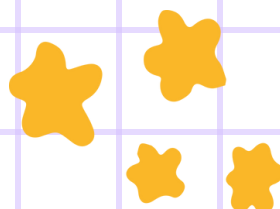


Funded by the  
European Union



# LOCAL PILOT ACTIVITIES / PROGRAMS AT AGRUPAMENTO DE ESCOLAS LAPIÁS, PORTUGAL, IN ORDER TO IMPLEMENT TEACHER AND SEN STUDENT WELL-BEING AT SCHOOL

01.10.2023 – 31.10.2024



# LOCAL PILOT ACTIVITIES / PROGRAMS AFTER PARTICIPATING IN LTTA 2 SCHOOL WELL-BEING 4 ALL IN ROMANIA

## Main objectives

- Teach relaxation techniques that can help SEN students manage stress and anxiety.

Promote an inclusive environment where all students feel valued and capable.

Enhance motor skills and body awareness.



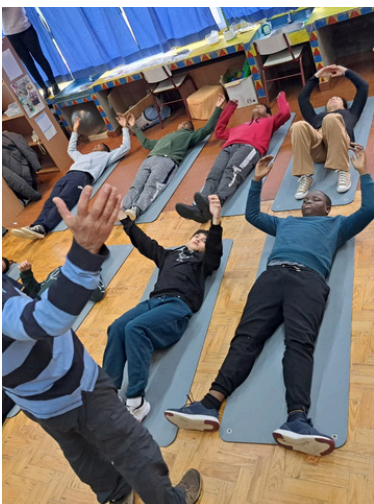
## YOGA



## TARGET GROUP

23 SEN students with Autistic  
Spectrum Disorder and  
Intellectual Disability  
9 Teachers

<https://www.agrupamento-lapias.pt/proje04f3.htm>



# KADANS SESSIONS



## Main objectives

**Enhance interpersonal skills**

**Teach students to recognize, understand, and manage their emotions**

**Improve fine and gross motor skills through engaging physical activities**

## TARGET GROUP

**23 Students aged between 11 and 17 years old, with diverse disabilities**



# LOCAL PILOT ACTIVITIES / PROGRAMS AFTER PARTICIPATING IN LTTA 2 SCHOOL WELL-BEING 4 ALL IN TURKEY

## MUSIC THERAPY

<https://www.agrupamento-lapias.pt/proje04f1.htm>



## Main objectives

- Enhance verbal and non-verbal communication skills,
- Help students express their feelings more effectively.
- Promote social interaction and teamwork and collaboration among peers.
- Support cognitive skills such as attention, memory, and problem-solving
- Use music to promote relaxation, reduce anxiety, and manage stress, contributing to overall well-being of students.



## TARGET GROUP

23 Students aged between 11 and 17 years old, with diverse disabilities





# ART THERAPY

## Stress reduction activities

### Main objectives

- Lower levels of anxiety and depression, which can impact overall well-being.
- Promote emotional, social, and cognitive development
- Provide SEN students with an alternative means of expression,
- Engage in creative activities to help build confidence.
- Help SEN students to focus and enhance attention and concentration.



### TARGET GROUP

23 Students aged between 11 and 17 years old, with diverse disabilities

# LOCAL PILOT ACTIVITIES / PROGRAMS AFTER PARTICIPATING IN LTTA 2 SCHOOL WELL-BEING 4 ALL IN SPAIN

<https://www.agrupamento-lapias.pt/proje04f2.htm>

## TEACCH method and use of ARASAAC program



## Main objectives

- Use common symbols and pictograms, to help facilitate communication between individuals with Autism Spectrum Disorder and their peers, family, and educators, promoting social skills development.
- Make learning more engaging for students with ASD, helping them to better participate in activities and routines.



## TARGET GROUP

- 55 Students aged between 6 and 17 years old, with Autism Spectrum Disorder and diverse disabilities
- 9 Special Education Teachers





# TEAM BUILDING

## Stress reduction activities



## Main objectives

- Provide moments for stress relief through fun and engaging activities, that can help teachers find balance and maintain mental well-being.
- Promote a sense of belonging and appreciation within the team.
- Promoting professional development that is relevant to personal well-being.



## TARGET GROUP

22 Teachers

