



proposes

AT SCHOOL WITH NATURE

Educating about Nature at school
through specific films that make them experience the benefits every day.

Project aimed at the Headmaster's Office and the Teachers' Board of Nursery and Primary Schools.

THE REGENERATIVE SCHOOL

Transforming the school into a *regenerative school*, exploiting Nature-based solutions from a digital perspective, aware of its fundamental importance not only for children's learning, but also for their psychophysical well-being.

From the age of 3 to 11, a daily relationship with Nature is the most effective prevention of risks related to distressing contexts.

Literature has demonstrated the fundamental role of Nature not only for children's learning, but also for their psychophysical well-being and ability to regulate their emotions.

The Alamar Life films help to introduce the profound values of Nature while remaining within the school: children can experience its benefits through play, meditation, education, creativity, in a climate of shared well-being.

PROPOSED ACTIVITIES

The canteen classroom becomes the regenerative classroom by inserting some plants, cork panels, a large screen with a natural frame where the videos will be projected.

In the regenerative classroom the videos will be projected:

- in the morning, before starting the lessons, with a meditative viewing session
- during lunchtime as relaxation and regeneration
- for creative storytelling, painting, music, drama and psychomotor activities.

In pre-school, the videos are used to introduce children to the natural world.

A different activity will be presented in the classrooms every day.

Through the videos, the children learn about natural elements and their functions.

In primary school, the videos are intended to regenerate attention after mental fatigue, with short breaks of 1 or 2' at the change of teachers or after prolonged exertion.

In the first and second classes, the films help them to get to know colours, sounds and the emotions they arouse; to understand the seasons, the different environments, trees, flowers, fruits...

OBJECTIVES

In the pre-school, the aim is to introduce children to the natural world.

The children will be involved on the emotional side.

In primary school the aim is to regenerate children's sustained direct attention after mental fatigue. Activities will focus on the regeneration of attention.

The long-term goal is to generate a connection with Nature in the children through daily symbolic contact.

The transformative process we propose aims to promote awareness of the fundamental role of Nature **not only for children's learning, but also for their psychophysical well-being and ability to regulate their emotions.**