

CONNECT

Inclusive open schooling
with engaging and
future-oriented science



BEST PRACTICES

Description for the website:

Title: "Let's get active for mental health"

This inspiring practice speaks to an *Open Schooling* initiative on healthy mind, which was developed by the Institut Lluís Domènech i Montaner from the . The activity was developed by Esther Soria and supported by the Living Lab for Health of IrsiCaixa.20/3/202319/5/2023

Care Stage: Students did introductory activities on mental health. A total of 75 students participated.

Know stage: During participatory research in which they detected their needs and designed an action plan with various activities. They put mental health knowledge into practice and expanded it.

Stage Do: The activities were designed to be carried out the next course, we lacked time to do this stage.

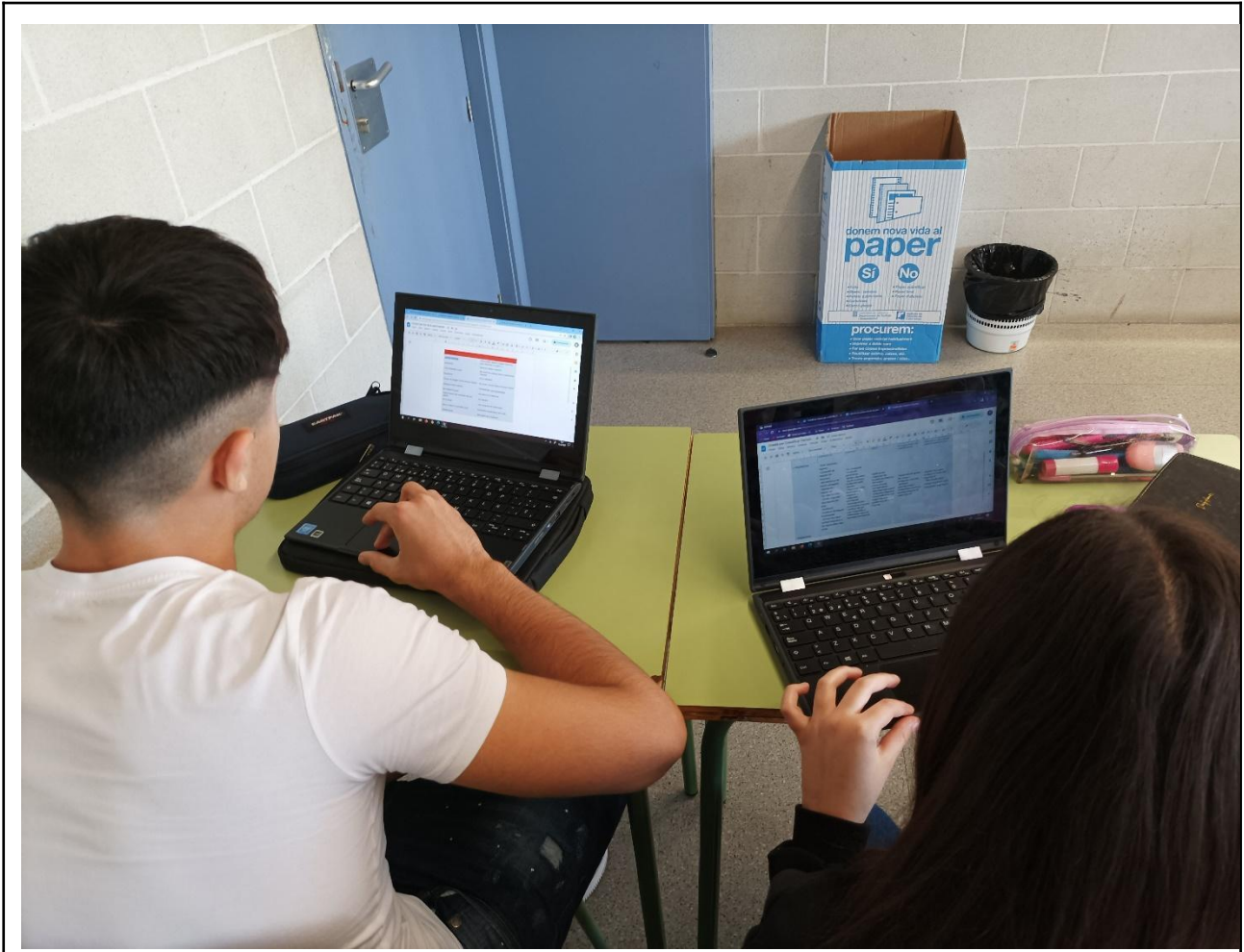
Results related to the *Open Schooling approach*: Undoubtedly, participatory research has allowed them to treballar competències i sabers inclosos en el currículum de 3r d'ESO, però també d'altres que no hi estan directament especificades.

