

# “Smart Up Europe for an Optimistic Future”

Kangasniemen lukio, Finland

TUTORIAL I



CORE TOPIC: <b>Sport activities in a changing European society</b>			
HOW TO ENHANCE WELL BEING AND SPORTS CULTURE IN OUR SCHOOL? <b>Brainstorming</b>			
<b>The main selected idea:</b> How to bring and incorporate well-being and healthy lifestyle to enhance motivation and give tools for stress management during the studies?			
DISCUSSING IDEAS			
WHAT DO THEY LIKE/WANT	WHAT CAN WE DO	WHO	WHEN
Students: <ul style="list-style-type: none"> <li>Sport clubs for the younger students organized by high school students</li> </ul>	We can organise: <ul style="list-style-type: none"> <li>A school soccer match</li> <li>A school floorball match</li> <li>Introduce a new sport or activity to the students</li> <li>A healthy lifestyle-focused morning before the exam week</li> </ul>	For the whole school to participate	One bigger day event (focused on well-being) and about 3- 5 sports related shorter events during the school term
ACTIVITY PLANNING			
PREPARATION		THE EVENT	
<ol style="list-style-type: none"> <li>As we organise every year different sports events in the school, we want to create a new event around the theme of well-being.</li> <li>It is decided that the well-being event would take place in January-February, being a nice kick off for the seniors on their last school day. It would also be a welcoming relief for the students before the start of the examination week. As our high school timetables are extremely tight, we are only able the event to take place in the morning.</li> <li>We are planning some workshops which include foam rolling, stress management, yoga and stretching.</li> <li>It would be a good idea to serve breakfast for all the students before the workshops.</li> </ol>		<ol style="list-style-type: none"> <li>The well-being day takes place the 28th of January during the three first lessons. A message about the event has been sent to all the students.</li> <li>Breakfast is served in the morning in the common hall for all the students. The food is bought by our headmistress and some of our Erasmus project students help with serving. It was decided to serve mostly organic food.</li> <li>Workshops are held by teachers. Every student could sign up to two workshops. The workshops are held in the classrooms.</li> <li>Our school music band also is volunteering to play some music during the break.</li> </ol>	
RESULTS			
<p><b>Positive results:</b> We wish this event would be organised yearly from now on. The event was appreciated by our senior students particularly as it offered a special day for them before the final exams. <b>Possible changes:</b> It would have been convenient for the project students to plan and to oversee the workshops. Now the students were only participating in the workshops. It must be said that the timetable to organise the event was quite tight, and the students didn't have time to be in a big part of planning. For the next event, the students must be more involved in the planning. In addition, there were not as many participants for the event as we would have hoped.</p>			
IN A NUTSHELL			
<p>On January 28<sup>th</sup> during the three first lessons, a well-being day was organised at the school. First, the students were served breakfast and then they attended two workshops by choice. The main goal of an overall healthy and relaxing morning was achieved, supporting the students' well-being.</p>			

C. Mickisch/JCSE Emmerthal (project coordinator)

"The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein."

Co-funded by the  
Erasmus+ Programme  
of the European Union

