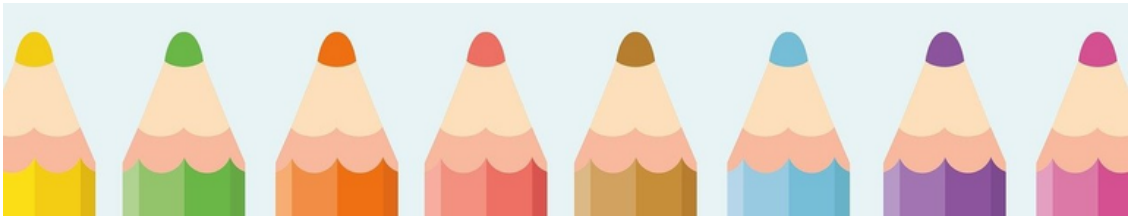
Issue 2 – July 2025

BUILDING AN EMPOWERING BACKPACK FOR CHILDREN'S GROWTH

From Research to Roadmap

Over the past few months, the PowerPack project team has been deeply engaged in researching how schools around the world can better support students' personal, social, and emotional development (PSED).



Building on Shared Experiences

We carried out a comprehensive stakeholder consultation to better understand the needs and expectations surrounding PSED in school settings. The consultation involved students, parents, teachers, and educational experts from our four partner countries: the Netherlands, Cyprus, Spain, and Romania.

To ensure a diverse range of perspectives, we used a combination of focus group discussions, interviews, and questionnaires. This mixed-method approach allowed us to capture both in-depth qualitative insights and broader trends across different educational communities. The input gathered through this process plays a central role in shaping the PowerPack Roadmap and the educational materials we are now beginning to develop.

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REAL-WORLD SOLUTIONS FOR PSED

In addition to collecting stakeholder input, each partner organization identified five examples of good practice, resulting in a rich database of 25 inspirational approaches to PSED already being implemented around the world. These examples illustrate how schools, NGOs, and communities are creatively addressing challenges like emotional regulation, empathy-building, conflict resolution, and peer support. They will inform and enrich our future materials, ensuring they are grounded in proven, real-life practice.

FROM FINDINGS TO CLASSROOM PRACTICE

With the PowerPack Roadmap nearly finalized, we are excited to move into the next phase of the project: transforming ideas and insights into concrete tools that support emotional well-being in school-based education. As always, our approach will remain collaborative and inclusive, building on the collective expertise and experience of all project partners.

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