

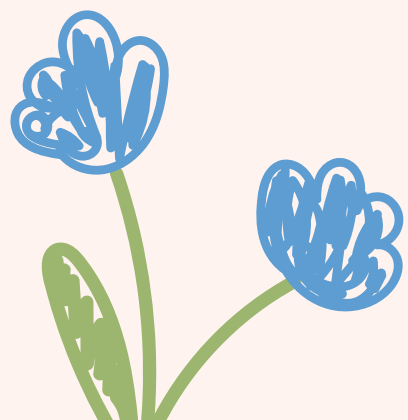
# LOCAL PILOT ACTIVITIES/PROGRAMS AT NİMET BABİROĞLU REHBERLİK VE ARAŞTIRMA MERKEZİ (DENİZLİ), TURKEY IN ORDER TO IMPLEMENT NEW WELL- BEING TECHNIQUES FOR SEN STUDENTS AND TEACHERS.

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

- 1) Yoga to create Well-being 4 students
- 2) Methods and techniques for inducing well-being within the school organization



# 1) Yoga to create Well-being 4 students

## Main goal:

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

## Target group:

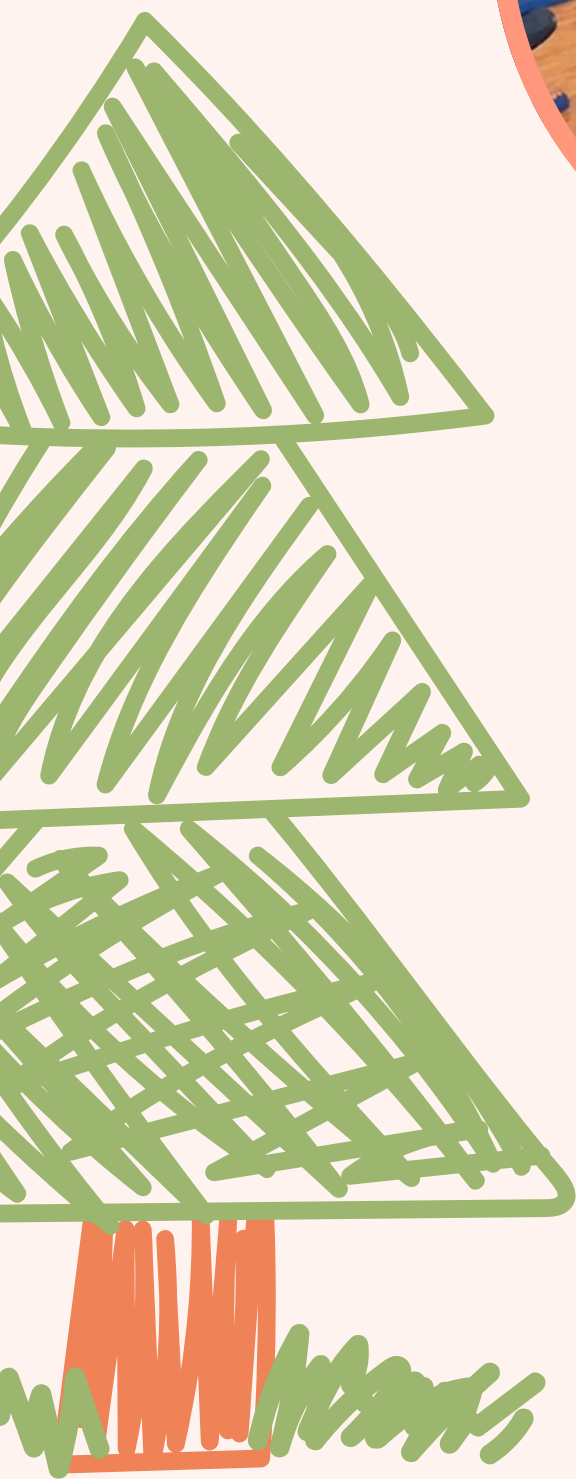
21 SEN students of "Polis Amca Special Education Practice School", Denizli

## Estimated total duration:

3 months

## Objectives:

- Improving health of SEN students
- Increasing interest in the movement both of SEN students
- Decreasing tenseness both SEN students





## 2) Methods and techniques for inducing well-being within the school organization

### Main goal:

Using various strategies or methods such as meetings to increase the cohesion of the group of teachers in which to use a series of games, energizers, ice-breakers and organizing creative workshops on various topics relaxation sessions.

