

# ΠΡΑΓΑ 2026

ERASMUS+ KA1  
17-22.11.2025  
ΟΡΓΑΝΙΣΜΟΣ ΥΠΟΔΟΧΗΣ :  
EUROPASS TEACHER ACADEMY



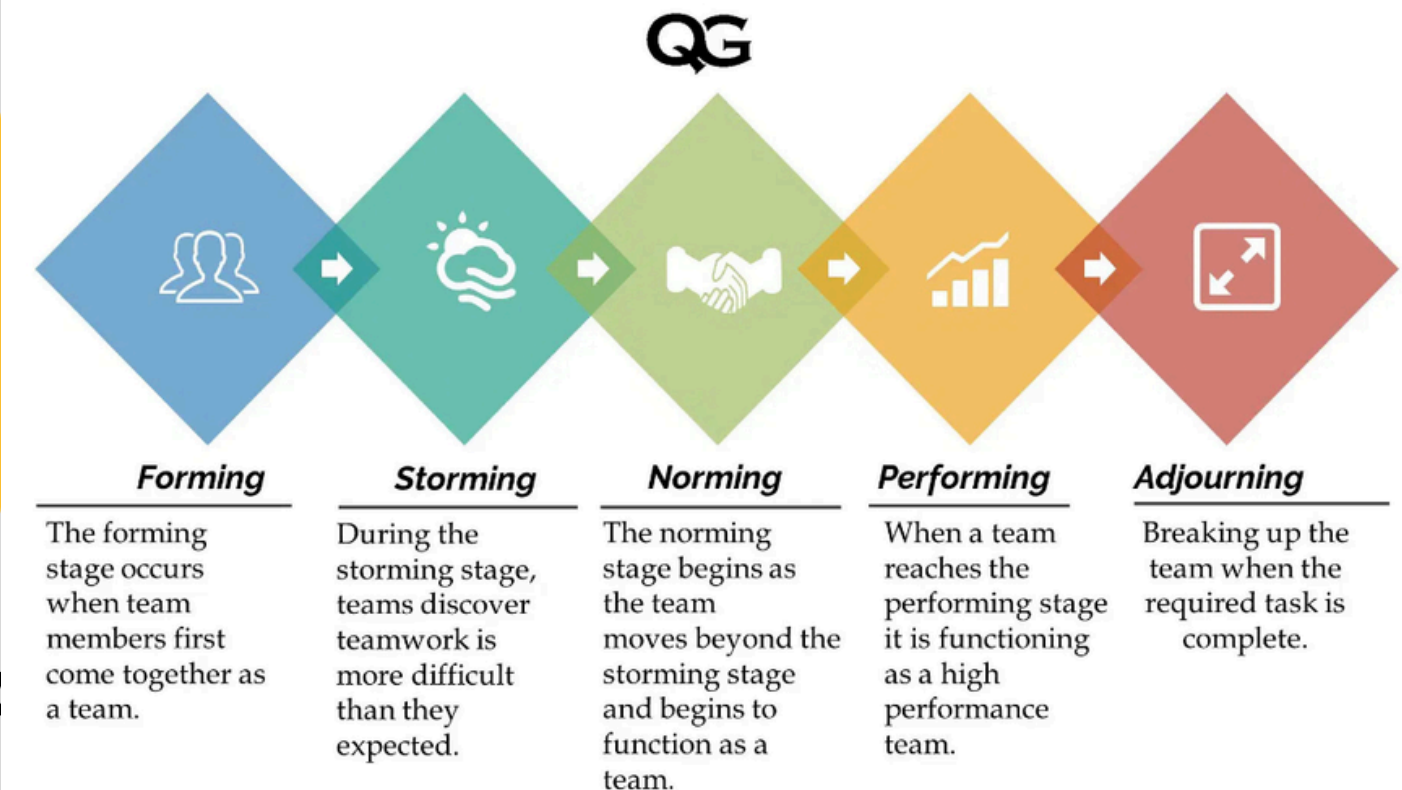
# Διαχείριση Συγκρούσεων, Συναισθηματική Νοημοσύνη και Πρόληψη Εκφοβισμού



