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# BUILDING AN EMPOWERING BACKPACK FOR CHILDREN'S GROWTH

## PowerPack enters a new phase

As part of this new phase, the PowerPack Toolkit now includes 30 ready-to-use activities, developed around the four key well-being dimensions and adapted for children aged 5–12. These activities are designed to be practical, engaging, and easy to use in everyday classroom settings.

The PowerPack project is making strong progress. While previous updates focused on the development of the concept, we are now entering a crucial phase: finalisation and preparation for piloting in schools across Europe. The PowerPack Toolkit is designed as a practical and accessible set of tools and activities that support children's development.

## PowerPack: What's next?

The coming months will focus on:

- testing the Toolkit in real classroom settings
- collecting feedback from teachers and students
- refining and improving the materials
- preparing for wider implementation

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# FROM METHODOLOGY TO CLASSROOM PRACTICE

What makes PowerPack unique is the combination of a strong methodological foundation and practical usability.

The Toolkit is built on five key principles:

- child-centred learning
- play-based approaches
- a holistic well-being framework
- co-creation with schools and families
- practical usability in everyday teaching

This ensures that teachers can easily implement short, engaging activities without adding to their workload.

In addition, a Support Handbook is being developed, offering guidance for teachers, peer-to-peer learning approaches, and practical tips for parents and caregivers to support children both in school and at home.

## SOCIAL MEDIA

PowerPack Project

powerpack.project

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