



RESILIENT PRESCHOOLS



Enhancing the capacity
of preschool teachers
to foster psychological resilience
and wellbeing with children.



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**RESILIENT
PRESCHOOLS**

OUR AIM

RESILIENT PRESCHOOLS Project will create material for practical applications and guidance to Preschool Teachers on how to utilise **Positive Psychology when teaching young children.**

WHY

Early education teachers sometimes tend to focus on academic performance and less on social-emotional skills. But **children need a more holistic approach that emphasizes their own capacities and character strengths,** that will enable them to adapt efficiently to a fast pacing world with constant changes and challenges.

HOW

By combining traditional Education Principles with Positive Psychology approaches to intervene in class to **cultivate children's resilience, positive relationships, emotions and engagement.**

RESILIENT PRESCHOOLS

is a strategic partnership Erasmus+ project

▶ ... DEVELOPING

- 1: Toolkit for Preschool teachers aiming to cultivate resilience and character strengths in young children.
- 2: Training Package for enhancing Preschool teachers' skills on how to foster resilience and wellbeing in their students.
- 3: RESILIENT PRESCHOOLS eLearning Space and Open Educational Resources.

▶ ... BY

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