

A JOURNEY OF CHANGE:

How taking part in
the PS SMILE
program has helped
D.



Who am I?



**Cátia
Giesteira**

**I work with
children
from 6 to 10
years old**

**Im studying at
the university in
the field of
primary
education**

Who is D?

**D, 6 years
old**

**Great sense of
humour!**

**Likes
technologies**

**Very
"chatty"**

**Lives with his
mother, father
and brother ...**



HOW is D?

Low
tolerance
to
frustration

Impatient

Easier to
interact
with adults

Emocional
instability

Difficulty in
socialization
with peers



Eventually ...



Miscommunication ...

Challenging Behaviour ...

Social exclusion / isolation ...

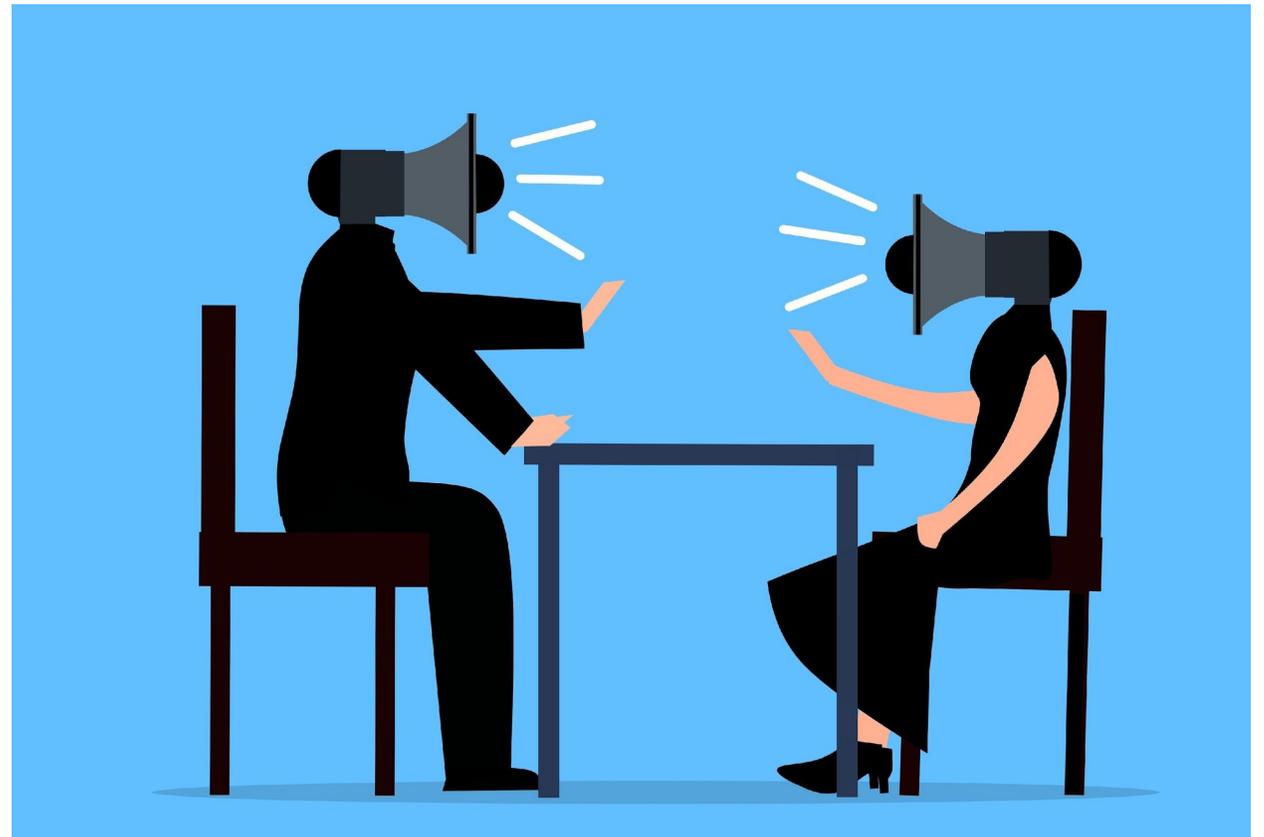
Aggressive Behaviour ...

Helplessness

Denial ...

Blaming ...

Miscommunication ...





