

Course code CSS.1.FINN

Last update 03/08/21

Course information

Title	Finnish Approach to Pupil's Wellbeing: How to Bring More Activity, Fun and Joy to Classroom
Concept by	Mirjami Junnikkala
Course URL	teacheracademy.eu/course/finnish-educational-method-teacher-training/
N. of participants	Min. 4- max. 14
Course length	One week (6 days, Monday - Saturday)
Language	English. Other languages may be available upon request
Locations and starting dates	<ul style="list-style-type: none"> • Florence - Please see our website for dates • Oulu - Third Monday of the month <p>On request, we can organize this course directly at your school. Discover all the dates at teacheracademy.eu/courses-dates/</p>
Free time activities offered	All courses include at least one city guided tour and one full-day Cultural Activity.
Type of certification awarded	Certificate of Attendance, including a description of the course contents (80% of attendance required); other Certificates may be available upon request
Price	Starting from 480€ * * Our courses are eligible to be completely funded by the Erasmus+ KA1 funds and several other programs.

Course contents

Description	<p>In this course participants will become familiar with the basics of positive education, focusing on its theories and techniques. During this class participants are introduced to some simple mindfulness exercises which they can use in their own classes and of course in their personal life.</p> <p>Building on your pupils' strengths is an important strategy to guide their learning process and to foster a positive atmosphere in class. Teachers gain advice on how to talk to pupils about strengths and explore the best ways to praise your pupils' efforts and achievements. During this class, participants engage in hands-on activities to identify their pupil's (and their own) strengths.</p> <p>Participants will also learn about 'Finnish Schools on the Move', a national action program aiming to establish a physical-activity culture in Finnish schools. In this course, participants are introduced to the basics of the program and engage in some hands-on activities. They learn how to include physical activity in the school curriculum and how to increase pupils' participation.</p> <p>At the end of the course, participants will have the opportunity to plan their own personal well-being project which they can share with their colleagues once they return to their schools.</p>
Learning outcomes	<ul style="list-style-type: none">• Learn simple meditation exercises;• Understand their own strengths and how to teach build on pupils' strengths;• Learn how to increase physical activity during the school day;• Become familiar with the basics of positive pedagogy;• Develop their self-knowledge;• Create their own well-being plan for your class.

Tentative schedule*

Day 1 – Course introduction & Setting goals	Day 2 – Positive education
<ul style="list-style-type: none">• Introduction to the course, the school, and the external week activities;• Icebreaker activities using drama for trust and ensemble building;• Identification of needs and goals for each participant and relevant populations;• The Finnish national curriculum in the nutshell;• Presentations of the participants' schools.	<ul style="list-style-type: none">• Mindfulness in schools;• Positive Education;• Strengths-Based Classroom.
Day 3 – Finnish schools	Day 4- Project planning
<ul style="list-style-type: none">• Finnish Schools on the move;• Student participation in Finnish schools.	<ul style="list-style-type: none">• Teamwork;• Planning your own wellbeing project.
Day 5- Overview	Day 6 - Course Closure & Excursion
<ul style="list-style-type: none">• Presentations;• The summary of the course.	<ul style="list-style-type: none">• Course evaluation: round up of acquired competences, feedback, and discussion;• Awarding of the course Certificate of Attendance;• Excursion and other external cultural activities.

*The schedule describes likely activities but may differ significantly based on the requests of the participants, and the trainer delivering the specific session. Course modifications are subject to the trainer's discretion. If you would like to discuss a specific topic, please indicate it at least 4 weeks in advance.

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