



DIDACTIC PLAN

WORKSHOP, SEMINAR or SESSION TITLE:

SELF HELP APPS FOR EMOTIONAL HEALTH & WELL BEING

AIMS:

Recognise and learn how to use 10 basic portable tools from Apple and Android system for emotional health and well-being.

Recognise 9 apps which provide sounds and visualizers in order to relax.

CONTENTS:

Video file display: "Just breathe".

Power point presentation slide: "Apps and amotions".

Handouts to students.

Oral questions at the end of the presentation.

ACTIVITIES:

Show the students the video file in order to be aware they can manage their emotions if they practice.

Show the presentation slide and explain the students how to use 10 apps for manage stress, anxiety, train meditation, disrupt patterns of negative thinking as well as spread messages of support and positivity.

Make them questions about a future personal use of these apps.

TIMING:

1 hour and half.

RESOURCES AND MATERIALS :

Video file: "Just breathe" by Julie Bayer.

Power-point presentation slide.

Handouts for students (attached to this document).

MONTSE ARQUES

25th NOVEMBER 2015