## 1Η ΗΜΕΡΑ

# Εισαγωγή στη διαχείριση συγκρούσεων

- Μάθημα και συζήτηση σχετικά με τη δυναμική της αποτελέσματα της σύγκρουσης, την επιθετική συμπεριφορά, τον εκφυλισμό και τους διάφορους «ρόλους» που διαδραματίζουν τα μέλη της ομάδας.
- Πρακτικές δραστηριότητες για την προώθηση της ευαισθητοποίησης.



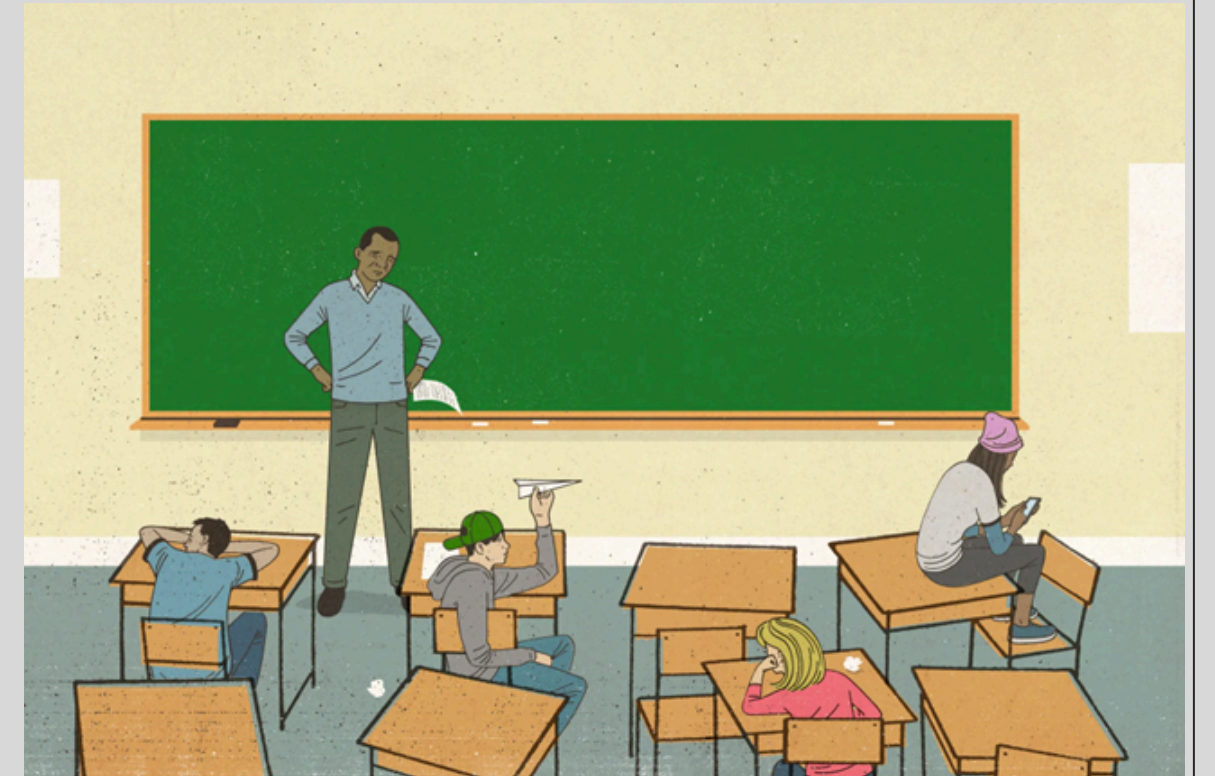
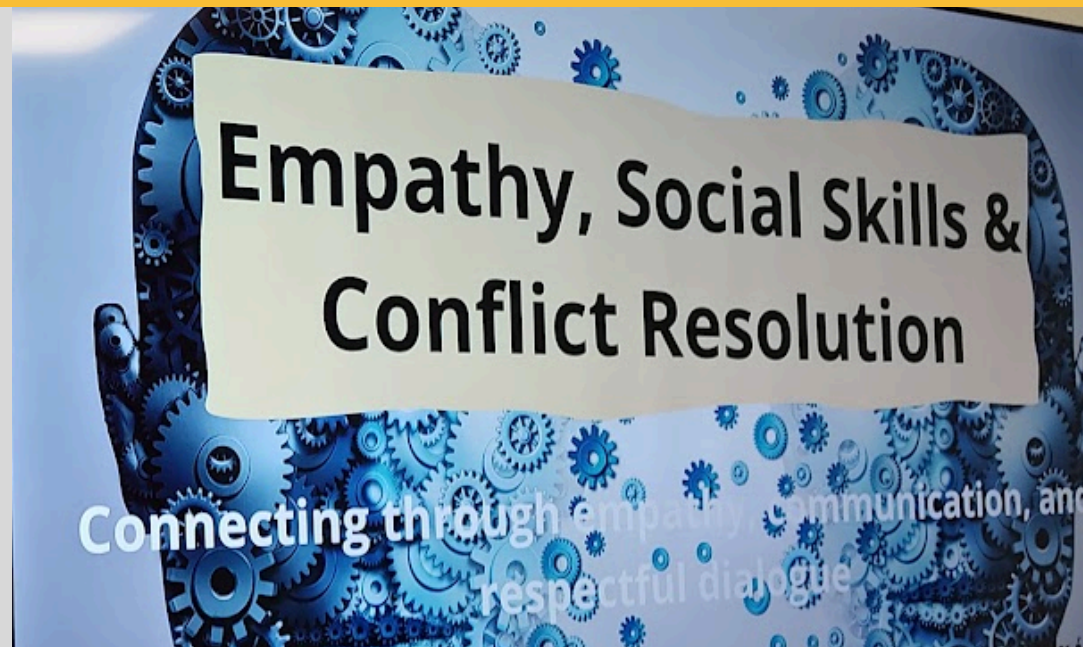


