

Working together and identifying opportunities for collaboration on the health promoting school approach

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**LEARNING FOR
WELL-BEING
FOUNDATION**



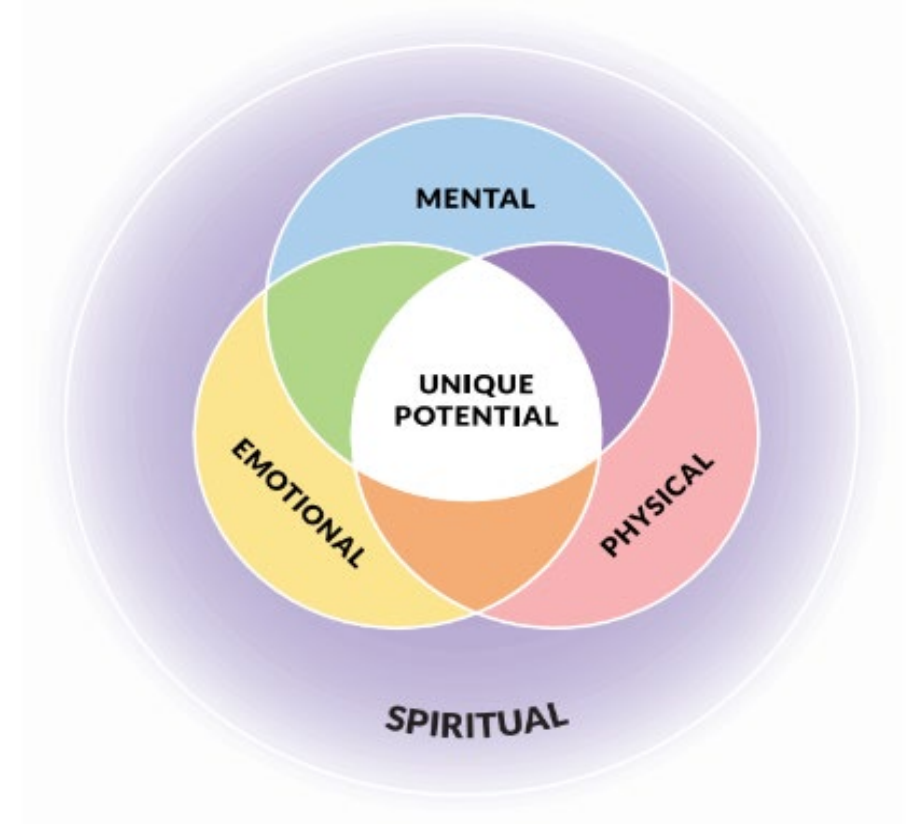
L4WB framework

Realizing one's unique potential through physical, emotional, mental, and spiritual development in relation to self, others, and the environment

L4WB Ontological framework

Qualities:

- Mental
- Emotional
- Physical
- Spiritual



L4WB framework

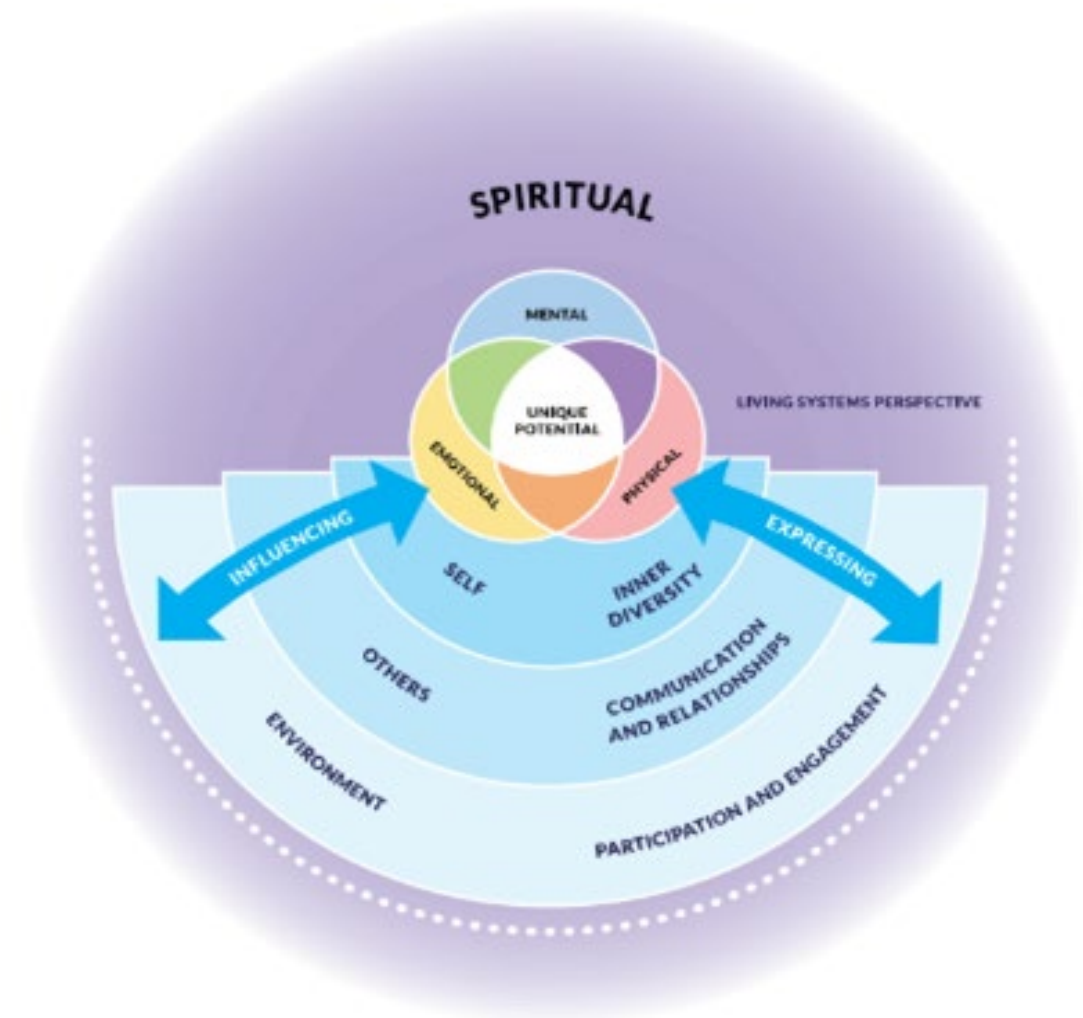
L4WB Ecological framework

Process (in-out)

- Influencing
- Expressing

9 Core Capacities

- Relaxing
- Embodying
- Observing
- Sensing
- Reflecting
- Listening
- Inquiring
- Empathizing
- Discerning Patterns



EC Expert Group Well-being at school

Objective:

- develop **guidelines** on a systemic, whole school approach for well-being (at different levels: policy level and school level)
- propose a **self-assessment and self-improvement toolkit** on well-being at school
- recommendations for **awareness raising activities** at EU and national level

Key aspects to address:

- Promote mental health and well-being through **curriculum**
- Embedding well-being and the concept of supportive learning environments in **school planning** and **governance** processes,
- **partnerships** with social/health services, and others
- Supportive, safe, and inclusive **learning environments**
- Prevention of **violence** and **(cyber-) bullying**
- Well-being and mental health of **teachers and educators**
- Addressing **gender-specific challenges**

Starting point: NESET evidenced-informed **framework on whole-system, whole-school approach to well-being and mental health** embedded in Pathways to School Success Council Recommendation



THANK YOU!!

More information

What Makes Me? - Core Capacities for Living and Learning

<https://www.unicef-irc.org/what-makes-me>

Learning for Well-being Foundation

<https://www.learningforwellbeing.org/>

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