PS
smile 

SOCIO-EMOTIONAL CAPACITY
BUILDING IN PRIMARY EDUCATION

ps SMILE Training





Formação nº: 1

Modelo de Reflexão

Tópico: _____

Data: 16/11/2021

Como me senti?
Aturada e com curiosidade de como será a próxima sessão?

Quais foram os meus pensamentos?
Que nos são dadas ferramentas para que as crianças possam ter um desenvolvimento social e emocional cada vez mais estável e saudável, facilitando assim também a nossa comunicação (entre adulto e criança).

Qual foi o meu momento "Ah-Ah!"?
Com os conteúdos sobre o Desenho Universal da Aprendizagem

Quanto é que gostei da sessão?

Quanto é que aprendi na sessão?

Co-funded by the Erasmus+ Programme of the European Union

smile

Mais Saúde Mais Bem-estar

CuBuFO Embrace the idea

UNIVERSITÄT DUISBURG ESSEN IN FÜRTH

Mundus

four elements

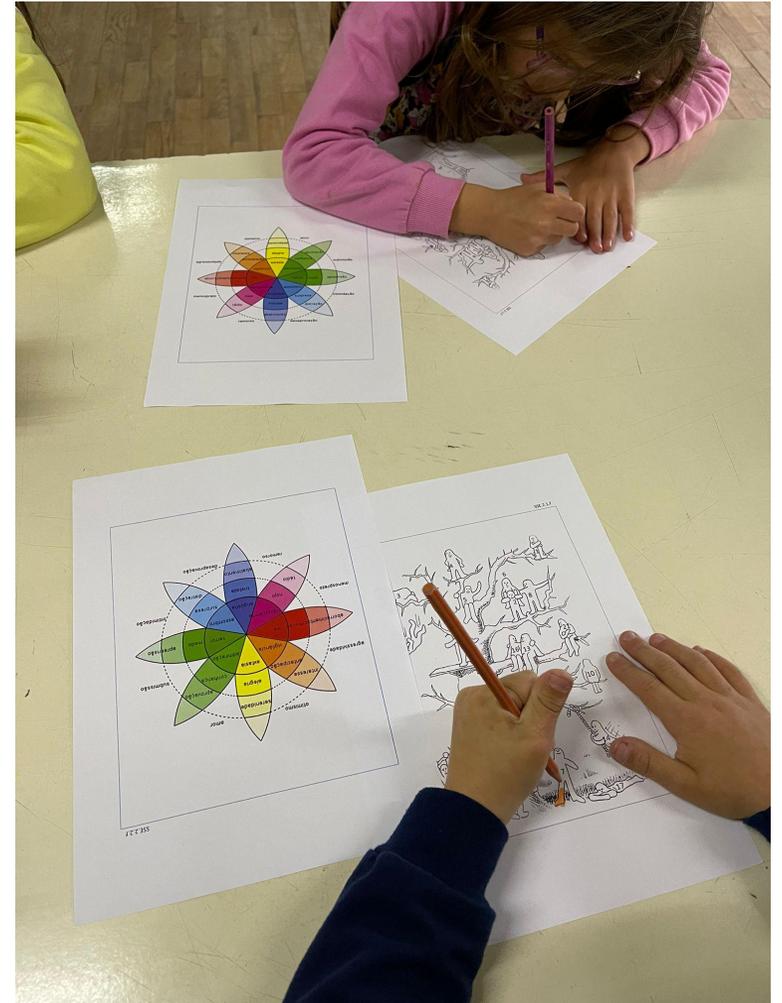
ARCIL

ps SMILE Activities



“Giving and Receiving”

