



HIPERION PROJECT

Tutorial part 2

IES SANTO DOMINGO
EL PUERTO DE SANTA MARÍA
CÁDIZ, SPAIN

HISTORY OF THIS PROJECT

- DESIGNED AND DEVELOPED BY TEACHER JESÚS ZAFRA FROM IES SANTO DOMINGO.
- IT STARTED BEING IMPLEMENTED IN SCHOOL YEAR 2017-2018.
- IT IS FOCUSED ON STUDENTS IN YEAR 8 OF CSE AND IN YEAR 11 OF PCSE.
- VOLUNTARY SECONDARY TEACHERS FROM OUR SCHOOL HELPED IN THEIR DAILY CLASSES BY ADAPTING THEIR TEACHING ACTIVITIES AND ROUTINES TO THESE NEW TECHNIQUES.
- THIS CURRENT SCHOOL YEAR, IT HAS INCLUDED A WORK GROUP AND TRAINING COURSE FOR BOTH TEACHERS AND STUDENTS.

MAIN GOALS/ MAIN CONTENTS

- IMPROVING STUDENTS' AWARENESS OF THEIR OWN MENTAL PROCESSES WHILE BREATHING.
- UNDERSTANDING OF MENTAL TRAINING.
- ENHANCING OF STUDENTS'S PERCEPTION OF REALITY.
- CONTROLLING SENSES AND EMOTIONS TO BALANCE BODY RESPONSE TO STRESS AND CONFLICTS.
- OPTIMIZING MEMORY IN THEIR LEARNING PROCESSES.
- VISUALIZING CONFLICTS AND STIMULI FROM A BETTER PERSPECTIVE.

PROCEDURES/ INSTRUMENTS

- 4 SESSIONS PER WEEK.
- 6 MONTHS PERIOD.
- 15 MINUTES IN EACH SESSION.
- BREATHING: 15 MINUTES AT THE BEGINNING OF A CLASS SESSION.
- COLLECTIVE THINKING TASKS.
- LATERAL THINKING QUIZZES.
- SENSORIAL EXPERIMENTING.
- GROUP MONITORING

RESULTS AT THIS STAGE OF THE PROJECT

- IT HELPED STUDENTS TO PROCESS CHAOTIC OR STRESSFUL SITUATIONS IN THEIR LIVES.
 - IT SUCCESSFULLY IMPROVED CLASSROOM ROUTINES.
 - IT ENHANCED STUDENTS' SCHOOL REPORTS AND MARKS.
 - IT ALSO IMPLEMENTED IN OUR STUDENTS TOOLS AND INSTRUMENTS WHICH COULD PROVIDE THEM A NEW WAY OF APPROACHING TO REALITY.
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- **THANK YOU VERY MUCH FOR YOUR ATTENTION!**