A Satisfying School Experience: strategies and skills for teachers

Erasmus+

AGENCIJA ZA MOBILNOST I PROGRAME EU

Sretno školsko okruženje: strategije i vještine za nastavnike

Sufinancirano sredstvima programa Europske unije Erasmus+

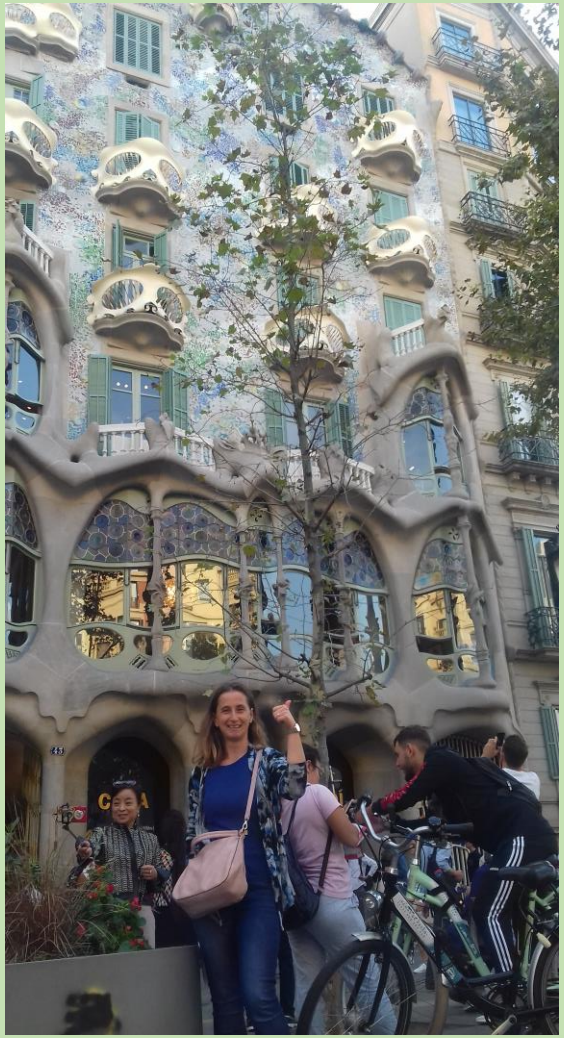
Nina Lonić, prof.

Barcelona, 28.10. - 2.11.2019.



Barcelona - turističko odredište

casa Batlló



park Güell





Aktivnosti za učenike

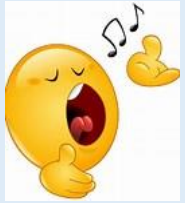
Aktivnosti na početku sata

- U grupi do četiri učenika svatko kaže dvije istinite i jednu neistinitu rečenicu o sebi, ostali pogađaju koja je neistinita.

  npr. Moja najdraža boja je ljubičasta.

  Jako sam dobra u pjevanju.

  Volim duge šetnje.





- Učenici stanu jedan do drugoga izvan ili unutar učionice. Trebaju se poredati po datumu rođenja, po početnim slovima prezimena itd. Jedna noga mora uvijek biti na crti (pločice, parket, trakom ili kredom označena crta).



❖Warm chair activity

Učenici govore lijepe, pozitivne stvari jedan drugome dok sjede u krugu ili u grupama po četiri - pet učenika.





❖Massage activity or massage stories

Učenik lagano dodiruje drugog učenika po leđima i kosi oponašajući vjetar, valove, pokrete životinja.



