



NEWSLETTER 4

BUILDING BLOCKS

Our shared journey
Results and resources
Whole-school well-being

BUILDING BLOCKS

Supporting School Communities to Develop the
Building Blocks of Well-being

A shared European journey

Building Blocks – Supporting School Communities to Develop the Building Blocks of Well-being – brings together six organisations from Czechia, Ireland, Greece, Spain, Türkiye and Romania. The Erasmus+ partnership has worked to strengthen social and emotional learning (SEL) and emotional resilience through playful, inclusive and practical approaches that can become part of everyday school life.

From training to classroom practice

The consortium developed six continuing professional development modules for teachers, introducing play-based techniques, emotional awareness, empathy, communication and strategies for supporting children's well-being. Alongside these modules, partners prepared an SEL curriculum and activity resources for pupils, educators and families. The materials encourage participation, reflection and cooperation while remaining adaptable to different school contexts.



Learning by doing - and learning together

Across the partnership, pilot activities combined teacher development, classroom sessions, creative tasks, guided discussion and practical workshops. Pupils explored feelings and relationships through play, art and collaborative exercises. Teachers tested resources in real educational settings and reflected on how to integrate SEL into normal lessons. Activities with parents and the wider school community helped connect the work in the classroom with children's experiences at home.



Listening, evaluating and improving

Feedback gathered during piloting highlighted the value of practical, interactive activities for helping pupils express emotions, work in teams and build confidence. Educators appreciated the relevance of the methods and the opportunities for active participation. At the same time, they identified the need for sufficient preparation time, flexible delivery and room for meaningful discussion. These lessons will help schools select activities that suit their timetable, pupils and wider community.

A whole-school approach to well-being

Building Blocks goes beyond a single lesson or workshop. Through outreach events, school-community activities and dissemination sessions, the partnership shared its training modules, SEL curriculum and practical tools with teachers, families and other stakeholders. The project encourages schools to build supportive relationships and inclusive routines over time, recognising that children's well-being is strengthened when adults work together.



Resources that schools can keep using

The partnership's lasting outputs include teacher training modules, SEL learning activities, resources for cooperation between home and school, digital learning content and multilingual information materials. The resources are intended to be reused, adapted and integrated gradually into school practice. The consortium's experience shows that small, regular opportunities to listen, play, reflect and cooperate can make social and emotional learning accessible across the whole school community.

Explore the project and its resources: trainingclub.eu/building-blocks/



Project partners

The project involves organizations and educational institutions from six European countries:

**CZECH REPUBLIC / IRELAND / GREECE /
SPAIN / TURKEY / ROMANIA**

This international team of experts is involved in the creation of innovative educational materials and methodologies that will enable teachers to better support the social and emotional development of students.

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