

# Wellbeing at Kinder Newsletter

## DEAR TEACHERS!

Today marks the end of our project "Wellbeing at Kinder" - but this is not the end of our journey together! As a project team, we hope that the results of our cooperation will be with you for a long time, supporting you in your daily work and development. 🌱



### What are we talking about?

'Wellbeing at Kinder' is a two-year project co-funded by the Erasmus+ programme, which aimed to improve the mental health and wellbeing of pre-school and nursery teachers.

### Our achievements:

- "Mental Wellbeing at Kinder Handbook" - full of tools, exercises and methods to help teachers take care of their mental health.
- The "Resilient Teachers" toolkit - exercises for teachers, exercises for children, multimedia materials to support psychological resilience and prevent professional burnout.
- "Building Relationships with Parents" guide - practical tips on how to build healthy and supportive relationships with parents, which is hugely important in your work.
- Bonus: the article "How to talk to children about war and support migrant children adaptations".

## YOURS PROJECT RESOURCES

- The platform in 5 languages:  
[www.edu.understanding.pl](http://www.edu.understanding.pl)
- YouTube Playlist:  
<http://surl.li/eweivk>
- Facebook Resources

### Last day of the project, but...

Today we end our journey together, but the results of the project will stay with you. The platform, YouTube, Facebook - will be waiting for you to support you at every stage of your professional and personal development.

Thank you for being part of this unique project!

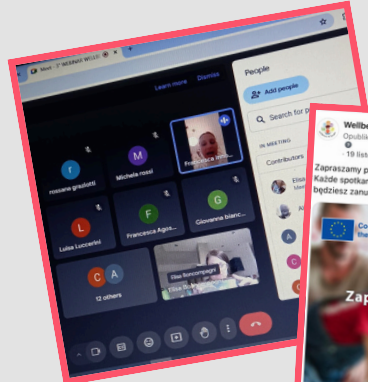
**The 'Wellbeing at Kinder' team**



The end

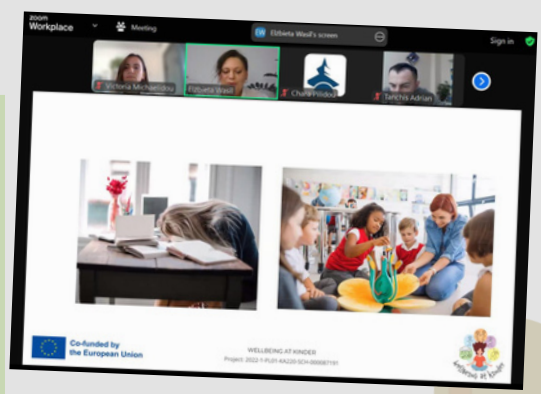
# Wellbeing at Kinder Newsletter

**20 webinars**  
20 webinars on building well-being and using project's results



**5 Dissemination Events**  
mini-conferences in each partner country to promote project results (handbook, toolkits, guide on building relations with parents and others)

**Final conference**  
during which experts, among other things, demonstrated the practical use of each of the methodologies proposed in the project in working with children, but also in caring for one's own well-being





The end

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## Our Team

- Fundacja Understanding - Poland, project coordinator
- Neophytos Ch. Charalambous (Institute of Development LTD - Cyprus
- Centrul Judetean De Resurse Si Asistenta Educațională ARAD - Romania
- Paichnidagogeii o Monoprosopi IKE - Greece
- Circolo
- Didattico 'Bufalini' di San Giustino e Citerna, Italy



## Numbers

- 5 organisations
- 4 meetings: Poland, Greece, Cyprus and Italy
- plenty of meetings online
- 6 methodologies: NVC, Self-regulation, Positive Psychology, Cognitive Psychology, Mindfulness and Yoga, Contact with Nature
- a total of over 300 teachers took part in our pilot study

## What's next?

*We encourage you to use our resources, to share your experiences together and to continue building a strong community of pre-school and nursery teachers. Together we can create better working conditions, better education and a stronger, more resilient society.*