

SEED

School Emotional Education: The right practical way for teachers to teach emotional education in primary schools

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LTTA IN SPAIN AND DISSEMINATION THROUGH THE CREATION OF THE WEBSITE AND THE ONLINE PLATFORM

"Emotions are a fundamental part of who we are, what we do, and how we relate to others" (García, Valenzuela, & Miranda 2012). Moreover, "emotional intelligence comprises personal and social skills that help individuals understand themselves and interact better with others. If we cultivate this type of intelligence and encourage it in children, we are developing well-rounded human beings"

(Garcia et al., 2012).

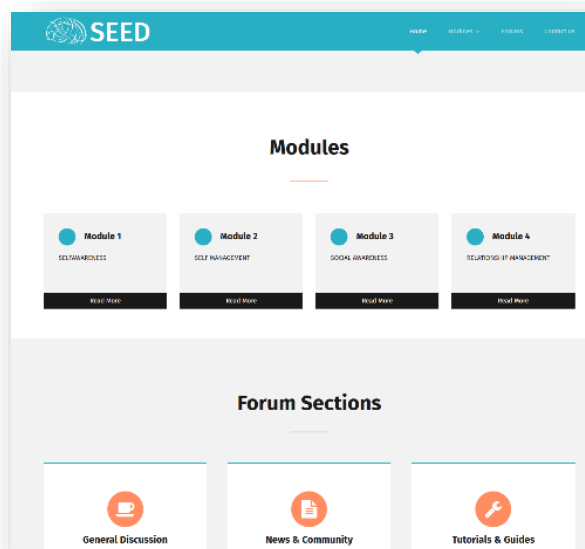
Recognizing the critical importance of emotional intelligence education for students' smooth personal and social development, as well as promoting healthy interpersonal relationships at school, the SEED project has focused on developing an informative **teacher's guide** on how to cultivate emotional intelligence in primary school. This guide, which includes both **a theoretical section** on current theories, approaches, and methodologies related to emotional intelligence, as well as **a section with practical activities** that can be implemented in the classroom, has already been finalized in response to valuable feedback from partners at the **LTTA**, which was held in **Cordoba** from November 26 to 29, 2024.



After the finalization of the Guide, in order for it to be disseminated to the broader teachers' public, according to the project's schedule an **On-line platform** has been developed. This platform provides a user-friendly approach to the Methodological Guide's content and the Emotional Intelligence training activities proposed in it. More specifically, the platform contains:

- Short, easy-to-understand **videos** on **self-awareness, self-management, social awareness, and relationship management**.
- **Resources** that provide access to more in-depth information on the topic of Emotional Intelligence in the classroom.
- **Quizzes** to consolidate previously acquired knowledge by self-evaluation.

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Furthermore

the project's website, which had already been created at an early stage during the project's initial phases, was upgraded with the addition of the training material and the integration of the online platform and is now available to the general public for the dissemination of the project's objectives and the use of the produced material by the project's interested target groups.



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