May 2025

PowerPack

Building an empowering backpack for children's growth

About the Project

With the Erasmus+ project PowerPack, we are working on something special: strengthening the personal, social and emotional development (PSED) of elementary school children. Through an interactive and cross-curricular approach, we aim to help children build more self-confidence, self-understanding and resilience - important building blocks for their well-being and future.

But we don't just focus on children. Teachers and parents/caregivers also play a crucial role. Therefore, within PowerPack, we are developing practical teaching materials, interactive tools and training guides that support them in guiding children on their growth path. This is how we make PSED a permanent and valuable part of primary education.

Materials and tools we are creating:

- PowerPack Roadmap: How to implement PSED in school-based education
- PowerPack Toolkit: An educational package including interactive learning materials for students and a teacher's guide.
- PowerPack Support: A support handbook to strengthen involvement and promotion among children, teachers and parents/caregivers.

Target Groups

- Children aged 4 - 14 years old
- Educators of primary school children
- Parents/carers of children
- Primary school institutions

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KICK-OFF MEETING

On the 12th of March 2025, we kicked our first physical meeting off. Inqubator Leeuwarden and School's Cool Friesland welcomed our PowerPack partners from Spain, Cyprus and Romania to Leeuwarden. After a few online calls, it was great to now meet face-to-face!

During our meeting we got the chance to go over several practical aspects of our first result (The PowerPack Roadmap) and had the chance to test an interactive game developed by our partner School's Cool Friesland. The game had some aspects that allignes well with the goals of Powerpack and fueled some discussions and ideas.

We brainstormed about: What areas should be included and in which age group, what questions can we ask children, teachers and parents/carers to figure out what learning materials suit the areas and the age group the best, how to engage children and their parents/carers and what do teachers need to implement the learning- and the supportmaterials.

The meeting also gave us the opportunity to get to know eachother better. We shared laughs and experiences. At the end of the day we had a dinner in the city, rounding off a fun and effective first physical partner meeting.

Join our research!
The upcoming weeks we will continue doing research. For this we need your help! Do you know someone or are you someone yourself who falls within our target group? If so, don't hesitate to contact us and contribute to the process!

Feel free to contact any of our partners through their websites below:

- Inqubator Leeuwarden (NL)
- School's Cool Friesland(NL)
- Esplai Social (ES)
- Be Trained Academy (CY)
- Scoala Gimnaziala 'Jozef Attila' (RO)

Coordinator

Partners

Click here to follow us on social media!

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