Aspects of our school




## 2Η ΗΜΕΡΑ

### Σημασία της ομαδικής εργασίας



- Μάθημα και εμπειρίες σχετικά με τη συνοχή της τάξης, τη σημασία του σχηματισμού μιας «ομάδας».
- Η σύγκρουση ως ευκαιρία για ανάπτυξη.
- Πρακτικές δραστηριότητες χρησιμοποιώντας τα μέλη του μαθήματος ως μοντέλα για την κατανόηση της δυναμικής της ομάδας.

**5 COMPONENTS OF EMOTIONAL INTELLIGENCE** 


**1. Self-Awareness**  
Be aware of your emotions as they arise.

**2. Self-Regulation**  
Manage your impulses, soothe yourself & respond appropriately.

**3. Self-Motivation**  
Delay gratification, stay motivated & persistent in face of setbacks.

**4. Empathy**  
Understand others' feelings, needs, wants and concerns.

**5. Relationship Management**  
Manage others' emotions, organize resources & negotiate solutions.



3Η ΗΜΕΡΑ

Εκτόνωση συγκρούσεων

# WHAT, WHO, WHEN, HOW ABOUT BULLYING

- Μαθήματα και δραστηριότητες σχετικά με την ενσυναίσθηση, την ενεργητική ακρόαση και την αναδιατύπωση ως ισχυρά εργαλεία για την εκτόνωση των συγκρούσεων και την ενίσχυση των σχέσεων.
- Πρακτικές δραστηριότητες και παιχνίδι ρόλων.

## The 5-4-3-2-1 Grounding Technique

Ease your state of mind in stressful moments.



