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**LOCAL PILOT
ACTIVITIES/PROGRAMS AT CEIP
“BERNARDINO PÉREZ” VALENCIA
DE DON JUAN (LEÓN), SPAIN IN
ORDER TO IMPLEMENT NEW WELL-
BEING TECHNIQUES FOR SEN
STUDENTS AND TEACHERS.**

Well being
4 all

01.10.2023-31.10.2024

LOCAL PILOT ACTIVITIES/PROGRAMS AFTER PARTICIPATING IN LTTA 1 SCHOOL WELL-BEING 4 ALL IN ROMANIA.

KADANS THERAPY IN ORDER TO CREATE
WELL-BEING FOR SEN STUDENTS.

MAIN GOAL:

The psychotherapeutic use of 5 different rhythms based movements to further the emotional, cognitive, physical and social integration of the individual. Dance allows SEN students the opportunity to express their emotional states and experiences non verbally in order to boost their well being.

OBJECTIVES.

- Developing of body scheme, spatial orientation, and motor coordination of SEN students.
- Imitation development.
- Developing personal autonomy.
- Forming a positive self-image.
- Sense development.
- Awakening of pleasure of dancing.
- Improving relationships between SEN children and also between child and teacher/therapist.
- Developing SEN kids self-control reducing individual and interpersonal unwanted behaviours.

TARGET GROUP

Kindergarten -50 students 3/6 years old-
Average kids and those with autism
spectrum disorder, mental disabilities and
other sense impairments

ESTIMATED TOTAL DURATION

12 months

GALLERY



LOCAL PILOT ACTIVITIES/PROGRAMS AFTER PARTICIPATING IN LTTA 1 SCHOOL WELL-BEING 4 ALL IN ROMANIA.

YOGA THERAPY PROGRAM IN ORDER TO CREATE WELL-BEING FOR SEN STUDENTS

MAIN GOAL:

Develop set of practices and exercises to link body postures synchronised with the breath and mind to create a state of well-being, relaxation as well as increasing the children's skill of concentration. It will help students enhance memory and calm by promoting a state of tranquillity. We also inform school teachers and therapists about benefits of yoga and its impact on a healthy and stressless lifestyle.

OBJECTIVES

- Reducing anxiety and stress.
- Providing flexibility and stretching abilities before and after physical exercise.
- Increasing concentration skills and resources.
- Developing a range of breathing techniques.
- Improving students self-esteem and positive attitude.
- Developing self control of SEN students
- Slow down unwanted and disruptive situations.

TARGET GROUP:

Approximately 176 primary mainstream pupils and all SEN students before and after PE sessions

ESTIMATED TOTAL DURATION

12 months

GALLERY



Yoga





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LINKS

- <https://www.facebook.com/people/School-Well-being-4-ALL-Erasmus-/61560899472661/>
- <http://ceipbernardinoperez.centros.educa.jcyl.es/sitio/>
- <http://www.instagram.com/ceipbernardinoperez/>

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

ORFF THERAPY PROGRAM IN ORDER TO CREATE WELL-BEING FOR SEN STUDENTS

MAIN GOAL:

Developing music therapy within the setting of auditory processing by discriminating different sound for the treatment of children with developmental personality problems, delays and disabilities, in order to enable these children to participate actively in musical activities within therapy.

Informing school teachers and therapists about benefits of this program and its impact in SEN students guidance and treatment.

OBJECTIVES

- Promoting a responsive interaction within a musical situation of play.
- Socio-emotional development
- Providing SEN/Average students opportunities to participate in multisensory interventions
- Increasing social skills like cooperating in a group, listening to peers, impulse control, and attention
- Improving expressive language by chanting words in rhythm
- Developing children skills in concentration, memory, and listening

TARGET GROUP:

40 Kindergarten 5 year old kids, both average and SEN, and 64 primary students at Music subject regular lessons.

ESTIMATED TOTAL DURATION:

12 months

GALLERY



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

PENTATONIC METHODOLOGY BASED SOUNDTRACK IN ARTS & CRAFTS IN ORDER TO CREATE WELL-BEING FOR SEN STUDENTS

MAIN GOAL:

Music makes a unique contribution to playful learning with fun interactive mandalas painting technique activities and plasticine handling, encouraging SEN infants to develop new skills in language, fine-motoric abilities, and cognitive skills.

OBJECTIVES

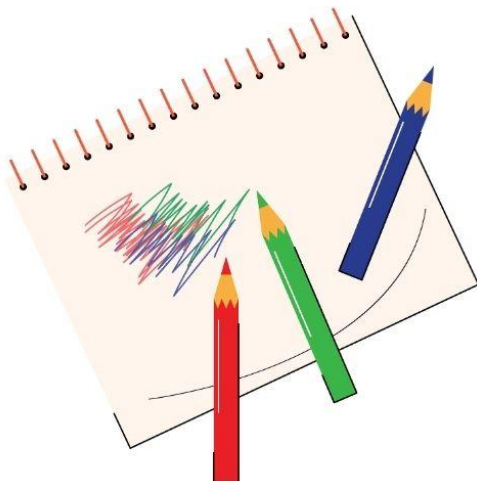
- Promoting SEN students self-confidence, spontaneity, creativity, and originality.
- Developing kids learning skills through doing, exploring, and improvising.
- Making music becomes achievable and exciting in a well-being atmosphere.
- Integrating music into SEN children's everyday experiences.
- Providing young children with opportunities for early interaction and positive experiences with music when it comes to fine motorics.
- Increasing pupils self-expression, self-confidence, and self-esteem.

TARGET GROUP:

350 primary students (from 6 to 12 years old) and 18 kindergartens (5 years old). Average and SEN pupils.

ESTIMATED TOTAL DURATION:
12 months

GALLERY



LINKS

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