

Laure Reynaud

BECS - ScholaVie

BECS (Bien-Être et Climat Scolaire) is a school-based positive psychology well-being programme by ScholaVie. It is the French adaptation of Personal Well-Being Lessons for Secondary Schools: Positive Psychology in Action (Ilona Boniwell & Lucy Ryan, 2012). In addition to the latter programme, BECS in France has been adapted to a broader age range that breaks down into 3 age-appropriate programmes: preschool (3-6 years), primary school (6-10 years) and secondary school (10 to 15 years). This programme offers a selection of separate, yet coherent, evidence-based well-being lessons that enable teachers to choose those that best meet the needs and potential of the group in order to support individual and group well-being at school. Detail session-sheets are provided to teachers with information regarding the relevant objectives, skills, duration, activities, materials, and possible add-ons to each lesson. Links to resources and research are also included for teachers wishing to investigate the concepts further. At the Intervention Fair, participants will be able to experience sections of the BECS programme via fun and interactive activities.