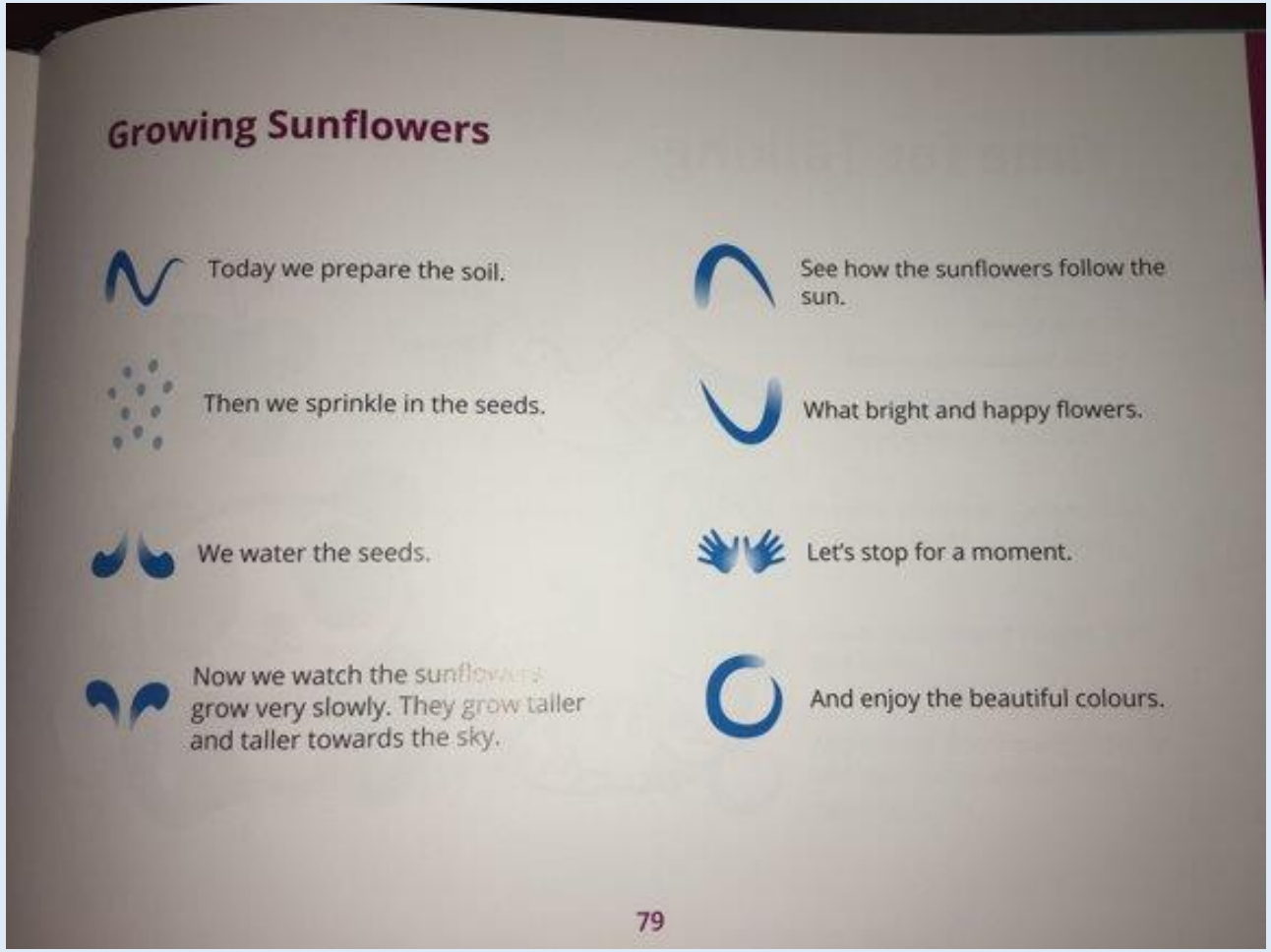




Sunset by Angela Vigus

At the end of the day – BIG CIRCLE x1 whole of back
As the sun begins to set – CIRCLES GOING DOWN x3
Watch the sky dance – UPWARD FAN
With colours making a beautiful sunset – SEMI - CIRCLE x1
Look at the pinks - WAVES
Look at the reds - WAVES
Not forgetting the purples and oranges - WAVES
As the sunset now fades – SEMI - CIRCLES GOING DOWN x3
The moon BIG CIRCLE x1 whole of back
begins to rise – CIRCLES GOING UPWARDS x3
Shining brightly in the night sky – BIG CIRCLE x1 whole of back
Now watch the night sky start to sparkle and shine - SPRINKLE
As moonbeam start dancing before your very eyes - BOUNCE
Everyone becomes sleepy and ready for bed - CALM
As you drift off to sleep know that – FAN DOWNWARDS
All is safe - SQUEEZE
All is well in my world - CALM

