



**Co-funded by
the European Union**

Work Package 4 – Social Connections Hub

Agrupamento de Escolas de Penacova

Mindfulness Club As part of the Social Connection Hub was created at the Escola de Penacova, in Portugal, where students participate twice a week with the aim of developing attention skills, emotional regulation, stress reduction, and social competencies. This club aligns with the objectives of the Social Connection Hub, which seeks to promote meaningful social interaction, improve conscious communication, and reduce isolation. Through mindfulness practices, playful activities, and other skill-building exercises, students are encouraged to strengthen their emotional intelligence, increase empathy, and cultivate healthier relationships with their peers. The Mindfulness Club contributes to the emotional well-being of participants, helping them better manage their emotions and develop resilience. Furthermore, by integrating into the Social Connection Hub, this space becomes a safe and inclusive meeting point where students can share experiences, learn new self-regulation strategies, and strengthen social bonds within the school community.





Paldiski Ühisgümnaasium

This outdoor classroom was designed to provide students with a comfortable and inspiring learning environment in nature. Built using sustainable materials, it offers both structured lessons and a relaxing space for free-time activities. The seating areas encourage collaboration, making it easy to share ideas and work together.

Beyond learning, it was discovered during the project that it is also a perfect place for spontaneous and meaningful conversations. Whether studying or simply enjoying a break, students can connect with each other in a refreshing outdoor setting. The outdoor area is spacious, allowing students to learn together or play board games. This space was partially created in collaboration with parents, teachers, and students. We also have a low adventure course where children of different age groups can engage and collaborate both in summer and winter.



School No 195 (Romania):

-objective: to maintain social connections



- expected outcome: At School No 195, a special space- a **Social Connections Hub** was created and it became a space for aimful and positive strolling through life.

The Social Hub provided participants with targets/topics to aim their social connection arrows at. Once the social connection was confirmed, it became easier to devise a route or a plan to reach it.



At Social Connections Hub 195 our students debate and reflect on Mindfulness activities and Dictionary.



- methodology: Teachers and students set a social connection goal to interact with family, friends, acquaintances, strangers to maintain social connections. Every day, for 5 minutes, they chatted with a person on a topic.



During conversation, they worked on improving relationships, increasing feelings of well-being, decreasing emotional reactivity, heightening empathy, improving emotion processing skills.



Social connection is simple and fun to do. Aiming to be mindful, 5 minutes a day was a reasonable goal to set for project participants



Activities: **“Glasses of Emotions”:**



“Talk to a plant!:



“Offer from the soul of autumn!”:





“Our feelings at the end of the school year”:



“Breathing exercises to reach our thoughts”:



“Your story and my story”:



5o Gymnasium Neapolis (Thessaloniki, Greece)

At the 5o Gymnasium of Neapolis, we have created a space called the Social Connection Hub as part of our European program DO IT: DESIGNERS OF INCLUSIVE TOLERANCE. In this space, our students can interact with their classmates by playing the mindfulness board game. They can also relax, enjoy the present moment, and mindfully observe their surroundings with all their senses.



