



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.



ALLYSHIP AND TRAINING FOR TEACHERS - MODERATORS

We have finished the last SMILES training for teachers in beautiful Granada in Spain (9th-13th September) to bring the Allyship programme to life.

★ We were introduced to the detailed guidelines and training for creating Allyship at schools with the involvement of teachers, students and parents.

★ We identified challenges in our schools and communities and created a work plan for their implementation to create the foundation of Allyship at our schools which we start right after our training to be finished at the end of September.



The main results of a program **Allyship at School** is to create alliances at schools to **take real action and build a school that promotes emotional and mental health.**

Newsletter

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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.



**CHECK OUR
WEBSITE
FOR ALL
PROJECT
RESULTS**



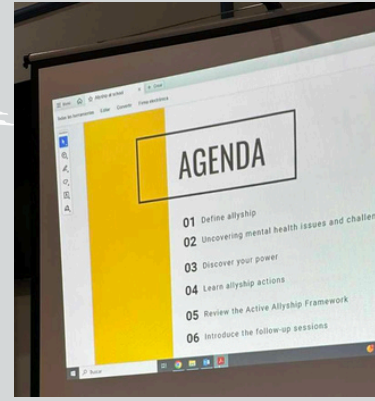
OTHER MOMENTS AND INSIGHTS FROM GRANADA TRAINING



All teachers actively participated in training activities connected to emotional intelligence and mental health

We have also trained to foster the development of key socio-emotional skills through practical activities. It were three days of brainstorming, discussions and new ideas.

Realizing that mental health is a key component for a fulfilling life. We will continue to implement strategies for working with students, teachers, and parents.



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ALLYSHIP AT SCHOOLS

Content of Allyship workshops happening at schools and materials available for moderators are:

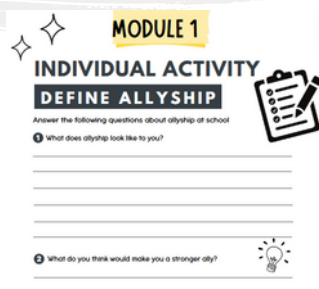
DEFINITION OF ALLYSHIP



VIDEOS ABOUT ALLYSHIP



INDIVIDUAL ACTIVITIES



UNCOVERING MENTAL HEALTHS ISSUES AND CHALLENGES IN SCHOOLS



DISCUSSION ABOUT POWER



DISCUSSION ABOUT TYPES OF ALLYSHIP ACTIONS

