PowerPack:
Building an empowering backpack for children's growth

Press Release
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Kick-off for European project PowerPack

The PowerPack project is a new European collaboration that aims to better support children aged 4 - 14 years in their personal, social and emotional development (PSED). We believe that mental resilience, self-knowledge and social skills are just as important as math and language skills, and that these social skills should be developed from an early age.

The PowerPack project, which will run from December 2024 to December 2026, aims to make children aware of their personal growth and well-being from an early age. Through interactive teaching materials, a toolkit for teachers and parental involvement, the partners aim to contribute to a stronger mental foundation for children across Europe.

On Wednesday, March 12, the first Transnational Partner Meeting (TPM) of the European Erasmus+ project PowerPack took place in Leeuwarden. This meeting marked the official kick-off of the first project phase, which aims to develop a roadmap. This roadmap forms the foundation for integrating PSED into primary education.

Materials and tools that are going to be created throughout the entire project:

- **PowerPack Roadmap**: A guide on how to implement PSED in school-based education. Based on consultation and best practices will be determined what areas should be included in which age groups, what type of activities suit the areas and the ages the best and how to involve and engage both children and their parents/carers in the best way possible. This gathered information will be used to create a roadmap, which will include a framework on topics that can be covered in different age groups. Meaning this framework will not only build the foundation for our project, but could also be a valuable tool in you school or class.

- **PowerPack Toolkit:** The PowerPack Toolkit will basically be an education package including interactive learning materials for students. To ensure implementation of the educational pack, it is important to provide teachers with the appropriate tools to do so. Therefore, there will be a teacher guide developed including guidelines and tools for teachers to ensure easy implementation in their classes.

- **PowerPack Support**: A support handbook, including guidelines for both peer support as parental support. Peer support will entail peer-to-peer learning and teaching and/or peer mediation. Parental support will include ways to involve parents/carers in the personal, social and emotional development the pupils have been going through, such as a talent show, showcase of arts and creativity made around the topic or other events/school presentations.

The partners involved are: Inqubator Leeuwarden (NL), School's Cool Friesland Foundation (NL), Scoala Gimnaziala “Jozsef Attila” (RO), Asociació Esplai Social (ES) and BETRAINED LTD (CY). Together they bring a broad mix of expertise in the fields of education, mental health, social inclusion, gamification and community development.

In the upcoming months, the project partners will consult target groups and start developing and testing all learning and teaching material. The goal of PowerPack is to eventually help create an education system in which every child has the space to grow in a healthy and conscious way.

Want to stay up to date on the project? Then visit the website or follow the project on social media!

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