mentality

4. A TOOLKIT / GUIDE FOR TEACHERS BY PROLEPSIS INSTITUTE, GREECE

PROLEPSIS INSTITUTE

CONTEXT

Children faced prolonged periods of social isolation due to not only the COVID-19 pandemic but also **a series of natural disasters that had severely impacted Greece over the past three years.** This disruption in education and loss of exposure to a classroom environment led to decreased engagement, motivation, and academic performance. It also heightened feelings of isolation, loneliness, uncertainty, fear and stress.

KEY OBJECTIVES

- Alleviate mental health distress among primary school students
- Include schools from diverse backgrounds and regions
- Support schools in areas directly affected by natural disasters

TARGET POPULATION

- Primary school students
- Teachers and educators

IMPLEMENTATION PROCESS

- SANA Framework Development
- Stakeholders engagement
- Selection of Themes and Activities
- School Recruitment and Teacher Training
- Implementation and Monitoring
- Dissemination and Evaluation

KEY ACTIVITIES

- Translation of the guide into Greek
- Creation of monitoring plans
- Schools' engagement
- Webinars for teachers
- Ongoing guidance and support
- Feedback collection

KEY OUTCOMES AND IMPACTS

- Participation of 14 schools & 40 teachers from all over Greece
- Participation of schools from areas affected by natural disasters
- 50% of teachers spend one hour implementing the guide's activities
- The toolkit effectively fosters student relationships and a supportive environment

CHALLENGES & MITIGATION STRATEGIES

- Teachers Workload
  › Good communication to explain responsibilities
- Teachers Engagement
  > Frequent communication, offering support & material
- Difficulties in communication with educational authorities
  › good collaboration with school principals

AREAS OF SUCCESS

- Open communication & effective collaboration
- Effective involvement of psychologists
- Impactful activities
- Meticulous organisation

CONCLUSION

The implementation of the "Toolkit / Teachers' Guide" effectively fostered supportive environments and emotional resilience among students, with teachers noting its positive impact on classroom dynamics and student well-being.