### Target group:

25 teacher (17 special education teacher, 1 kindergarden teacher, 2 craft, 2 music, 2 art, 1 physical education teacher) in Polis Amca Special Education Practice School, Denizli

### Estimated total duration:

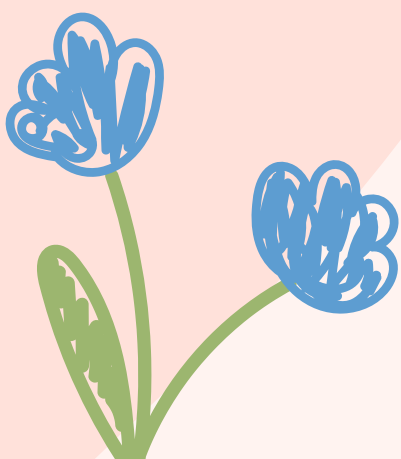
2 months

### Objectives:

- build relationships
- increase group cohesion
- reduce stress levels
- creatively solve some work tasks

### Links:

- [https://denziliram.meb.k12.tr/icerikler/school-well-being-4-all-ka220-erasmus-projesi-basladi\\_14525110.html](https://denziliram.meb.k12.tr/icerikler/school-well-being-4-all-ka220-erasmus-projesi-basladi_14525110.html)
- <https://www.youtube.com/watch?v=uNLswRNrRVO>

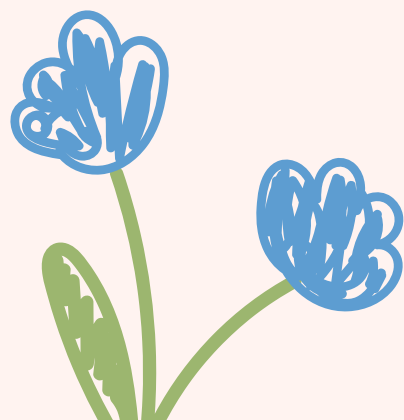




## II. 2 Local Pilot Activities/Programs Participating in LTTA 2 SCHOOL WELL-BEING 4 ALL IN SPAIN

1) Teamwork with hearing impaired students using legos

2) Pilates session programming order to create well-being for teacher







# 1) Teamwork with hearing impaired students using legos

## Main goal:

focused on individual and team well-being through social competences development.

## Target group:

18 SEN students with hearing impaired of “Yeşilköy Primary School for the Hearing Impaired”, Denizli

## Estimated total duration:

4 months

## Objectives:

- build relationships
- increase group cohesion
- reduce stress levels
- creatively solve some work tasks

## Links:

<https://www.youtube.com/watch?v=en3SBoDefGM>





## 2) Pilates session programing order to create well-being for teacher

### Main goal:

improved flexibility, strength, and balance, while also helping participants relax and reduce stress.

### Target group:

25 Teacher Nimet Babirođlu Rehberlik Ve Arařtırma Merkezi (Denizli)

### Estimated total duration:

12 months

### Objectives:

- Developing communication and relationships between teachers
- Increasing physical health
- Improving well being of teachers

### Links:

- [https://denziliram.meb.k12.tr/icerikler/erasmus-ka220-sch-school-well-being-4-all-projesi-turkiye-hareketlilik\\_14943139.html](https://denziliram.meb.k12.tr/icerikler/erasmus-ka220-sch-school-well-being-4-all-projesi-turkiye-hareketlilik_14943139.html)

