

Wellbeing at Kinder Newsletter

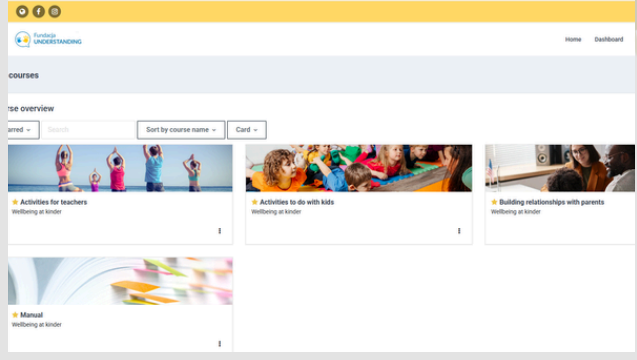
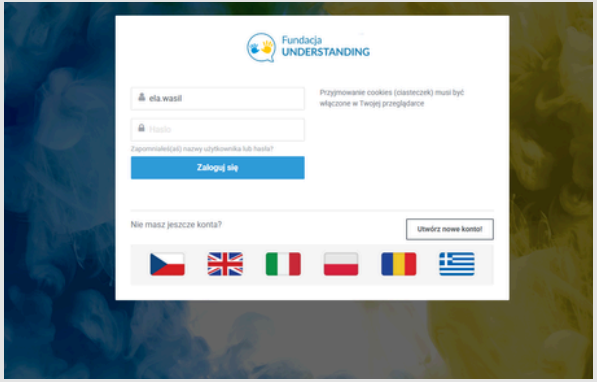
DEAR TEACHERS!

We are delighted to present to you our platform with free well-being building materials for pre-school and nursery teachers.

Sign up and take advantage!

www.edu.understanding.pl

We also look forward to your feedback :)💪



What will you find there?

- "Mental Wellbeing at Kinder Manual" - 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.

Would you like to be the first to know about our materials? Take part in the pilot!!!

Write to email: ela.wasil@understanding.pl and get access.



We look forward to seeing you!



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Greece

At the end of February/March 2024, we met in spring in Greece, where we decided on the shape of the platform, took control of the piloting and participated in beautiful activities in the forest with kindergarten children.



Cyprus

Cyprus was hot, literally and figuratively! We have been putting the finishing touches to the rip top material for you and then planning the media campaigns. There was a lot going on here ;)



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