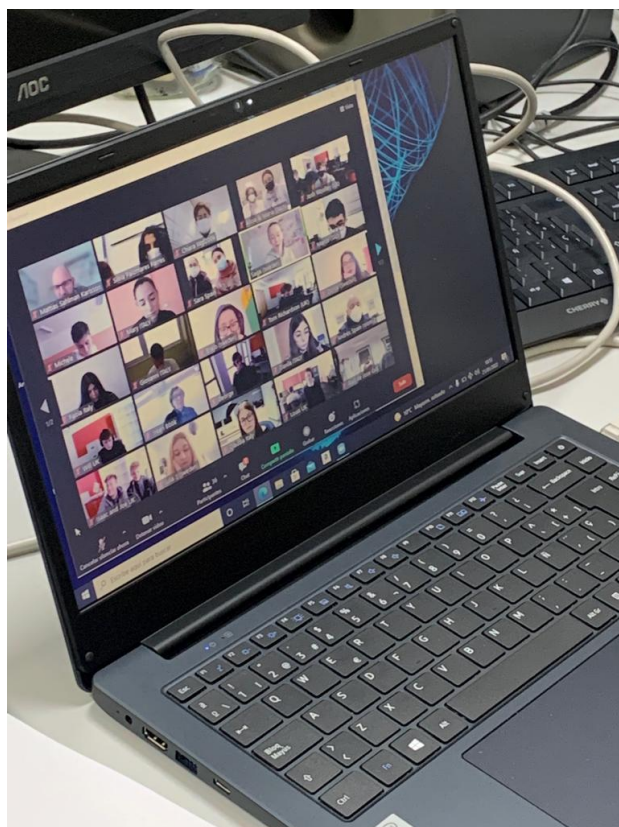
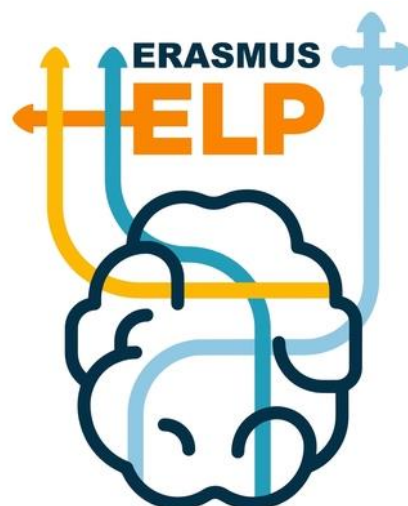


Second Help Erasmus+ virtual meeting in Massanassa

Last 21th of January we leadered a zoom meeting with our HELP Erasmus+ partners: IISS Gorjux-Tridente-Vivante, Bari, Italy; St Eskils gymnasium, Eskilstuna, Sweden; Zespół Szkół Ogólnokształcących, Szydłowiec, Poland, and Poole Grammar School, UK. An Erasmus + project, HELP, focusing on mental health and stress in school environment. Our aim is to create tools used in schools to raise awareness and hands on activities within the field.



Josep presented the activity: the last time we introduced ourselves from our heads: name, hobbies, music we like. In this occasion we spoke to each other from the heart. We could share how we experienced the lockdown, what we felt and what helped us.

Firstly we did a little guided meditation to connect with something deeper inside us. To disconnect from the daily head noise and connect with our body, feelings and maybe spirit. If we want to speak from the heart we need to connect with our calmness and serenity, it is possible to calm the mind by connecting with the body

through relaxed breath and mindfulness.

We asked to ourselves: What were the emotions experienced? Maybe we felt a little scared, nervous, anxious or angry? We remembered a moment that we felt fear and sadness. How was it? On the other hand, we remembered places that helped us during the lockdown where we could spend pleasant moments. Finally, we remembered any person who accompanied us emotionally in those moments. What were they like? What were they doing? What qualities would we highlight about these people?



Then, we spoke with our virtual roommates about everything we felt in those moments, places that helped us during the lockdown and a person that accompanied us.



In the end we showed each other how we express different feelings with our faces in our countries. We showed our mats an angry face, a scared face, a sad face and our happy face in our culture or our body language. And we discovered that the emotional body language is the same in the entire world. And finally a student per country or room summarized the experience in the big group. It was really amazing!