



## Upskilling well-being at school and for the labour market 4.0

### Teams' Template

Team		Done
Teammates	Insert pictures from the padlet on the TwinSpace.	
Educational centres (names, cities, and pictures of the etwinners at School)		
Croatia		
Spain		
Other country		
Vocational Course		
Tasks to do in teams		
<b>Chapter_00: Introduction to eTwinning, IBL, eTwinners and netiquette.</b>		
<u>eTwinners in the project</u>	Add a post on the padlet	<input checked="" type="checkbox"/>
	Write comments to your teammates (one for each of them)	
	Write comments to eTwinners from different country (one for each of them)	
<u>Netiquette rules and Code of conduct of eTwinning</u>	Go to discussion and comment the post	
<b>Chapter_01: Psychological Wellbeing Scale as starting point.</b>		
How do we feel at this moment in my life?	Add and share your emotional state, your feelings, and thoughts. Fell free to write because it is anonymous. <a href="https://answergarden.ch/2991025">https://answergarden.ch/2991025</a>	
Psychological Wellbeing Scale	Thank in advance for your collaboration, it will help our research. Let's also think about healthy and optimistic activities to improve our mental health together.	

	Link to the questionnaires:	
	QUESTIONNAIRE_1: <a href="https://forms.gle/4AZdwmvk35Snju6T9">https://forms.gle/4AZdwmvk35Snju6T9</a>	
	QUESTIONNAIRE_2: <a href="https://forms.gle/hSdEsDVVtJGi3ZoK6">https://forms.gle/hSdEsDVVtJGi3ZoK6</a>	
<b><u>Chapter_02: Physical well-being knowledge and activities</u></b>		
<b><u>Physical activity enhances well-being</u></b>		
<b><u>Mental disorders</u></b>		
<b><u>Chapter_03: Economic well-being knowledge and activities</u></b>		
<b><u>Chapter_04: Environmental well-being knowledge and activities</u></b>		
<b><u>Chapter_05: Workplace well-being knowledge and activities</u></b>		
<b><u>Students' key skills of student and future employee Well-Being card</u></b>		
<b><u>Chapter_06 &amp; 07 &amp; 08: Emotional and social well-being knowledge and activities</u></b>		

<u>Project reset in the mid-point</u>		
<u>Students' key skills of student and future employee Well-Being card</u>		
<u>Chapter_09: Products presentations</u>		
<u>Chapter_10: Celebration of international events, days and weeks related to eTwinners' education and well-being skills</u>		
<u>Project dissemination</u>		
<b>ACTION PLAN: WELLBEING ACTIVITIES</b>		
	<b>ACTIVITIES</b>	
<b>Activity_1. Title</b>		
<b>Activity_2. Title</b>		
<b>Activity_3. Title</b>		
<b>Activity_4. Title</b>		



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