

“Smart Up Europe for an Optimistic Future”



IES Santo Domingo. El Puerto de Santa María. Spain

TUTORIAL III

CORE TOPIC: Hiperion Project			
How can we improve our student's mental agility and use of mindfulness techniques?			
History of the project:			
<ul style="list-style-type: none"> designed and developed by teacher JESÚS ZAFRA from IES SANTO DOMINGO it started being implemented in school year 2017/2018 it focused on students in year 8 of CSE and in year 11 of PCSE voluntary secondary teachers from our school helped their daily classes by adapting their teaching activities and routines to these new techniques this current school year (2019/2020) it has included a work group and training course for both teachers and students 			
Objectives:			
<ul style="list-style-type: none"> improving student's awareness of their own mental processes while breathing understanding of mental training enhancing of student's perception of reality controlling senses and emotions to balance body response to stress and conflicts optimizing memory in their learning process visualizing conflicts and stimuli from a better perspective 			
DISCUSSING IDEAS			
WHAT IS THIS PROJECT ABOUT?	WHAT DO STUDENTS DO IN THESE ACTIVITIES?	WHO	WHEN
<p>Students perform different activities guided by voluntary teachers who are being instructed about the main procedures of this project.</p> <p>It provides our students with tools to learn how to know and control their bodies and minds to improve their daily studies and social interaction.</p>	<p>BREATHING: 15 MINUTES AT THE BEGINNING OF A CLASS SESSION.</p> <p>COLLECTIVE THINKING TASKS.</p> <p>LATERAL THINKING QUIZZES.</p> <p>SENSORIAL EXPERIMENTING.</p> <p>GROUP MONITORING</p>	<p>Students:</p> <p>Who volunteer to try this project.</p> <p>Who have teachers involved in this project.</p>	<p>4 sessions per week.</p> <p>6 months period.</p> <p>15 minutes each session.</p>
ACTIVITY PLANNING			
STEPS		RESULTS	
<ol style="list-style-type: none"> Presenting the project to schoolteachers. Establishing a teamwork with teachers and students. Starting activities in the last part of some sessions. Assessing at the end of each block of activities our student's advances. 		<ul style="list-style-type: none"> Students improve their mind and body control. They avoid exam stress and improve their general health. They show a new attitude towards their own realities. 	
ACTIVITY PREPARATION			
<p>Each time our students participate in this project they must:</p> <ul style="list-style-type: none"> Avoid negative behaviour during the activities. Show a positive attitude towards the different parts and lessons of the project. Respect other students' learning and breathing times. Think in a positive way and perform all tasks being given during their interactions. 			
<p>This project has been working successfully for almost two years.</p>			

The students explained this project to our Erasmus + partner in our visit to Portugal.

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 it 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

