

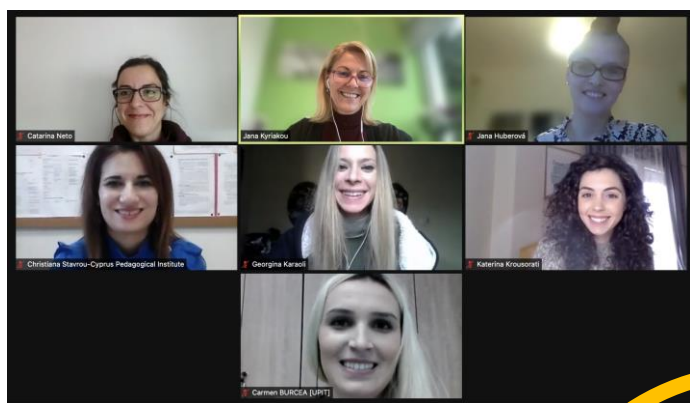
# NEWSLETTER

RESILIENT PRESCHOOLS – ERASMUS+ PROJECT

NUMBER 2 | MAY 2022



## RESILIENT PRESCHOOLS



## NEWS

The RESILIENT PRESCHOOLS partnership has been meeting online since December 2020 to develop, test & deliver high quality and evidence-based resources for preschool educators, based on the principles from Positive Psychology and the PERMA model.

### EXTERNAL PRESENTATIONS FOR EDUCATORS & RESEARCHERS

... were carried out by the RESILIENT PRESCHOOLS partners in different european countries. [Know more about these events below.](#)

### 240 PRESCHOOL EDUCATORS

... are now testing the RESILIENT PRESCHOOLS Training Package and eLearning Platform, both now freely available in the project's website:

▶ [resilientpreschools.eu/](https://resilientpreschools.eu/)

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## THE PROJECT

The project RESILIENT PRESCHOOLS focuses on building the capacity of preschool teachers in order to foster psychological resilience to children and therefore safeguard their overall wellbeing.

Co-funded by the European Commission through the Erasmus+ programme, the project counts with the participation of 6 organisations from 5 countries in Europe to develop quality resources for positive culture in preschools, based on Positive Psychology practices and scientific findings.



Our partner International Hellenic University (IHU), from Greece, presented the RESILIENT PRESCHOOLS project during the **International Week at Artevelde University of Applied Sciences in Belgium**.

During this week IHU conducted three workshops entitled "Positive Education: Supporting children's Positive Behaviors", where academics, teaching staff and students from several EU countries had the opportunity to be informed about the RESILIENT PRESCHOOLS project.



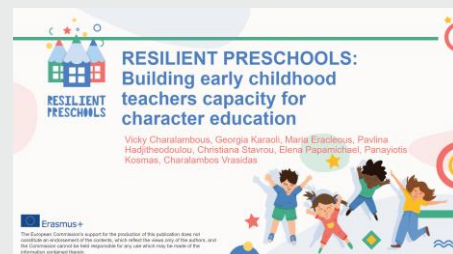
Our partner Motion Digital, from Czech Republic, attended the **Global Mindfulness in Education Summit** discussing how mindfulness can help dealing with the Covid pandemic and presenting the project RESILIENT PRESCHOOLS as a good practice.

Over 30 experts share their ideas, thoughts and strategies about mindfulness from a global perspective.



Our partner Cyprus Pedagogical Institute (Cyprus) presented the RESILIENT PRESCHOOLS project's research findings in the **42nd Annual HYBRID Conference of the International School Psychology Association - ISPA** in Cyprus.

This International Conference was dedicated to debate about "Working with schools & families to strengthen children".



## THE OUTPUTS

### TOOLKIT

Offers a variation of Positive Psychology concepts and PERMA wellbeing model, especially tailored for preschool children.

### TRAINING PACKAGE

Offers pre-school teachers the skills, strategies & techniques that derive from PERMA evidenced based wellbeing Model.

### E-LEARNING SPACE

Offers a one-stop-shop providing instant access to open educational resources for a positive culture in preschools!

**ALL THESE RESOURCES ARE FREELY AVAILABLE**

<https://elearning.resilientpreschools.eu/>

## THE PROJECT TEAM



UNIVERSITATEA DIN PITEȘTI



município de  
lousada

MotionDigital



INTERNATIONAL HELLENIC UNIVERSITY  
SCHOOL OF SOCIAL SCIENCES  
DEPARTMENT OF EARLY CHILDHOOD EDUCATION & CARE