



## Outline: **Experiential activities**

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**Title of the activity:** “**Personal development**”

**Date:** March/April 2017

**Topic:** Individual behavior in team terms, limits, bullying and resilience in peer relationships.

**Target:** Prevention, counseling intervention, raising awareness of the school community members on mental health issues.

**Action framework:** Part of the project for teenagers’ resilience.

**Duration:** Three two-hour sessions.

**Recommended classes:** 15-16 years old.

### **Description of the activity:**

A school class, consisted of 24 students, aged 15-16, Greeks or immigrants as well as children of low income families, discuss in three two-hour sessions, being held in three weeks’ time, with the child psychiatrist, the psychologist and the speech therapist of the Pediatric Hospital of our area.

The students sit in circle in the classroom next to the experts and discuss about school life. An attempt is made for equal treatment among all the students. The team spirit, interaction and respect to one another are predominant elements. Whoever shows signs of non respect is expelled.



### **References:**

This activity is appropriate for the development of a dialogue on a basis of equal rights and respect of the team members through the mental health of the teen students.