




*SMILES project (Supporting Mental Health In Local European Schools, project. no. 2022-1-BG01-KA220-SCH-000085840) aims 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.*

## INTRODUCTION OF EMOTIONAL AND MENTAL HEALTH TOOLKIT

 **EMOTIONAL AND MENTAL HEALTH TOOLKIT** includes 24 TOOLS for the development of students' mental health and emotional well-being of students.

It includes dynamics, games, strategies and the tools can be useful for working individually, in pairs or in groups. Each tool also contains a lesson plan for teachers to clearly explain the tool's implementation, including time, resources, materials, objectives, goals and targets.

Through these tools students will learn and improve their resilience, coping skills and other soft skills which will help students develop key skills that will strengthen their mental and emotional health.

The tools and lesson plans for each topic can be found on our website:  
<https://projectsmiles.eu/on-my-mind/#training>

### Newsletter

# 4



[FOLLOW US ON  
FACEBOOK](#)



[HTTP://PROJECTSMILES.EU](http://projectsmiles.eu)

 Co-funded by  
the European Union

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 and the Guide for parents.



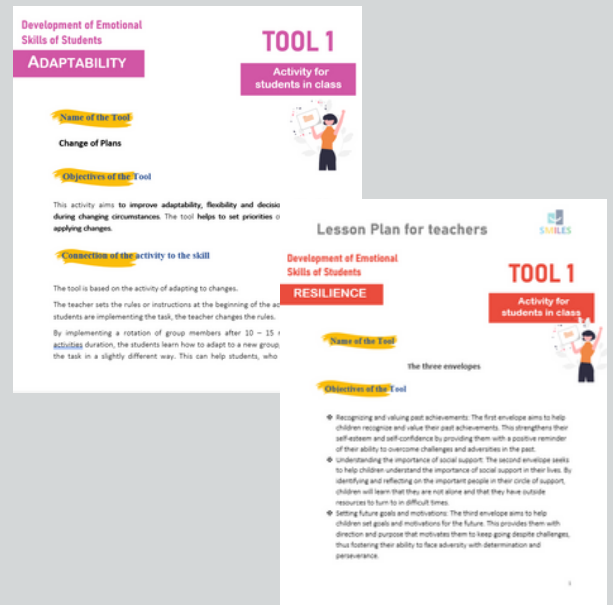
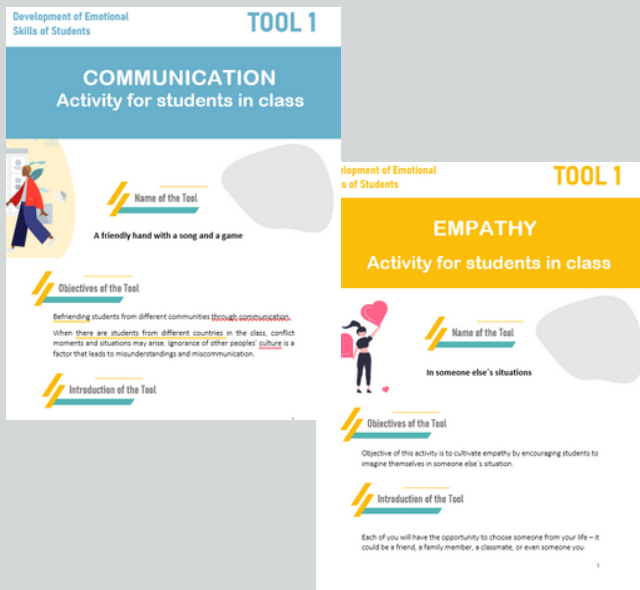
3) Smiling Mind - Creation of a program "Allyship at School" through workshops, other educational and dissemination activities.

**GUIDE FOR PARENTS** provides advice and guidance including tips and techniques for parents and caregivers to support children and young people to promote mental health and emotional well-being.  
<https://projectsmiles.eu/on-my-mind/#guide>

# EXAMPLES FROM TOOLKIT

Tools focused on various skills: Activity tool for children

Lesson Plans: Detail instructions of tools for teachers



## ALLYSHIP PARTNERSHIP PROGRAMME: FIRST STEPS



The main results of a program **Allyship at School** is to create alliances in the school that trains the pillars of the integral approach (TEACHERS-STUDENTS-PARENTS) to **take real action and build a school that promotes emotional and mental health.**

Through this program, teachers, students and parents or caregivers will carry out different workshops on the promotion of mental health. The program consists of two main components: **a workshop** that introduces participants to the practice of allyism and **three follow-up sessions in groups at the particular schools.** We will go deeper with creation the programme on each of our school during the next **Traning event in Granada** happening in September 2024.