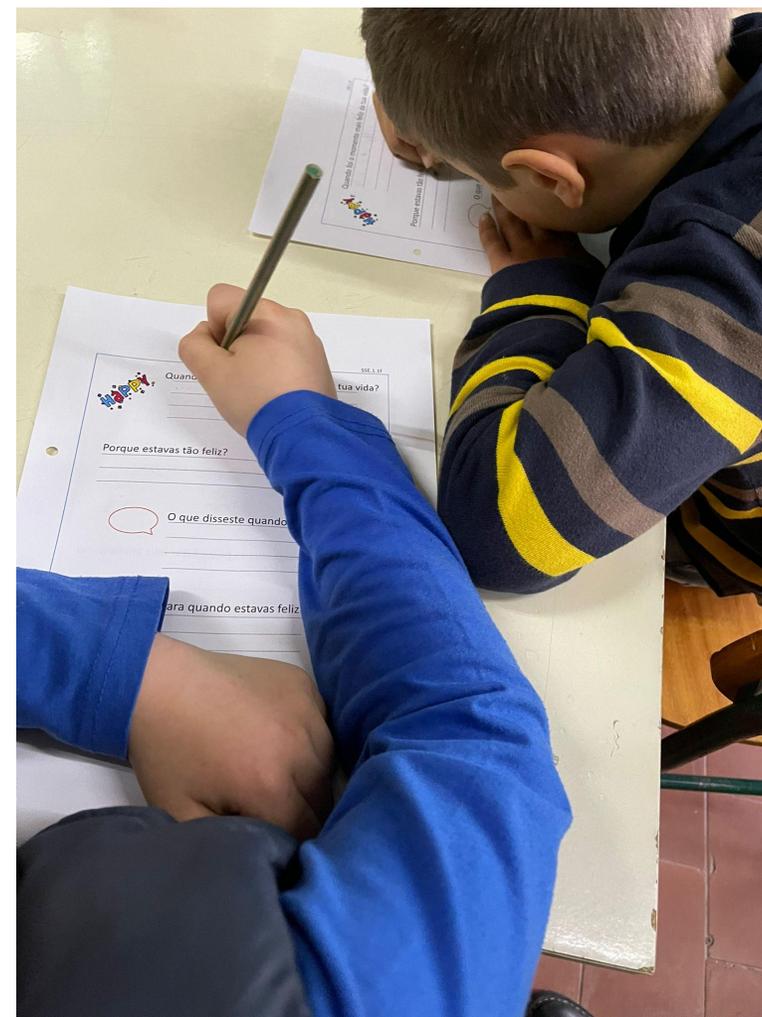
“Tree of Emotions”





“Tree of Emotions”

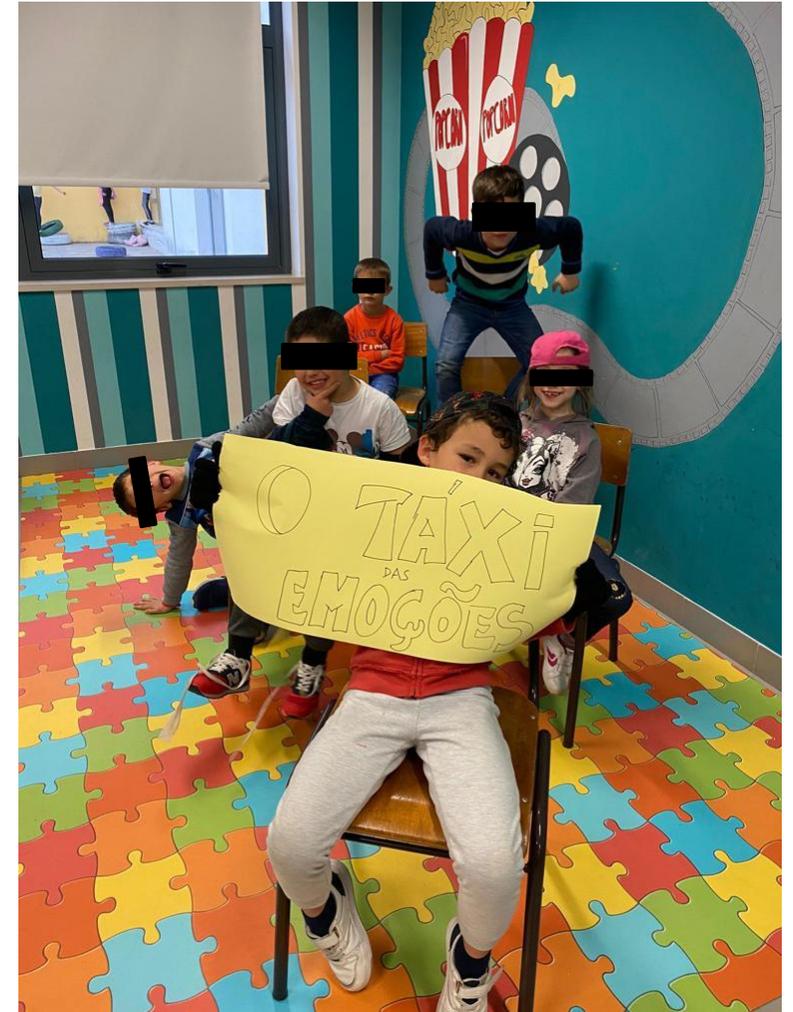
“Active Reflection”



