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Natural Born Teachers



ERASMUS+ KEY ACTION 210 - SCHOOL SMALL-SCALE PARTNERSHIPS IN SCHOOL EDUCATION

ONGOING

Improving effectiveness and wellbeing in teaching and learning, through the innovative and powerful connection among Mindfulness, Emotional competences and Outdoors/Nature-based education.

Natural Born teachers project combines the efforts of 3 partners from Italy, Estonia and Portugal and aims at promoting innovative and holistic approaches to teaching and learning, fostering opportunities of professional development and exchange of best practices among teachers, exploring the potential of the integration in the curriculum of approaches and activities that can better address the



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Teachers and students facing this period of recovery from the Covid 19 pandemics and characterized by many other existential threats, as the climate and wider ecological crisis, the fastly changing future of work and economics.

emotional dysregulation and risk of drop out in young students, many researchers defined them as a vulnerable generation, faced with the trauma of growing in a world where the future is deeply uncertain. That nowadays mental health and climate health are inexorably linked, suggesting that the future of

earth requires that we upgrade our emotional intelligence as much as our awareness and dedication to sustainability and nature protection.

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In this challenging situation, this project supports teachers' awareness and competences to be able to build more resilient and inclusive learning environments, at the same time preventing teachers' burnout and fostering their motivation, diffusing approaches and activities that benefit from a mindful connection with the self, others, the community and nature. In this way educators can harness the power of these integrated approaches, and help children become calm, focused, alert and happier human beings.

The development of teachers skills in mindfulness practice will be linked with outdoor activities and environmental awareness, both as personal healthy habits and as enhanced skills to plan and conduct these kind of activities with their students and to be multiplier with their colleagues.

Teachers will be more mindful, aware and skilled to inspire and transmit their experience, with positive effects also on classroom management ability and on the variety and quality of lesson plans created that will merge the mentioned fields.

Good practices collected and project results will be spread among other teachers and educators at local, national and international level, also through the organization of two online international conferences and the collaborative creation of a toolkit for teachers, that is an OER available for all interested stakeholders, with activities and practices useful for teachers wellbeing and lesson plans to implement with students.

Partners



(LEADER) JUMP -
Gioventù in riSalto



Agrupamento de
Escolas Elias Garcia



Tallinn Männi
kindergarten

(Soverato - Italy)

(Sobreda - Portugal)

(Tallinn - Estonia)



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PRIORITIES

3 TRANSNATIONAL PROJECT MEETINGS:

3 LEARNING TEACHING TRAINING ACTIVITIES

6 ONLINE FOLLOW UP MEETINGS TRAINING
SESSIONS

2 ONLINE INTERNATIONAL CONFERENCES

COLLABORATIVE CREATION OF A TOOLKIT
FOR TEACHERS

Project Website

(<https://www.facebook.com/naturalbornteachers>)

ONGOING

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PRIORITIES

Most relevant Erasmus+ policy PRIORITIES according to the objectives of the project

SCHOOL EDUCATION: Supporting teachers, school leaders and other teaching professions

If relevant, please select up to two additional priorities according to the objectives of your project.

HORIZONTAL: Environment and fight against climate change

HORIZONTAL: Inclusion and diversity in all fields of education, training, youth and sport

Main topics addressed by the project

- New learning and teaching methods and approaches
- Environment and climate change
- Initial and continuous training for teachers, trainers and other education staff

3 TRANSNATIONAL PROJECT MEETINGS:

- Agrupamento de Escolas Elias Garcia (Sobreda, PORTUGAL)
- Tallinna mäni Lasteaed/Tallinn Mäni kindergarten (Tallinn, ESTONIA)
- Associazione JUMP – Gioventù in riSalto (Soverato, Italy)

3 LEARNING TEACHING TRAINING ACTIVITIES

- Agrupamento de Escolas Elias Garcia (Sobreda, PORTUGAL)
- Associazione JUMP – Gioventù in riSalto (Soverato, Italy)



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- Tallinna männi Lasteaed/Tallinn Männi kindergarten (Tallinn, ESTONIA)

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6 ONLINE FOLLOW UP MEETINGS TRAINING SESSIONS

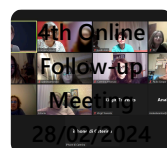
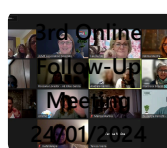
Directed to teachers involved in the project, starting one month after the LTTA1, in order to monitor and support their learning and Mindfulness practice during the following months

2 ONLINE INTERNATIONAL CONFERENCES

COLLABORATIVE CREATION OF A TOOLKIT FOR TEACHERS

with activities and good practices collected useful for teachers wellbeing and lesson plans to implement with students

Photogalleries



The first in presence Learning Teaching Training Activity of our project was held from the 23rd to the 26th of October 2023, hosted in Sobreda (Portugal) by the local partner Agrupamento de Escolas Elias Garcia. Six teachers by each of the three partners countries plus a JUMP trainer participated to this 1st learning mobility.



CERTIFICATE

OF PROJECT PARTICIPATION

This certificate is awarded to

SASHKA JOVANOVSKA

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Co-funded by the
Erasmus+ Programme
of the European Union

for having attended the International Online Dissemination Conferences titled

“WELLBEING AT SCHOOL”

realized on **29/05/2024** and **06/06/2024** at **3-5pm**

within the **Erasmus Plus project “NATURAL BORN TEACHERS”**

Ref. Code: 2022-2-IT02-KA210-SCH-000099778

organized by

JUMP Gioventù in riSalto leader of the consortium of
partners

**JUMP PRESIDENT AND
LEGAL REPRESENTATIVE**

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