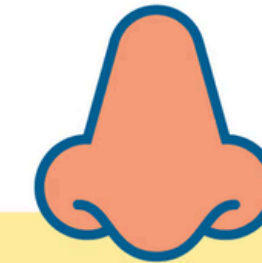
Acknowledge **5** things that you can see around you.



Acknowledge **4** things that you can touch around you.



Acknowledge **3** things that you can hear around you.



Acknowledge **2** things that you can smell around you.



Acknowledge **1** thing that you can taste around you.

#DeStressMonday

DeStressMonday.org

DESTRESS  
MONDAY

**8 Tips for ACTIVE LISTENING**

**PARAPHRASE.**  
Try to paraphrase what the student said to make sure you understand and to show that you are paying attention.

**ASK QUESTIONS.**  
Ask questions to encourage the student to elaborate on their thoughts and feelings.

**USE POSITIVE BODY LANGUAGE.**  
Show that you are engaged and interested by nodding, facing the other person, and maintaining an open and relaxed body posture.

**SHOW EMPATHY.**  
If the student voices negative feelings, try to validate them. Consider why they feel this way and put yourself in their shoes.

**LISTENING MAY BE ENOUGH.**  
We may be tempted to "fix" the problem, but at times, students just want us to listen.

**EVALUATE THE CONVERSATION.**  
After you have fully taken in what the student has said, take a moment to evaluate the conversation.

**DON'T GIVE ADVICE TOO QUICKLY.**  
Allow the student to finish speaking before attempting to give advice. You want to make sure that you fully understand them first.

**AVOID JUDGMENT.**  
Your goal is to understand your student's perspectives. Try not to interrupt with your own opinions while the student is speaking.



# 4Η ΗΜΕΡΑ

## Πρακτικές στρατηγικές για την τάξη



- Στρατηγικές όπως η διαμεσολάβηση μεταξύ συνομηλίκων, οι δραστηριότητες κυκλικού χρόνου, το ημερολόγιο τάξης κ.λπ., και πώς να χρησιμοποιηθούν αποτελεσματικά στην τάξη.
- Πρακτικές και βιωματικές δραστηριότητες.

**EmotionAid**  
Emotional first aid for stress management

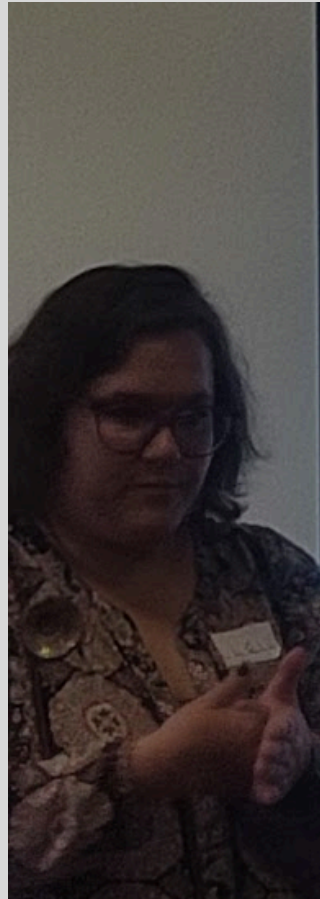
### 5 STEPS for managing our emotions and reactions during times of stress or crisis

Does your heart beat fast in times of stress or crisis? Does your breathing get shallower? Does your body tremble? Do you feel confused, disoriented, anxious, panicky or helpless? These are natural reactions in times of stress. They can be calmed and changed on the spot by taking the following steps:

On a scale of 1-10 what is the degree of tension you feel right now?  
If it's above 6 on the scale, follow all the steps. If it's below 6, go straight to steps 5 & 6.

