

***Schools with force* is a five stage program for using schools which implement mindfulness in their curricula. The decision is taken after each stage.**

1. Nominating schools and checking

Schools can be nominated by the members of *Ashoka*. Representatives of non-governmental and teachers' organisations and other people involved in education who understand the program *Schools with force*. The school can apply voluntarily.

2. Visting schools

Ashoka contacts chosen schools, presents the program and informs about the nominees. If the school decides to participate other meetings are scheduled.

3. Self-evaluating

Schools fill in a self- evaluating form referring to their everyday work. Short list of schools accepted for the next stage is completed based on the form.

4. Panel

School representatives are invited to talk to the board to decide whether the school is ready to participate.

5. Choice

The final decision.

6. Concept

The school present the ability and will to develop and test new ideas, encouraging students and teachers to innovative.

Empathy

Mindfulness

Group work

Creativity

Leadership

Implementing changes

Zespół Szkół w Radowie Małym

State school (pre-school, primary school, junior high school)

Number of students: 450

Students' age: 4-15

In this school students can work individually in different age groups with a tutor to develop key competences. Children learn by being active, calm down and develop creativity making crafts and they learn math while cooking.



Szkoła Podstawowa im. Marii Konopnickiej w Konarach

State school (pre-school, primary school)

Number of students: 120

Students' age: 4-15

In this school students recognise their potential and learn from each other. They start each Polish lesson with silent reading on the carpet and the lessons base on individual aproach and intelligences. Child is the most important person in the school..



Gimnazjum nr 1 w Gdyni

State junior high school

Number of students: 580

Students' age: 13-15

In this school students, teachers and parents try to make a difference . Every day they have essential talks referring to the main idea.



Montessori Mountain School w Przyłękowie

Private school (pre-school, primary school, junior high school)

Number of students: 96

Students' age: 4-15

Each child is taught to take responsibility for their education proces. Biology is taught in a "forest classroom". Teachers, students and parents discover their way in the modern world respecting the heritage of their ancestors.



Szkoła Podstawowa nr 4 im. prof. Władysława Szafera w Ełku

Public primary school

Number of students: 750

Students' age: 6-12

The school is engaged in environmental and social issues. The school is innovative and teaches to be sensitive towards other people and nature.



Zespół Szkół No Bell



State school (pre-school, primary school, junior high school)

Number of students: 250

Students' age: 4-15

This school is brain-friendly and conducts emotional intelligence lessons. Students try to make a change every day. Students share the responsibility for their learning process.



Erasmus+

Implementing mindfulness training in high school:

- **Individual teaching process for problem students**
- **Lessons with the form teacher**
- **Teacher training – Studium nauczycielskie MBSR – www.polski-institut-mindfulness.pl/studium-nauczycielskie/**
- **workshops**
- **Extracurricular activities**

Potential problems:

- **scepticism(students, teachers, parents)**
- **Financial resources**
- **motivation – lack of transparent benefits from a students perspective**
- **Limitations caused by the overall amount of lesson units**
- **limited possibilities of training (MBSR)**
- **Lack of trained teachers**

Thanx for

Your

Mindfullest

Attention