

This report summarizes activities developed with children and teachers<sup>1</sup> in schools as well as other support actions by Associação GiraSol São Paulo during 2015.

### 2015 Overall Figures – Schools

## **803 Children and Teenagers and 41 Teachers benefited from CRT program**

1. **Reino da Garotada de Poá** – During the 4<sup>th</sup> year of 'Reino 2012/2022 Project', teachers used the CRTKids/CRT with children and teenagers (from 6 to 17 years old) on a regular basis.



**Teachers' testimonials:** *(1) personal gains in working with GiraSol during the last 4 years* - **Drielli:** Self-control over anxiety, negative thoughts, and bad feelings. Understanding the technique and my body (physically and mentally); **Tatiane:** Connecting with myself, watching and dealing with problems in a more detached way; accepting myself; **Felícia:** ... I noticed some behavior changes in me as well as in my pupils ...; **Gabriele:** Little things don't make me suffer any more; I worry less rather than blaming myself; I think before acting; **Rubia:** Students' attention is kept more easily; there is always a goal to achieve; carrying out activities suggested by GiraSol such playing short stories; thinking about stories and making them useful for yourself; mandalas, etc.

*(2) gains in the teachers' group* - **Drielli:** knowledge and experience exchange; moments where expectations are discussed and anxieties are relieved; **Tatiane:** being more creative; dealing with children's problems in a more detached way and within the CR perspective; **Felícia:** I have recently joined the group, however I noticed I have grown a lot, I have accepted myself more, each teacher has his/her own way but intention is the same. **Gabriele:** I believe anxiety has decreased a lot; **Rubia:** Moments where there is exchange of experience and ideas on students' attitudes.

2. **E.M.E.I. Prof. Lourenço Filho** – Introducing the Creative Relaxation Technology (CRT) and the Teachers' Manual (training to use CRTKids with children)



**Testimonials:** *'I am grateful I have had the opportunity to know this technique ...it was extremely fulfilling. I'm sure it made me feel good and people around me noticed positive changes, and I learned a lot of things about myself.'*

<sup>1</sup> With CRTKids children are offered the possibility of building up a positive identity tool; it develops their discernment and helps them to deal with their emotions and tensions. It uses techniques combining imagination and tension relaxation, analogies and metaphors to build up the most harmonious future.



*Thanks a lot!* (Teacher Leila); *'We noticed some changes in daily routines...including personal relationships and those with the students, in terms of harmony, organization and attitudes.*(Alice M H da Fonseca, School Principal); *'During the training course, teachers' commitment was evident, which in turn improved school routine. After the CR training, teachers started their activities joyfully and were extremely available in terms of interpersonal relationships, CR contributed to create a healthy professional atmosphere.'* (Gislaine G G Aprobato, Pedagogical Coordinator)

3. **CEI Adolfo Lutz** – CRT training was carried out with an additional group of teachers.



**Testimonial:** *'I believe that the Creative Relaxation program helps teachers and people of CCI (Center of Children Education) to have a positive life in terms of physical and emotional health.* (A. Zuani, Principal)

#### Disseminating the use of CRTKids

Planning Pilar Lillo's visit in Brazil in 2016 for the CRT/CRTKids Monitors – it was not possible to bring her in November 2015.

#### INSTITUTIONAL – actions for CRTKids scientific support and disseminating results

- **Opening Conference at the XVIe Colloque de l'Alliance Française de São Paulo (230 educators)**



- **USP/Public Health School** – Conference at VI CISCAs – International Congress on Kids and Teenagers Health: *'The concept of discernment in promoting kids mental health'* (<http://cisca.web.versila.com/wp-content/uploads/sites/25/2015/05/programa-cisca-12-maio.pdf>); 2016 Summer Course at School of Public Health: *'The promotion of mental health during childhood and the interface with school life'* putting emphasis on CRTKids; Post-PhD and research activities carried out at Lasamec (Collective Mental Health Laboratory) and Gesme (Education and Mental Health Group).



## SUPPORTERS

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