Scale	Step	Icon	Description
10	Step 1	Red sad face	<b>The Butterfly Tap:</b> Cross your arms and tap alternately with open palms 25 times on your upper arms until you feel deep calm. Take a few breaths and then repeat.
9	Step 2	Red sad face	<b>Basic Grounding:</b> Place your feet firmly on the ground. Feel the support of the ground. Now look around you and count ten different objects of the same color, and/or then ten different objects of different shape.
8	Step 3	Red sad face	<b>Self-Soothing and Regulation:</b> Put one hand on your chest and the other hand on your stomach. Pay attention to your breath. This exercise will stabilize your breath and bring comfort.
7	Step 4	Yellow sad face	<b>Discharge:</b> Notice one sensation at a time. Just be curious, with no judgment and give it time; release will happen spontaneously as a deep breath, a yawn, trembling, heat, warm sweat, goose bumps, spontaneous laughter or crying.
6	Step 5	Green happy face	<b>Resources:</b> Strengthen the sense of calm by thinking of something that makes you feel good, feel stronger or feel calmer. It could be a friend, something you love, an activity, a place, an image or a spiritual entity. Notice the relaxing effect this resource has on you.

Use these tools to calm yourself first and then give support to others. This will enhance coping skills and resiliency and prevent a chain reaction of fear and stress. As you experience the effectiveness of these tools, you can decide whether to use all or some of the steps until you feel relief and a sense of calm.



# LISTENING VS FIXING MODE

## Situation

A student (15) approaches the teacher after class looking upset.

Student: "Everyone keeps interrupting me during group work. No one listens to my ideas, so I just stopped trying."

## Fixing Mode

Teacher: "Okay, here's what you should do. Next time, speak up louder and tell them to stop interrupting you. I'll also rearrange the groups so you work with different classmates. Don't worry, we'll fix it."

- Effect:
- Student doesn't feel heard.
  - Teacher takes over responsibility for the problem.
  - The emotional layer remains unaddressed.

## Listening Mode

Teacher: "It sounds really frustrating when you're trying to contribute and feel ignored. I get why you stopped trying. What part of that situation felt the hardest for you?"

Student: "Just... that no one even paused to hear me."

Teacher: "Thank you for telling me. Would you like help thinking through some ideas for next time, or do you want me to just listen a bit more?"

- Effect:
- Student feels understood and validated.
  - Teacher supports regulation instead of taking control.
  - Student gains agency and clarity before jumping to solutions.



# 5Η ΗΜΕΡΑ Επισκόπηση

SPEAKER

LISTENER

OBSERVER

## I Don't Understand What I Am Feeling

"What am I feeling, and why do I feel this way?" This is a tough question. Let's try and study the flower of our emotions together, like curious natural scientists would do. This model, designed by U.S. scientist Robert Plutchik, works great for this purpose.

### How does the flower of emotions work?

The strongest emotions are in the center of the flower. The farther an emotion is from the center, the weaker it is.

● RAGE  
● ANGER  
● ANNOYANCE

Feelings that emerge as a combination of several emotions are listed on petals in between the main petals.

● SADNESS + DISGUST = REMORSE

Petals located on the other side of the flower from one another are direct opposites.

● GRIEF  
● ECSTASY



- Προσομοίωση μαθημάτων από μέλη του μαθήματος χρησιμοποιώντας εργαλεία και ικανότητες για τη δημιουργία ενός συναισθηματικά φροντιστικού περιβάλλοντος.
- Ομαδική συζήτηση.



# 6Η ΗΜΕΡΑ ΑΞΙΟΛΟΓΗΣΗ



- Αξιολογήση μαθηματος: ανασκοπήση των αποκτηθέντων ικανοτήτων, ανατροφοδότηση και συζήτηση.
- Απονομή Πιστοποιητικού Παρακολούθησης του μαθήματος.
- Εξωτερικές πολιτιστικές δραστηριότητες.

TUNING IN  
&  
SETTING THE GROUND

EMOTIONAL  
INTELLIGENCE

BRAVE & INCLUSIVE  
CLASSROOM  
(Compassion/safety/feedback)

PREVENTING  
BULLYING

INTEGRATION  
&  
CLOSURE





ΕΙΚΟΝΕΣ ΤΗΣ ΠΡΑΓΑΣ

