

Breathing new life into European education from Norway to Spain



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What have we done?

We have designed and piloted an intervention program to improve socio-emotional skills in primary school children

What's new?

The combination of two complementary techniques:

Philosophy for Children & Mindfulness



What are we working on?

The program is structured by ages but all children:

- Reflect about the sense of emotions in human life
- Develop a mindful attitude

For 6 & 7 year old children

- What are emotions?
- Attention to breathing
- Linguistic labels & mental states
- Understanding humor
- Social emotions
 - Pride
 - Shame
 - Guilt & forgiveness
 - Envy & jealousy
- How emotions influence on learning
- Mindful gratitude
- Preventing bullying
- Emotion regulation through distraction & help

For 8 & 9 year old children

- What is Autism?
- Attention to senses
- Linguistic labels & mental states
- Understanding irony
- Social emotions
 - Pride
 - Shame
 - Guilt & forgiveness
 - Envy & jealousy
- Pygmalion effect
- Groups & conflicts
- Preventing bullying
- Emotion regulation through cognitive restructuring

For 10 & 11 year old children

- Who was Phineas Gage?
- The body scan
- Linguistic labels & mental states
- Are there limits for irony?
- Social emotions
 - Pride
 - Shame
 - Guilt & forgiveness
 - Envy & jealousy
- Mindfully exams
- Relations between boys & girls
- Ethnic prejudice
- Emotion regulation through responsibility & compromise

What do
children think
about?