Goodnight x



- Petominutne vježbe (brain break workout), Pinterest, youtube

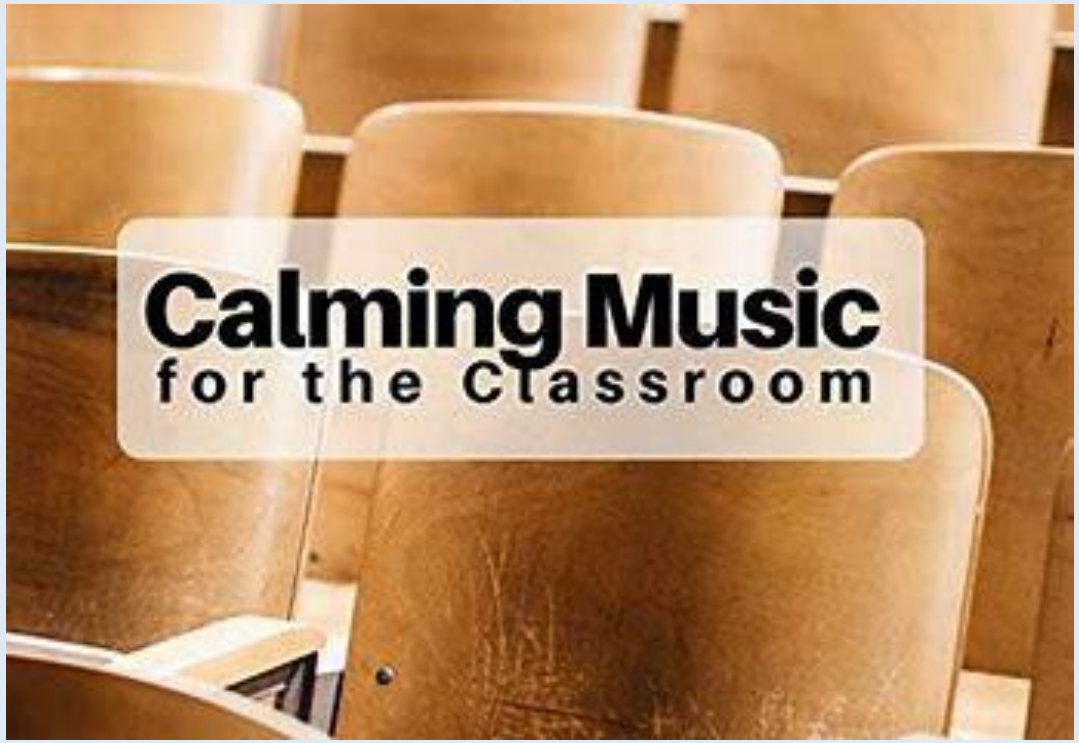




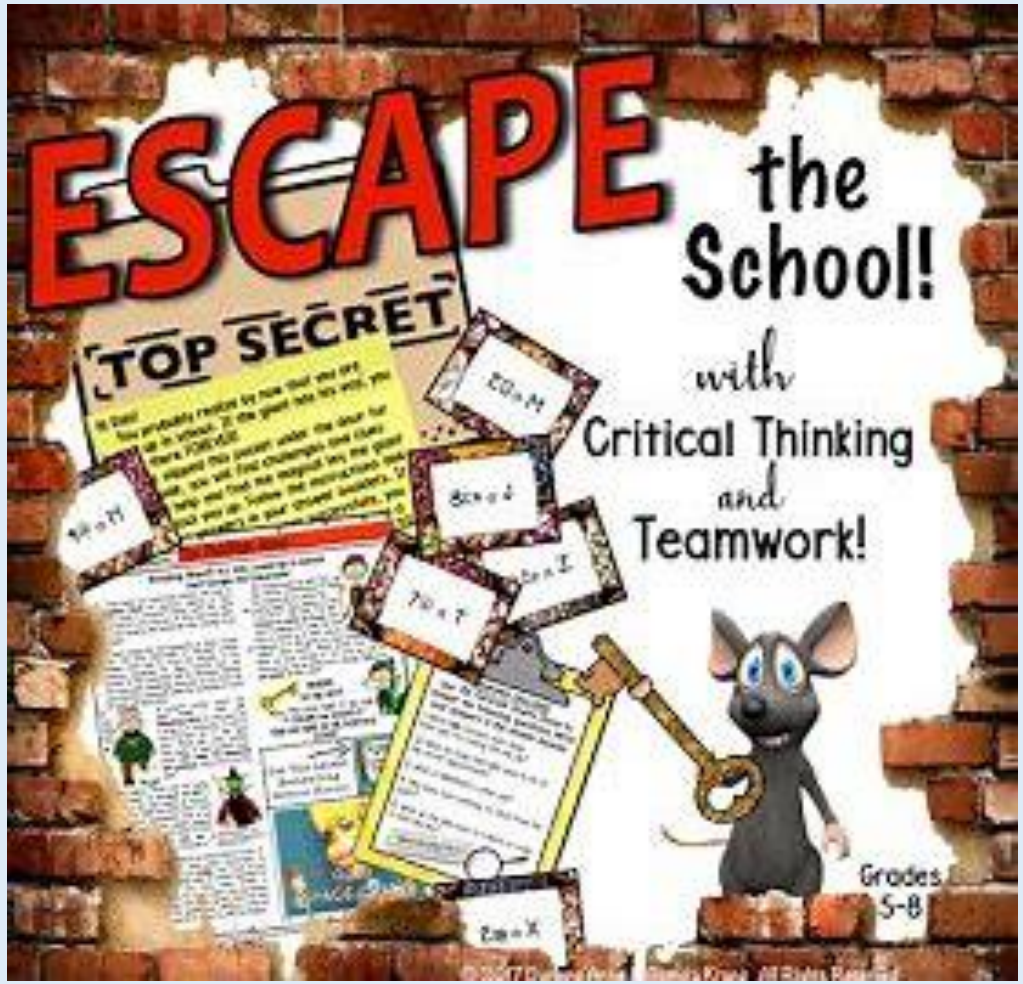


❖ Lagana, umirujuća glazba tijekom individualnog rada, rada u paru, grupnog rada ili tijekom pisanja ispita



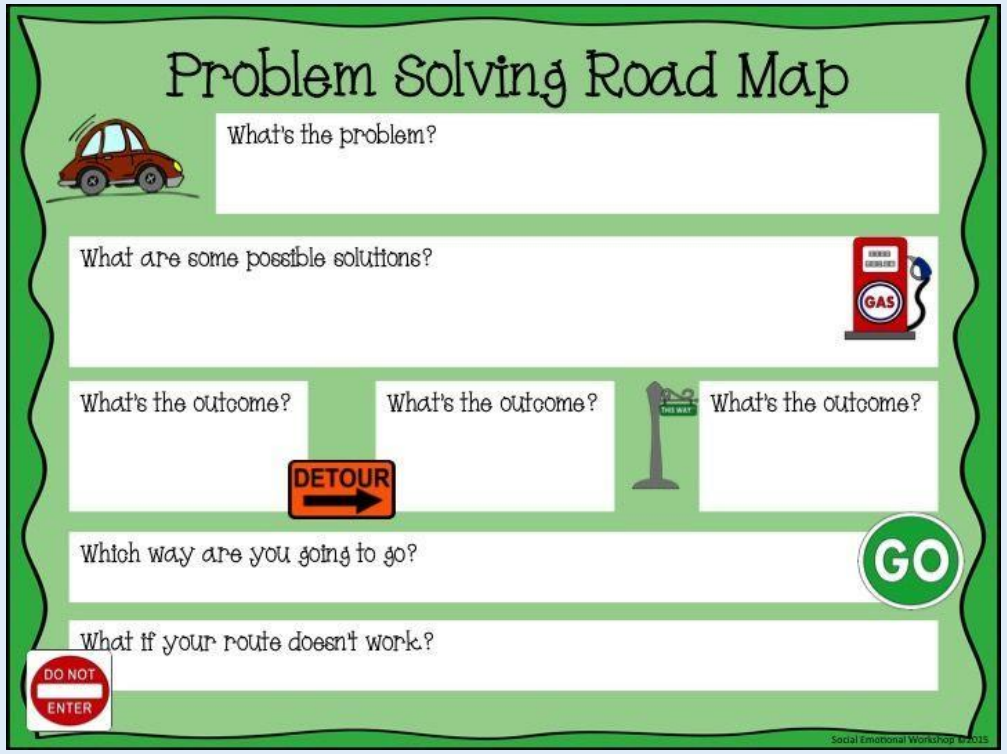


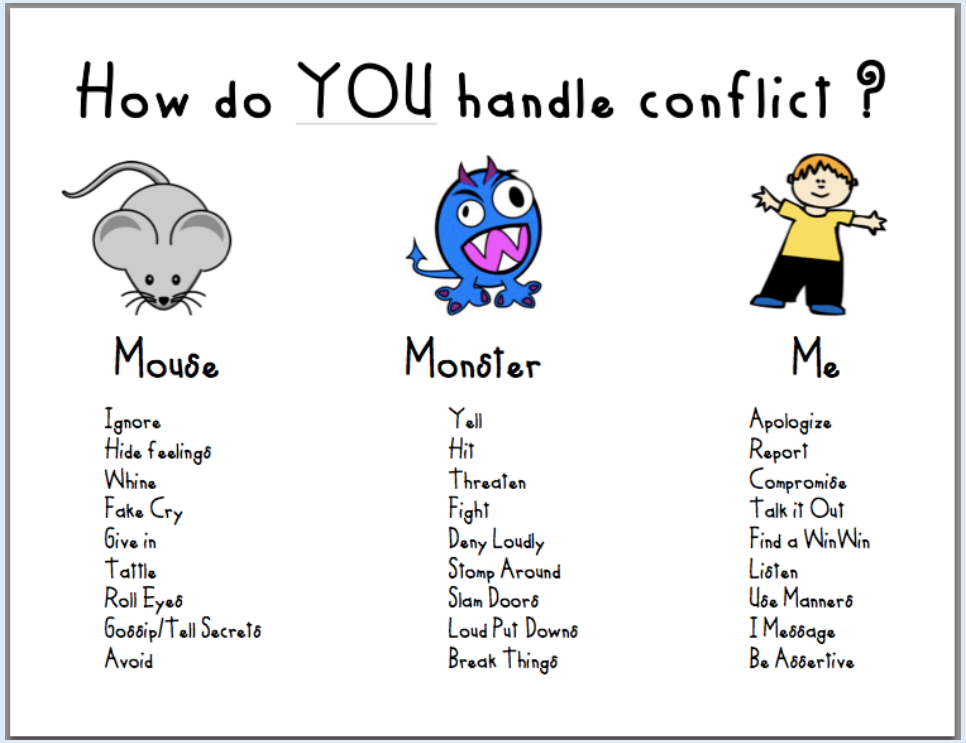
❖ Escape room – stvaranje priče sa zagonetkama kao tragovima do konačnog rješenja





- Aktivnost za oslobađanje stresa prije ispita - Učenici prije samog ispita u nekoliko minuta na papir zapisuju svoje osjećaje, strahove, sumnje i negativne misli u vezi ispita i na taj način se opuštaju i bolje usredotočuju na ispit. Učenici tako postižu bolje rezultate.
- Jasna poruka (clear message) - dva učenika pričaju o prethodnom međusobnom negativnom ponašanju u kutku za prijateljstvo.



