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Character Strengths, Mindfulness and Physical Activity – a Whole-school Approach

The whole-school project is based on pilot studies in pre-schools and schools conducted in 2015-2017i . The design of the project combines positive psychology, mindfulness and physical activity aiming to create inclusive learning environments. On a weekly basis teachers and pedagogues at the Lagoni School in Vojens (Southern Denmark) follow a specifically designed program introducing character strengths combined with mindfulness and physical activities reflecting the character strength in question.

The Lagoni School has 846 pupils divided into 40 classes from pre-school till 9th grade, including five special needs classes. The design is scheduled for every class at the school as a part of their regular subjects. 30 teacher and pedagogues are being educated through workshops and supervision throughout the school year 2017/18. The design and its outcome have been and is currently being evaluated and documented through empirical data consisting of semi-structured interviews (teachers, pedagogues and pupils), field observations, national test in Danish and Math, and national obligatory questionnaire on well-being. The project indicates positive results within the following areas; concentration, social skills, language skills, inclusion, learning and well-being.

At the intervention fair the project will be presented by two teachers from the school and two researchers. The presentation will be a combination of video, pictures, exercises and a poster introducing the applied design and the preliminary results of the project.

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