

A circular white frame is centered on a light blue background. The frame is surrounded by a detailed botanical illustration. The illustration includes various plants: a large red leaf on the left, a green leaf with a white flower on the top left, a fern frond at the top, a cluster of yellow flowers on the top right, a large green leaf on the right, a red leaf on the bottom right, a purple flower on the bottom right, a green leaf with a white flower on the bottom right, a fern frond at the bottom, and a small pink flower on the left. The text is centered within the white frame.

Prof.ssa Annamaria
Bonanzinga

POSITIVE PSICOLOGY

BARCELLONA 6 - 11 GIUGNO 2022



PROGRAMMA GIORNALIERO

LA MIA ESPERIENZA
ERASMUS PLUS IN 5
GIORNI



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14:30-16:30 Welcome Introductions Course Info	14:30-16:30 Happiness in the classroom	14:30-16:30 The PERMA Model of Wellbeing in Practice	9:30-11:30 Strengths and Virtues for resilient students and teachers	9:30 - 11:30 Life skills education	Cultural activities
16:30-16:45 Break	16:30-16:45 Break	16:30-16:45 Break	11:30-11:45 Break	11:30-11:45 Break	
16:45-17:45 Presentations of the participants' schools	16:45-17:45 Positive Psychology and Positive Education	16:45-17:45 The PERMA Model of Wellbeing in Practice	11:45-12:45 Introduction to Mindfulness	11:45-12:45 Design an activity for your school	
17:45-18:00 Break	17:45-18:00 Break	17:45-18:00 Break	12:45-13:00 Break	12:45-13:00 Break	
18:00-19:00 What is happiness?	18:00-19:00 Practical activity	18:00-19:00 Practical activity	13:00-14:30 Practical activity	13:00-14:30 Round-up of acquired competencies. Awarding of the course certificate	

Further information about the cultural activities are available on each location webpage.

Teacher Trainer: Maria Del Monte

 teacheracademy.eu

 info@teacheracademy.eu





GIORNO 1: presentazioni dei partecipanti e momenti di confronto sul significato di felicità e sulle esperienze personali legate allo «star bene»

SPECIFIC MOMENTS OF HAPPINESS

Name: _____ Date: _____

Please write down from one to four moments of happiness, during your routine in your daily life (for example, coffee in the morning). Be specific, describe the place, the people you are with, the atmosphere, what you dress etc. If you can not find any, please refer to a past moment of happiness.



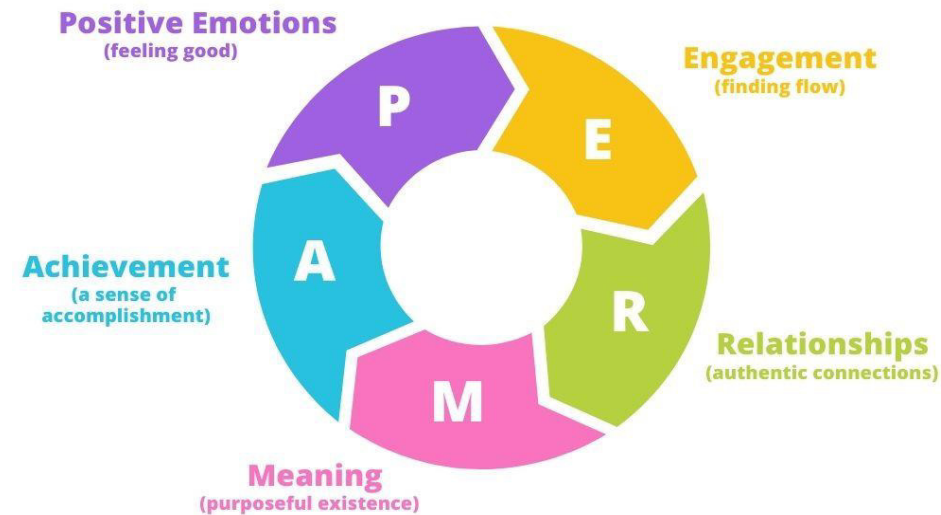


Giorno 2: confronto e attività pratiche rispetto alle modalità per favorire momenti di felicità e relazioni positive nell'ambiente classe