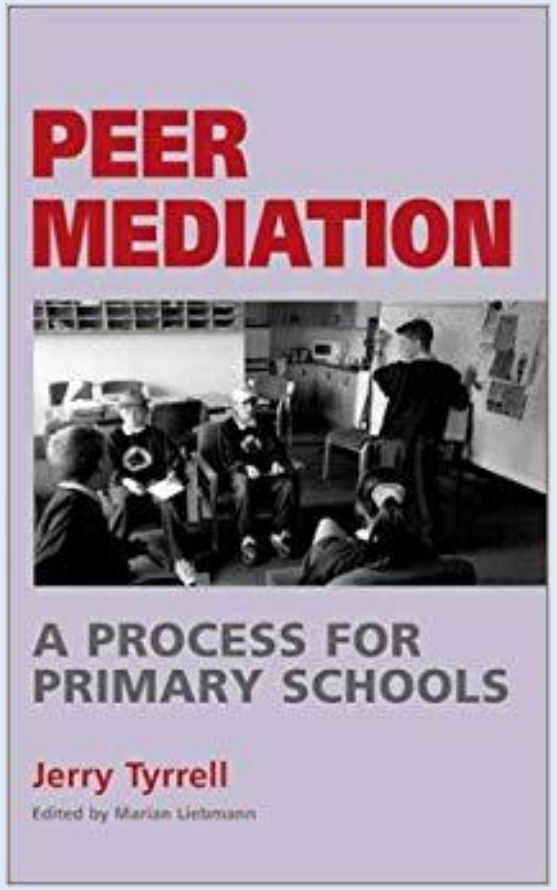


❖Vršnjačko posredovanje

Učenici rješavaju konfliktne situacije posredivanjem starijih vršnjaka koji su prošli program vršnjačkog posredovanja.

- Things that can be mediated at school:
  - Relationship difficulties, arguments, disputes,
  - Rumour and gossip,
  - Being left out,
  - Name calling,
  - Friends falling out,
  - Feeling something isn't fair,
  - People feel others are picking or teasing on them.
  - Racial or cultural confrontation