Support for the implementation of educational resources by: the department and the Living Lab of IrsiCaixa

Student results: The students were able to integrate certain knowledge and skills. Still, if we had Given more time to conduct participatory research, the results Had It was more satisfying. The students go Actively participate in the dynamics proposed to them .

Select the most representative photo of your practice (it will be public and published under an open license to represent the practice).







ABOUT THE CONNECT INSTITUTION that supported the school	
ORGANIZATION	IRSI (SENTINEL SCHOOLS)
COUNTRY	SPAIN
Name of the contact person	LAIA VIVES
Period of implementation	Starting date: 20/ 03/23 Final date: 19/ 05/23
ABOUT THE TEACHERS INTERVIEWED	
EDUCATIONAL CENTER	INS Lluís Domènech i Montaner
TEACHERS (name and surname) (for certificates of inspiring practices)	Esther Soria
GENRE	Feminine
AREA (Science, Physics, Chemistry, Biology, ...)	Biology
How many sessions have you implemented the CONNECT Education resource for?	5
Title of the educational resource used	Healthy Mind
Curriculum vitae	Biology And Geology
ABOUT TEACHERS' STUDENTS	
Course	3rd of ESO
Age	14-15
Total number of participating students	75
Total number of students who have completed the activities	75
SCIENTISTS INVOLVED:	
Name	Laia Vives and Rosina Malagrida
Field	Participatory Research, Mental Health

QUESTIONNAIRE

01. How did you use the participatory research resources provided by the Living Lab for Health? Were they clear and understandable? Did you modify them to suit your class/subject/curriculum group? If so, can you briefly describe what you did in the modified sessions?

The guide was fine, but it could be clearer and simpler. We modified the activities to adapt them to our needs and join activities to make the session more agile and simplify the objectives of the session a little, we needed more time than indicated.

Student activities with scientists:

In the activity of the risk and protection factor grids, some group asked a mental health professional for opinion. It would have helped us if we had been provided with the contact of an expert.

Student activities with families:

The students discussed five factors that affect mental health with the family.





02. Did the students use the resources provided in the Student Guide? Do you have a final product of the implementation (or can you describe it) of participatory research?

The students carried out the activities of the guide with the modifications, but the activities of the repository were used to identify what factors allow them to work.

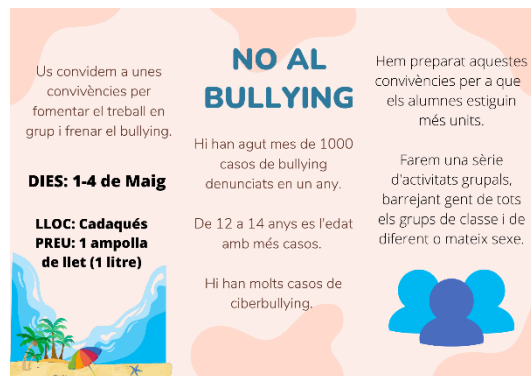
Do you have any examples of what students have prepared?



Poster about an activity related to empathy and respect

Image? Poster? Video clip?

(Add an image if possible)



Information leaflet on some activities to be carried out in the camps on harassment.





03. Do you think participatory research is a process that responds to your needs as a teacher?

Yes, I think participatory research responds to your needs as a teacher. It's the best way to teach science.

Needs related to the school curriculum:

Click to enter text

Student engagement and participation:

They have actively participated.

Students' interest and confidence in science:

04. Were the resources easy to use?

Yes, but the guide could be clearer and more understandable.

You have a specific issue related to materials, procedures, resume pressure:

Click to enter text

05. Do you think participatory research was beneficial for students?

The students actively participated in the participatory research, but they needed a lot of support to carry out the activities.

It describes student achievements during participatory research related to:

KNOWLEDGE	- What mental health is and how to promote it.
SKILLS	- Identify risk and mental health protection factors.
ATTITUDES	- Respect for mental health.





06. What were the challenges for students to put participatory research into practice?

Activities and involve a lot of theory and concentration.

Main challenges for students (select all necessary):

- Difficult...
- Long...
- Bored...
- Other (please specify): ...

07. What activities were best suited to the curriculum? Do you think there were obvious ties to the curriculum currently set by the Department of Education?

What helped students achieve learning goals:

...

08. What activities did not fit well with the curriculum?

The activity of the scientific method where it had to be completed according to the parts of the research was very complex for the students.

Write anything that can be done differently or avoided:

...