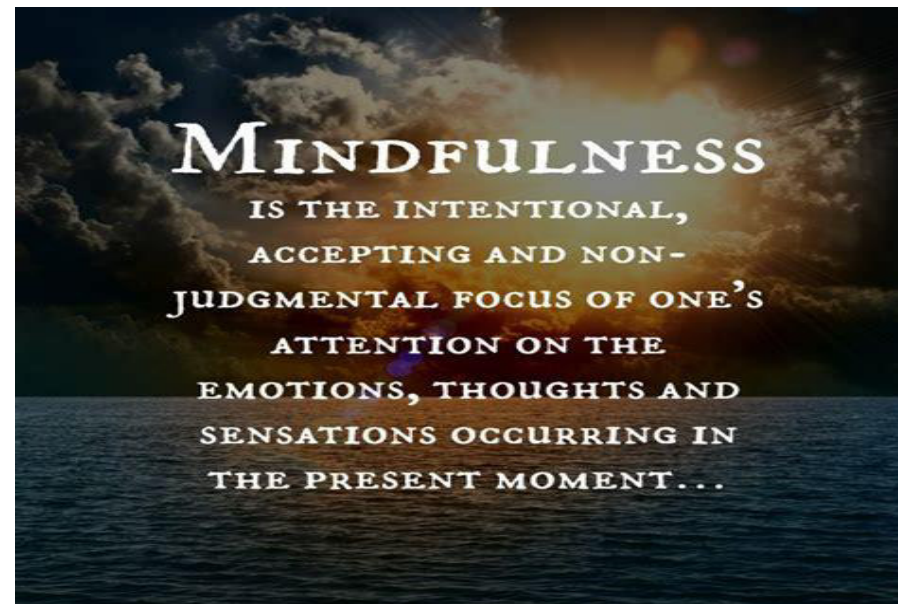


Giorno 3: *“La psicologia non è una mera branca del sistema sanitario pubblico, né una semplice estensione della medicina. La nostra missione è molto più ampia. Abbiamo dimenticato il nostro obiettivo primario, ovvero migliorare la vita di tutte le persone”* M. Saligman





GIORNO 4: attività pratiche di gruppo sull'utilità del mindfulness





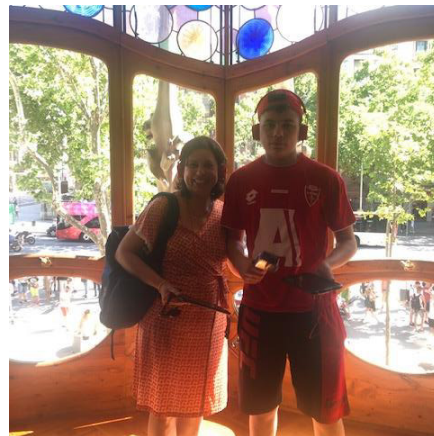
GIORNO 5: lavori di gruppo e momenti di confronto sulle varie dimensioni delle life skills



ATTIVITA' CULTURALI



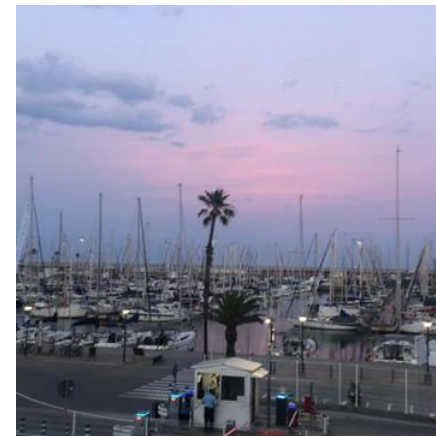
IO E PIETRO
6/06/2022



CASA BATTLO'
7/06/2022



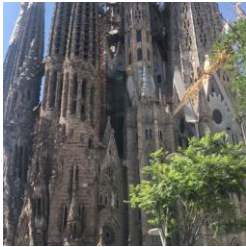
PAELLA
7/06/2022



SERATA AL
PORTO
7/06/2022

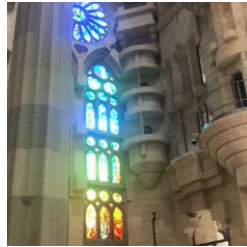


Il paese delle meraviglie...



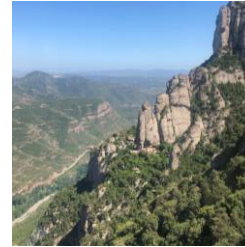
SAGRADA FAMILIA

8/06/2022



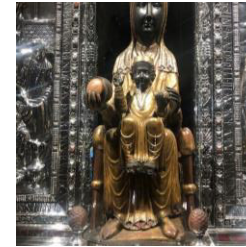
VETRATE SAGRADA

8/06/2022



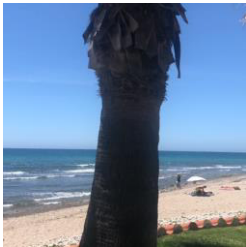
MONSERRAT

9/06/2022



SANTUARIO

9/06/2022



SPIAGGIA DI SITGES

10/06/2022



SI RIPARTE...

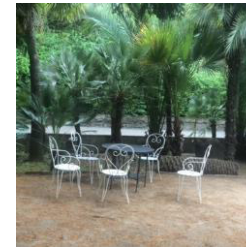
11/06/2022



Barcelona Guide.pdf

GUIDA DI BARCELLONA

TUTTO IL PERIODO



Il giardino dell'hotel

6-11 giugno 2022





Grazie

Annamaria Bonanzinga

Annamaria.bonanzinga@iisflori
ani.org