Peer Conflict Worksheet

Student A: Asking for Change

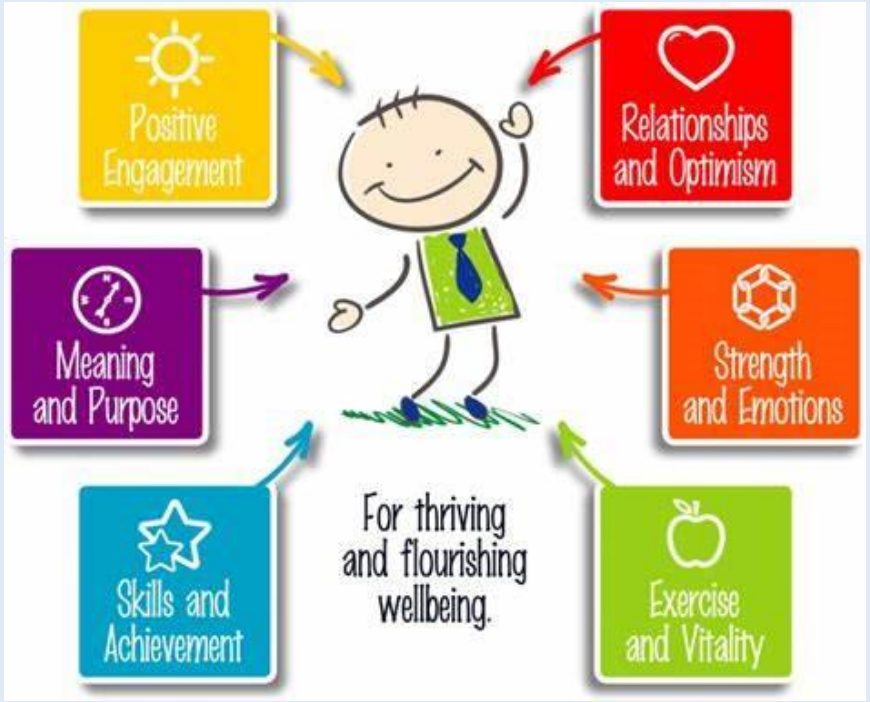
1. I feel _____.
2. When you _____
_____.
3. Can you please _____
_____,
4. And then I can/we can _____
_____.

Student B: Response to the Request

1. You sound _____.
2. That/because _____
_____.
3. Next time I will _____
_____.
4. And I _____
_____.

Pozitivno obrazovanje

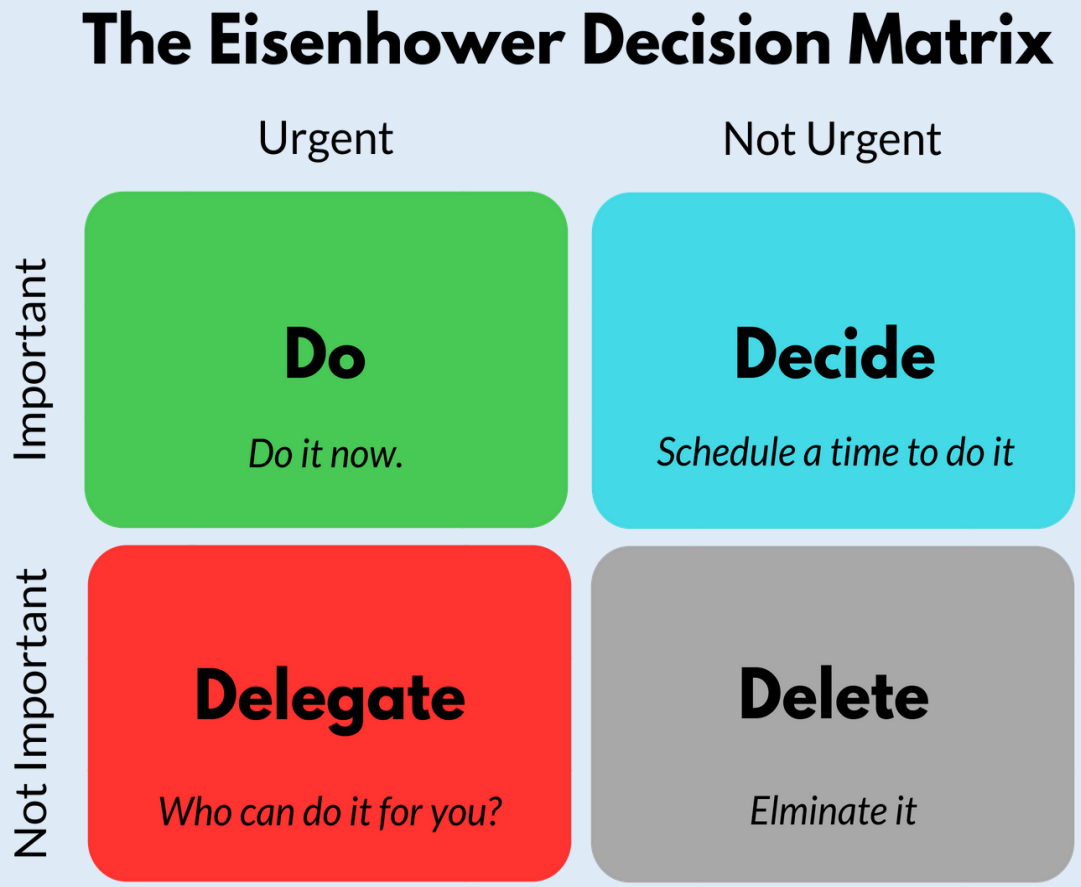
- Pozitivna psihologija + poučavanje = pozitivno obrazovanje
- Poučava učenike kako se suočiti sa stresnim situacijama.
- Integrirani nastavni program (SAD, Australija, Njemačka, Butan)
- Sudionici programa su nastavnici, učenici i roditelji.
- Biti u sadašnjem trenutku, biti prisutan (mindfulness)