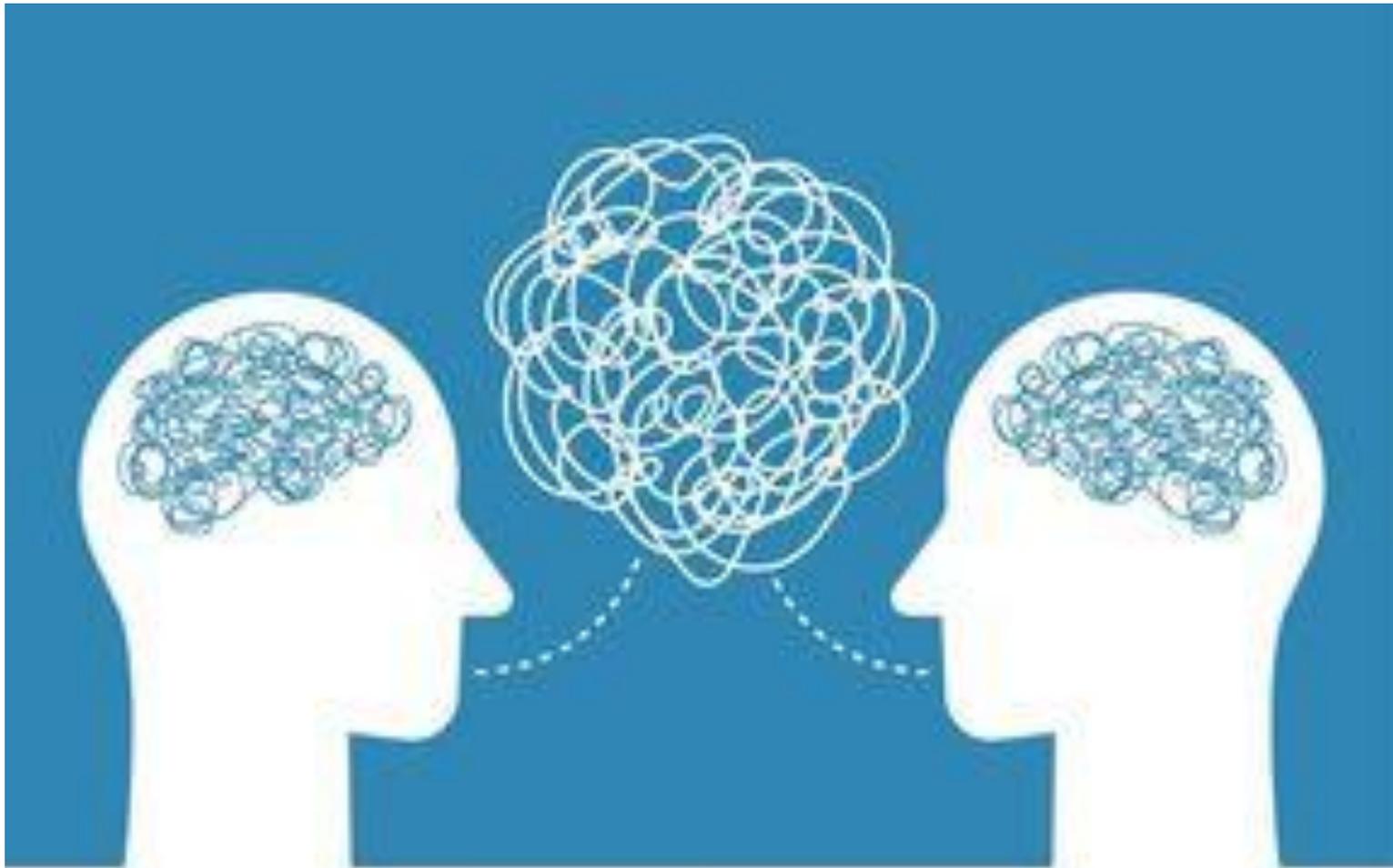


“Walk the Talk”

“Taxi of Emotions”



**“ps SMILing” with
the family**



Positive
exchanges of
ideas with D's
mother ...

Results (so far ...)



Greater understanding of what they are feeling

More tolerance

More empathy

More relaxed and calm

They can solve problems more easily ...



***I feel very fulfilled
professionally and it is
very gratifying to see
the results of the PS
SMILE project!***



A JOURNEY OF CHANGE:

*Thank you very much
for the attention!*



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