

SEED

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

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The “SEED” Project mobilities

Since children and teenagers spend a significant amount of time at school during a critical period of their personality and social-emotional development, the SEED project aims to **equip primary school teachers** with effective resources to enhance the **mental well-being of young students** through modern, **targeted Emotional Education and Emotional Intelligence activities** aligned with the European Framework "LifeComp". The project's success relies on the smooth cooperation and interaction among partners, who hold monthly online meetings to review progress, address challenges, assign tasks, and maintain continuous communication. In addition to these virtual meetings, face-to-face gatherings in partner countries are essential, as they enable in-depth discussions on complex issues, evaluation of produced materials and proposed activities, and the exchange of valuable feedback to ensure their quality and effectiveness.

Three international meetings have already taken place within the framework of the SEED project:

- **Kick-off meeting, Valladolid, Spain, March 12, 2024.** The partners met for the first time in person and had the opportunity to carefully plan the design and creation of the Methodological Guide and the platform, to understand the working process and all the project plans, to assign tasks and set up deadlines, and to organize the LTTA meeting in Cordova, Spain. Furthermore, a detailed explanation of the project's objectives and



- **LTTA, Cordoba, Spain, November 26-29, 2024.** The partners had the opportunity to be presented with the Teachers Guide material and the practical activities, were allowed to test the activities' applicability, observe useful emotional intelligence techniques that can be applied in the real classroom, and provide valuable feedback for refining the guide and activities. The LTTA program also included partner interaction and cultural activities, which made the experience more meaningful and gratifying for all participants.



- **Transnational meeting in Izmit, Turkey, May 27, 2025.** The pilot testing of the training plan in schools and of the online platform were discussed and feedback was given for the improvement of both, while project management issues were also addressed focusing on the dissemination practices and the advocacy campaign.

Cooperation, interaction, mutual support, and the creative exchange of ideas among partners in their online or face-to-face meetings remain the primary driving forces behind the SEED project, propelling it to successful implementation and realization of its goals.

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