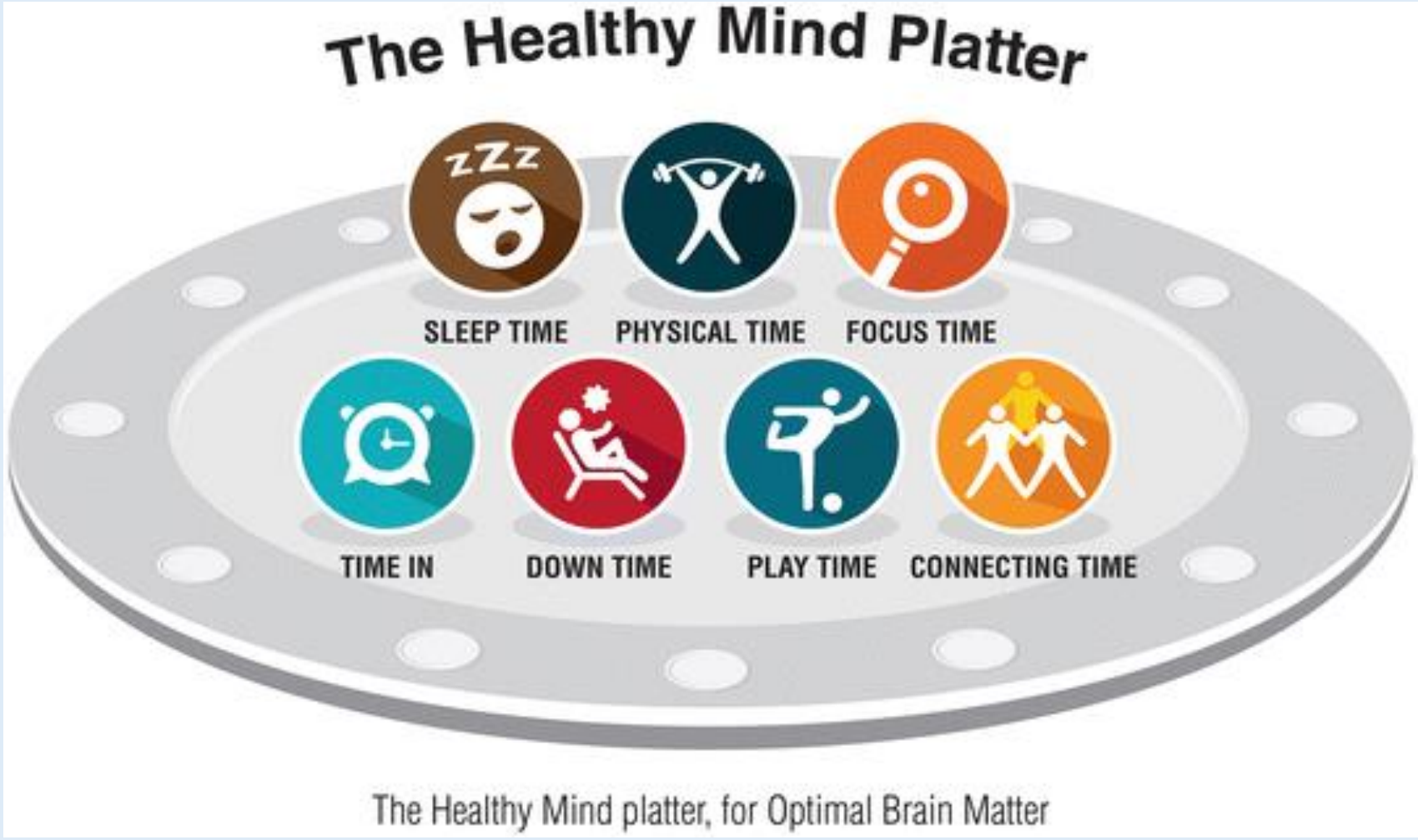
Sindrom profesionalnog sagorijevanja (burnout syndrome)

