



School Emotional Education: The right practical way for teachers to teach emotional education in primary schools

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The quite promising Erasmus+ KA220 project “SEED - School Emotional Education: The right practical way for teachers to teach emotional education in primary schools” (code: 2023-1-ES01-KA220-SCH-000153546) was launched on December 1, 2023. The project’s goal is to give the most adequate resources to primary school teachers to allow them to improve the mental well-being of young primary school students through the use of modern, targeted activities and practices of Emotional Education and Emotional Intelligence, also connected to the European Framework “LifeComp.”.

The project aims to design a methodology that brings together the concept of emotional education adapted for primary school needs, to create a training course, for teachers in order to allow them the usage of the emotional intelligence during their classes in a practical way, and to develop an open online platform to train teachers in the emotional intelligence field.

The project’s target groups are:

- Primary school teachers, trainers, educational centers (Direct Target Group), and
- Primary school pupils aged between 6-12 years old (Indirect Target Group).



So far, before the kick-off meeting, a Focus Group with teachers, along with a Desk research

“Good practices on emotional education in schools”

was organized, to help, with their experience, the creation of a Syllabus of the methodology of emotional intelligence and its application in schools. The partners’ schools Leyla Atakan İlkokulu (Turkey), Vilaka Secondary school (Latvia), and Šiaulių r. Dubysos aukštupio mokykla (Lithuania) provided the material for this activity and INDEPCIE (Spain) was responsible for the creation of the Syllabus.

The kick-off meeting was successfully held in Valladolid, Spain, on the 12th of March 2024. The partners met in person and had the opportunity to carefully plan the design and creation of the Methodological Guide and the platform, to understand the working process and all the project plans, to assign tasks and set up deadlines, and to organize the LTTA meeting in Cordova, Spain. The meeting was quite productive, and solid communication and relationships were established. Furthermore, a detailed explanation of the project's objectives and expected results, along with rigorous attention to quality standards, laid the groundwork for the project's successful implementation.



In the previous and the following months, regular monthly online meetings were held to monitor work progress, address emergent issues, answer partners' questions, carefully and regularly check activity progress and quality, and maintain contact and creative collaboration.

Regarding the material production, according to the project details, INDEPCIE (Spain), using its specialization in Emotional Intelligence and Emotional Education and based on the findings from the Focus Groups, created the first version of the Guide for Teachers “Teaching Emotional Education in Primary Schools”, with the technical aid of Prof. Ivan Apostolov Private English Language School (Bulgaria). Furthermore, DESES 3 Association (Spain), E-SCHOOL EDUCATIONAL GROUP (Greece), and Prof. Ivan Apostolov Private English Language School (Bulgaria) created Good Practices in the Emotional Education (in the form of Practical Activities), in specific areas of Emotional Education (Adaptability, Communication, Conflict management, Empathy, Self-confidence, Self-knowledge, Self-regulation, Teamwork and Relation Building). Peer-review will follow, with each partner reviewing the other partners’ activities to ensure a quality check.



The project consortium consists of 7 partners:

