



## Erfahrungen mit "Gentle Teaching"-Vielfalt braucht Vielfältiges The Gentle Teaching Experience

2017-1-DE03-KA219-035460

A GENTLE TEACHING ACTIVITIES AND STRATEGIES DATABASE GUIDE

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FRITZ-FELSENSTEIN-HAUS  
FÜR KÖRPERBEHINDERTE



ih Giovanni Malafarina  
Istituto Tecnico Tecnologico



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# We are gentle...

1   
Wir kümmern uns.

2   
Wir sind freundlich.

3   
Wir genießen.

4   
Wir hören zu.

5   
Wir sind respektvoll.


6   
Wir sind dankbar.

7   
Wir teilen.

8   
Wir sind eine Gemeinschaft.






| Title of activity   | Description of the activity   | Aim of the activity  |
|---|---|--|
| <p>Assembly and award “Heroes of Felsenstein School”</p>  | <p>In an assembly of the whole school community we introduced the new principle “We care!” talking about ideas, what “caring” means for us at our school and in the German society. Furthermore, we performed an award ceremony to honor the people who care most at our school. The winners were our nurses.</p> | <p>Catching attention to how important caring is for our community in class, school and society.</p> |

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|---|---|--|
| <p>Art competition, badges and role plays “We are kind!”</p>  | <p>We talked about ideas, why “kindness” is highly important for everybody’s wellbeing at our school. Several groups performed role play to show how kindness may be implemented in class. As a memory every student and mimt worker was given a badge to remind eyeveryone to focus on kindness during the next weeks. In addition we performed an art completion the the topic of kindness. The best works were printed on postcards.</p> | <p>Catching attention to how important kindness is for everybody’s wellbeing and the atmosphere at school.</p> |
|   |   |  |

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|---|---|---|
| <p>A day off at Felsenstein School</p>  | <p>We introduced the new principle “We enjoy!” talking about things we enjoy in life and at school. Afterwards we had a day off to enjoy things we like together with people we like: listening to calm music in a chillout lounge, having fun at a disco party, playing games outside, relaxing in the sun, eating healthy food and some sweets.</p> | <p>Giving Space for relaxation, fun and wellbeing. So students realize we don't just learn at school but live together in an enjoyable community.</p> |
|   |   |   |


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|--|---|---|
| <p>Workshops “augmentative and alternative communication”</p>  | <p>In an assembly of the whole school community we introduced the new principle “We listen!” talking about the need to listening carefully to each other and the possibilities of augmentative and alternative communication. As we usually sing the project song “We are gentle” in German, Italian and English, we also listened to our partners in Barcelona how they sing the Catalan version of the song. In a video our partners taught us to sing in their language.</p> | <p>Catching attention to how important it is to really listen to each other; giving Space for augmentative and alternative communication; experiencing the sound of an unknown language</p> |

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| <p>Role plays and leaflet</p>  | <p>In an assembly of the whole school community we introduced the new principle “We respect” The Erasmus class performed a play to show how students and teachers can show respect. Furthermore students worked on a leaflet for the whole school explaining how to show respect as a student and as a mint worker.</p> | <p>Guidelines to explain how to be respectful, sensitivity for the dignity of others; expectation to be treated respectfully</p> |

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| Title of activity  | Description of the activity  | Aim of the activity   |
|--|--|---|
| <p>Exhibition “hearts of gratitude”</p>  | <p>In an assembly of the whole school community we introduced the new principle “We are thankful!” The Erasmus class talked about what they are thankful for in life. Moreover, each student and mint worker was given a heart. Everyone could choose one person of the school community to give his or her heart of gratitude and write down why he or she is thankful for. In an exhibition the hearts were presented to the school community.</p> | <p>Showing how much gratitude there is at our school, creating an atmosphere of gratitude</p> |

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| Title of activity   | Description of the activity  | Aim of the activity   |
|---|--|---|
| <p>Survey and charity action</p>  | <p>We did a survey about what we might share at school. In an assembly of the whole school community we introduced the new principle “We share!” and talked about the outcomes. Discussing Saint Martin we took part in sharing clothes we don’t need any more and donated them to a charity organisation.</p> | <p>Catching attention to we may share things at school and in life; giving an example how prosperous people may share with people in need</p> |

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|--|---|---|
| <p>Art installation “holding hands”</p>  | <p>In times of Covid-19 we were not able to give an assembly of the whole school community. As a symbol for our community feeling an art installation was implemented. Each student and mint worker shaped his hand print. All handprints were installed in a work of art in our school hall. A video of students and mint workers shaping their handprints and working on the installation was spread at our school.</p> | <p>Demonstrations of our community feeling and cohesion in times of Covid-19.</p> |
|  |   |   |

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# We are gentle...






| Title of activity   | Description of the activity   | Aim of the activity  |
|---|---|--|
| <p>Role play on staying safe at the beach.</p>  | <p>Students presented a role play on how to take care of each other at the beach and how to promote safety whilst at the beach.</p> | <p>To understand the role of the RNLI and the coast guard. To show that we care for each other's safety whilst out in the community.</p> |

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|---|---|--|
| <p data-bbox="326 806 522 835">Giving high fives</p>  | <p data-bbox="866 806 1676 906">Students are encouraged to give each other high fives for work they have completed well. Students are encouraged to say positive things about each other's work and to show kindness to each other.</p> | <p data-bbox="1717 806 2527 871">To show respect for each other's work and to celebrate each other's achievements.</p> |


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| Title of activity  | Description of the activity   | Aim of the activity   |
|--|---|---|
| <p data-bbox="318 806 522 835">Musical activities</p>  | <p data-bbox="904 806 1643 835">We enjoy all sorts of musical activities and learning new skills.</p> | <p data-bbox="1872 806 2382 835">To foster an enjoyment of expressive arts.</p> |

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|---|--|---|
| <p>Listening to nature</p>  | <p>We enjoy taking the time to listen to the sounds of nature when we are out in the community. We participate in mindful activities to stop and listen to what is going on around us. We are asked to use signs and symbols to show what we can hear and if we like the sounds we can hear.</p> | <p>To listen to the environment around us and to appreciate nature.</p> |

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|---|--|--|
| <p>Remembrance Day</p>  | <p>Every year on the 11<sup>th</sup> November students take part in remembrance activities to remember all of those who fought and died during wars. Students made poppies for a large display at the Local Park in Margam. Students from across the school shared pictures of family members who have fought in wars.</p> | <p>This is an annual event to remember those who sacrificed their lives for us. Students are encouraged to review historical pictures and to participate in a 2 minute silence where possible to show respect for those who have died.</p> |

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| Title of activity  | Description of the activity  | Aim of the activity   |
|--|--|---|
| <p>Certificate presentation</p>  | <p>Presenting our partner schools with gifts and certificates to thank them for spending the week with each other.</p> | <p>To develop an understanding of different cultures and languages. To develop a feeling of thankfulness.</p> |

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| Title of activity   | Description of the activity  | Aim of the activity                               |
|---|--|---|
| <p>Sharing equipment</p>  | <p>Students during sessions are encouraged to share equipment and to pass equipment to each other.</p> | <p>To develop sharing and turn taking skills.</p> |

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|-------------------|-----------------------------|---------------------|
|-------------------|-----------------------------|---------------------|

Helping each other during a good morning session



Students are encouraged to help each other during the good morning session in whatever way they can. This might be giving out equipment needed for the session.

To help each other and develop the spirit of community.

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# We are gentle...

- 

1 Somos cuidadosos.
- 

2 Somos amables.
- 

3 Nosotros disfrutamos.
- 

4 Nos escuchamos.
- 


5 Nos respetamos.
- 

6 Somos agradecidos.
- 

7 Nosotros compartimos.
- 

8 Nosotros somos una comunidad.




| Title of activity  | Description of the activity  | Aim of the activity   |
|--|--|---|
| <p>Profiles</p>  | <p>It was one individual exercise of personal reflection. With the help of some directions that were given, each one of us turned his gaze to himself and embodied on a sheet of paper a series of information. Later, these sheets were hung next to the classrooms, in the hallway, and students were asked when passing to stop and read these personal sheets from classmates, for getting to know them better and adopting a better treatment in their day-to-day social relationships.</p> | <p>Making ourselves known transparently to others<br/>Making the effort to know by heart who we are next to,<br/>Learning to relate more sincerely and consciously to others.</p> |

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|---|--|--|
| <p data-bbox="382 806 458 835">Flags</p>  | <p data-bbox="866 806 1681 949">In this activity we were able to enjoy different moments such as the presentation at the hands of the group of 5th and a workshop of flags of the Gentle principle that we worked throughout that term: "we are kind".</p> <p data-bbox="866 956 1681 1063">Each class made its own flag, and many are still in school. In addition, we also sang the song "un poquito cantas" with lyrics created as part of the project.</p> | <p data-bbox="1783 806 2471 913">Reminding gentle values to our students<br/>Having some fun making flags<br/>Letting the ambassadors work with the rest of the school</p> |

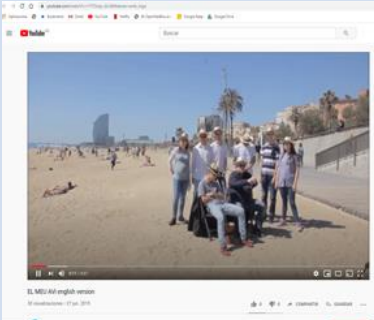
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|---|---|--|
| <p data-bbox="264 805 580 833">My Grandpa went to Cuba</p>  | <p data-bbox="861 805 1681 1093">With the group of 6th ESO we sang and recorded a habanera on the beach of Barceloneta in Barcelona. The main objective was to transmit to the other countries of this project a part of our culture and we chose this habanera because it is considered by its popularity and content an identity symbol in Catalonia. In 1992 it was adapted into a Catalan rumba version by the Barcelona group Los Manolos, which the same group sang at the closing ceremony of the Barcelona Olympic Games that same year.</p> <p data-bbox="876 1105 1666 1168">We chose this beach because it is one of the best known and most frequented in our city.</p> | <p data-bbox="1712 805 2532 871">To promote the projection of Catalan culture in all the countries that are part of the Erasmus + Gentle Teaching project.</p> <p data-bbox="1758 882 2486 948">To promote the dissemination and knowledge of the Catalan language abroad.</p> <p data-bbox="1829 959 2415 988">Promote cultural exchanges with other countries.</p> |


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|--|---|---|
| <p>The tree</p>  | <p>The students of the last course generated a dialogue about the measures to take care of a plant, finding the answers in the four pillars of the project. Through three dynamics- In the first one they experienced the feeling of being cared for. For this reason, the students were divided into pairs, one closing his eyes and the other guiding him through space. The second and third dynamics were done with the same couple in order to feel loved and loved. One member of the couple said everything he liked about the other while the other was instructed not to speak and just to listen carefully, stopping and realizing how they were feeling at the time.</p> | <p>Experiencing the four pillars of the project in an experiential way<br/>           Recognizing how to feel when offering love to others<br/>           Recognizing how to feel when receiving love from others</p> |

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| Title of activity   | Description of the activity   | Aim of the activity   |
|---|---|---|
| <p>Thanks Everyone</p>  | <p>In this activity we were able to continue sharing with the rest of the educational community the pillars of the Gentle project, and this time we paid attention to the pillar of "we are grateful". The presentation was given by 2nd graders, giving us a broader look at gratitude. Thanking is not just about giving thanks, it is a feeling and a way of understanding life that gives happiness to ourselves and makes others feel good. At the end of the presentation, each group was able to make a collection of thanks for all the good and beautiful things that life has offered us so far, building the word THANKS together.</p> | <p>Being more thankful<br/>Enjoying little things that you never thought about it<br/>Learning to communicate your feelings</p> |

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| Title of activity | Description of the activity | Aim of the activity |
|-------------------|-----------------------------|---------------------|
|-------------------|-----------------------------|---------------------|

Gymkhana



Since the project began we have had a class group that has served as Gentle Ambassadors, this class group has been dedicated on numerous occasions to prepare material for the rest of the school, as well as a gymkhana for their classmates during the 2018/2019 academic year.

It was a gymkhana held during a stage with the school in Rialp. There was a competition between the participating groups, but the goal was common, with the activities getting a part of a hidden message that once the gymkhana was over could be revealed.

Sharing bonds with all the students  
Creating a team sensation  
Improving social abilities


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|--|--|--|
| <p>Christmas carols for the community</p>  | <p>The activity consisted in singing carols to the grandparents of the residence next to the school. We do this on each of the five floors that the residence has. The songs were the typical traditional songs and were chosen considering that they are from the time when the grandparents were little.</p> <p>This activity was done with the students of the last circuses of the ESO school (4th and 5th ESO).</p> <p>Postcards were also made for all grandparents and a large one for the entrance of the residence, and the main floor was decorated with Christmas decorations (4th of ESO).</p> | <p>Making students aware of the loneliness of some grandparents</p> <p>Promoting values, feelings, emotions, ...</p> <p>Motivating students to take initiatives to help others</p> <p>Learning to work in a team.</p> <p>Feeling empathetic to other people.</p> <p>Entertaining grandparents.</p> |