- ❖ Stanje fizičke, mentalne i emocionalne iscrpljenosti zbog kroničnog stresa
- ❖ Tehnike prevencije:

- ➢ Eisenhowera matrica

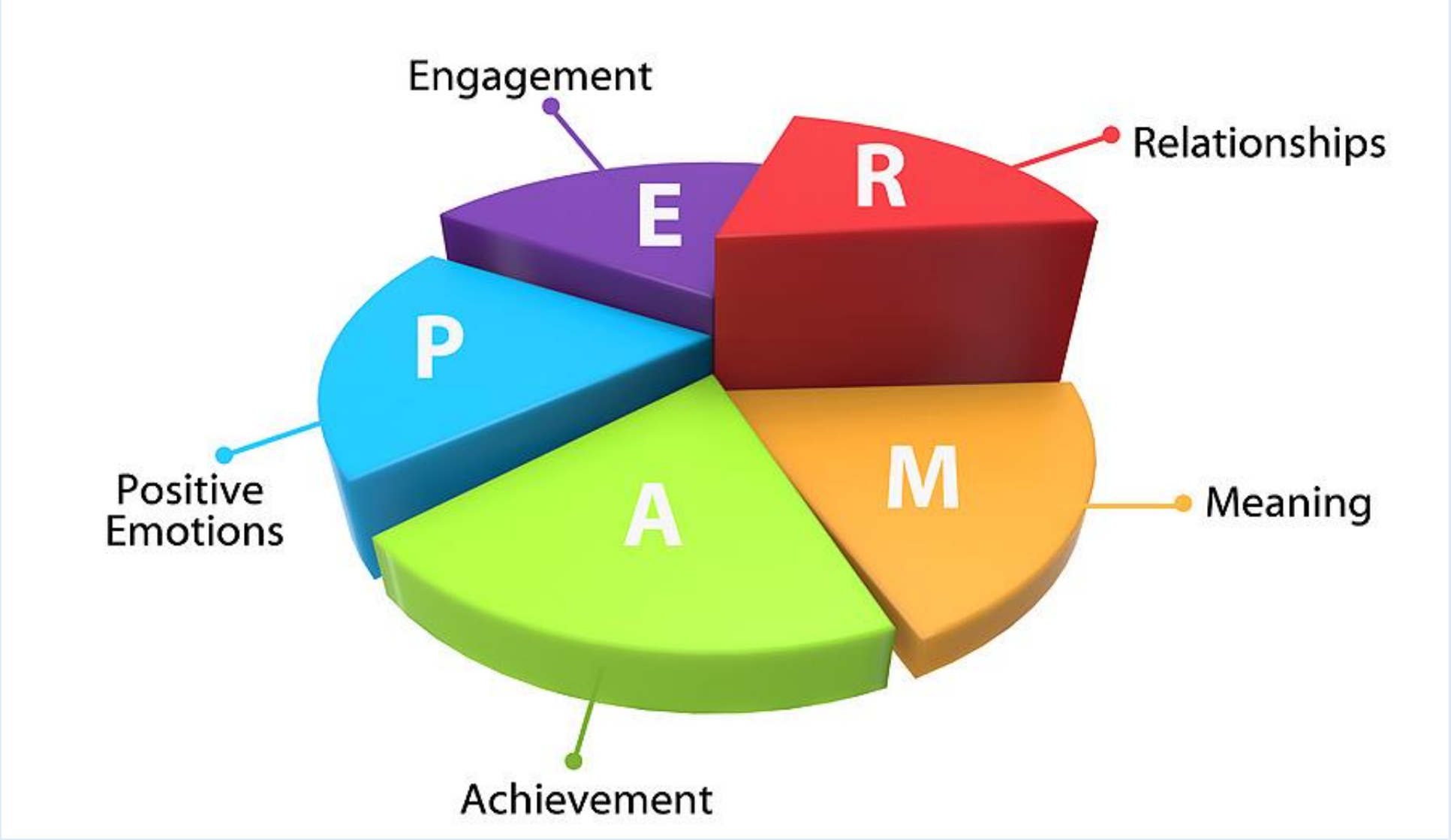


- Pladanj zdravog razuma



The Healthy Mind platter, for Optimal Brain Matter

- Perma model


Engagement
E
R
Relationships
P
Positive
Emotions
A
M
Meaning
Achievement

- Kolegijalno promatranje (job shadowing)
  - -nastavnog sata
  - -artikulacije sata
  - -aktivnosti
  - -ponašanje učenika...






HVALA NA PAŽNJI!