

SMILES

## Supporting Mental Health In Local European Schools

The SMILES project (Supporting Mental Health In Local European Schools, project. no. 2022-1-BG01-KA220-SCH-000085840) works to support schools and educational settings to be healthy and inclusive environments in which children learn critical skills to strengthen their emotional and mental well-being.



### PROJECT OUTPUT BREAK THE SILENCE

#### Measurement tools Questionnaires

- Teachers survey
- Student survey
- Parents survey

From the questionnaires made out in each school, we are using various conclusions for our next work on the project.

In general, as was concluded there is some promotion of mental and emotional health in schools, but there is a need for real planning in schools of activities to be carried out to improve and protect the health of all those who work, study and live in the school.

Also, there is a need for training teachers and families. By receiving training in this field, they can develop skills to recognize warning signs and act in a timely manner.

Common Report from measurement is available in here:  
<https://projectsmiles.eu/project-results>

#### Newsletter

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The realization of SMILES project is divided into 3 phases:



1) Break the Silence - Creation of "measurement tools" to understand mental well-being and mental health needs in schools.



2) On My Mind - Creation of a didactic toolbox with complementary and additional materials to be used with students.

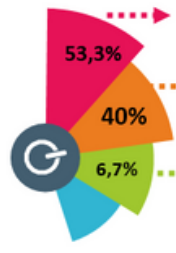


3) Smiling Mind - Creation of a program "Allyship at School" through workshops, other educational and dissemination activities.





# FRAGMENTS FROM QUESTIONNAIRES



## POLAND

40% students say that they have difficulties in communicating with their friends.

## SPAIN

80% students said that said that teachers know when a student is feeling bad

## CZECH REPUBLIC









66,7% teachers confirmed they have no training in emotional and mental health, 33,3% have training in emotional intelligence and mental health

## BULGARIA

More than 70% of teachers said that there is a promotion of mental health at their school 20% considered that mental health is not promoted in the school environment

## SKILLS IDENTIFIED AS MOST NECESSARY FOR THE EMOTIONAL AND MENTAL WELLBEING ACCORDING TO TEACHERS

*These skills are further worked on in the form of training pills. Training pills will focus on the acquisition of the skills by teachers and also how teachers can help students develop these skills in the classroom.*

- |   |                      |   |                              |
|---|----------------------|---|------------------------------|
|  | <b>Resilience</b>    |  | <b>Emotional regulation</b>  |
|  | <b>Self esteem</b>   |  | <b>Conflict-resolution</b>   |
|  | <b>Communication</b> |  | <b>Frustration tolerance</b> |
|  | <b>Motivation</b>    |  | <b>Self-awareness</b>        |
|  | <b>Empathy</b>       |  | <b>Positive attitude</b>     |
|  | <b>Adaptability</b>  |  | <b>Openess to diversity</b>  |

**Transnational project meeting in Prague 8th-9th November 2023**

We discussed the new project outputs and visited primary and secondary school J. Gutha-Jarkovského



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