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★ We are gentle... ★

- 

1 Abbiamo cura di qualcuno o qualcosa.
- 

2 Siamo gentili.
- 

3 Apprezziamo.
- 

4 Ascoltiamo.
- 

5 Rispettiamo.
- 


6 Siamo grati.
- 

7 Condividiamo.
- 

8 Siamo una comunità.






| Title of activity   | Description of the activity  | Aim of the activity                          |
|---|--|--|
| Visit at the Care Home for Old People<br> | Each year the Italian Institute Department of Inclusion pays visit to old people who stay in care homes. Students talk, sing, eat and drink with them, thus sharing experiences and bringing joy | Learning from the past to build one's future |
|   |  |  |

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| Title of activity  | Description of the activity  | Aim of the activity            |
|--|--|--------------------------------|
| <p>Having Fun at the Pool</p>  | <p>Our Italian Sen students have been helped by their mates and they learnt how to swim.</p> | <p>Improving body and mind</p> |
|  |  |                                |

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|---|--|---|
| <p data-bbox="173 803 670 832">Visit at the Biodiversity Park in Catanzaro</p>  | <p data-bbox="861 803 1684 868">The Italian school is constantly involved in actions promoting love for nature</p> | <p data-bbox="1722 803 2525 868">Inducing students to love nature, to be cooperative in character, to be non-violently disposed towards all living elements</p> |

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|--|---|---------------------------------|
| <p>Inclusion Chorus</p>  | <p>Itt Malafarina lets Sen students express their emotion through singing and playing</p> | <p>Inspiring love for Music</p> |


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|--|---|---|
| <p>We Protect The Environment</p>  | <p>Each year, as soon as Summer comes, a delegation from ITT School is involved in cleaning the beaches</p> | <p>Promoting an eco-sustainable behaviour</p> |
|  |   |   |

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| Title of activity  | Description of the activity                                | Aim of the activity         |
|--|--|-----------------------------|
| <p>Unicef Fundraising Day</p>  | <p>The Italian school collects money, food and clothes</p> | <p>Promoting solidarity</p> |

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| Title of activity   | Description of the activity  | Aim of the activity                                       |
|---|--|---|
| <p>Arts Laboratory</p>  | <p>Creative activities were developed during several workshops</p> | <p>Discovering and enhancing students' potentialities</p> |
|   |  |   |

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|--|--|--|
| <p>Living in the past</p>  | <p>Enjoying a traditional atmosphere</p> | <p>Appreciating cultural heritage from own's territory</p> |
|  |  |  |

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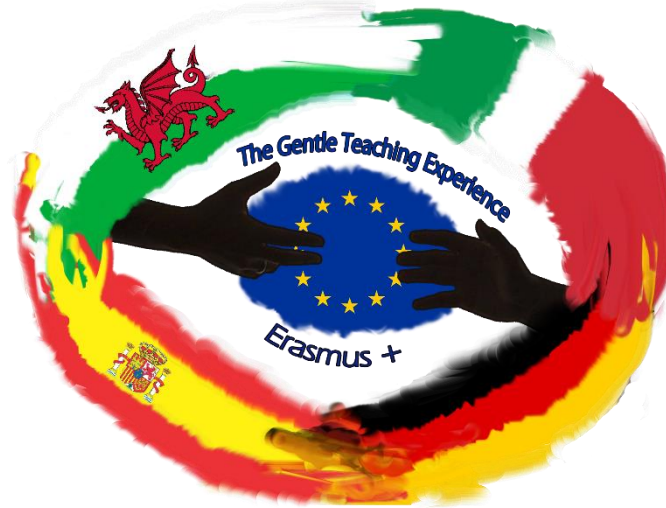
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## THANKS FOR WATCHING



We care.  
Abbiamo cura di qualcuno o qualcosa.  
Wir kümmern uns.  
Somos cuidadosos. / Som curosos.

We enjoy.  
Apprezziamo.  
Wir genießen.  
Nosotros disfrutamos. / Nosaltres gaudim

We respect.  
Rispettiamo.  
Wir sind respektvoll.  
Nos respetamos. / Ens respectem.

We share.  
Condividiamo.  
Wir teilen.  
Nosotros compartimos. / Nosaltres compartim.

We are kind.  
Siamo gentili.  
Wir sind freundlich.  
Somos amables. / Som amables.

We listen.  
Ascoltiamo.  
Wir hören zu.  
Nos escuchamos. / Ens escoltem

We are thankful.  
Siamo grati.  
Wir sind dankbar.  
Somos agradecidos./ Som agraits.

We are a community.  
Siamo una comunità.  
Wir sind eine Gemeinschaft.  
Nosotros somos una comunidad. / Nosaltres som una comunitat.

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