



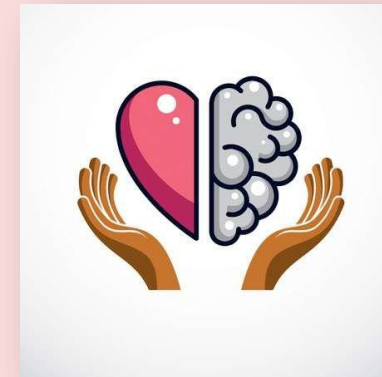
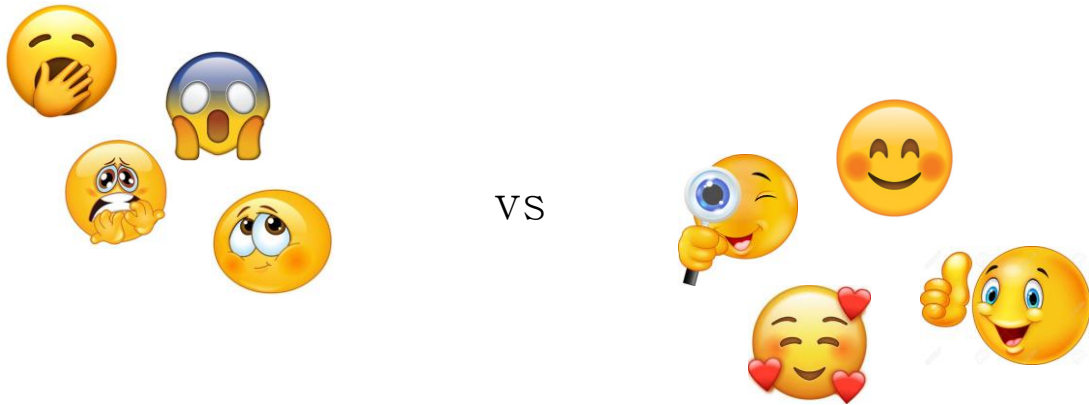
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Warm cognition
It studies the connection between cognition and emotions.

Improving well-being at school

Attention to...!



Our brain, while thinking, feels too.

Right to mistake → fear of making mistakes ↩️



Students and teachers are allies.
It leads to an *authentic* school.

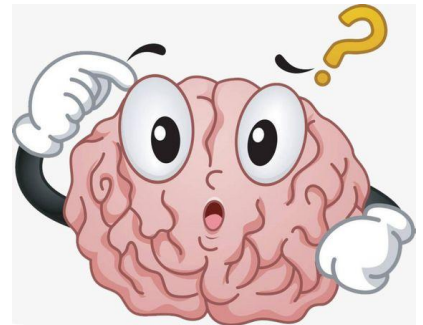
How to motivate learning?

«School of feelings»
- D. Lucangeli



Daniela Lucangeli is a professor in developmental psychology, from the Padova University, president of the National Association for Specialized Teachers (CNIS), member of International Accademy for Research in Learning Disabilities (IARLD), neuroscientist.

↪️ Courage → learned helplessness



Learned helplessness: a real Emotional short-circuit, leads the student to think that the mistake is his failure and that he cannot do anything to change things, so he gets stuck and can no longer learn.



Positive emotions and school success

Positive emotions promote:

- 1) intuition
- 2) creativity
- 3) optimism towards school activities

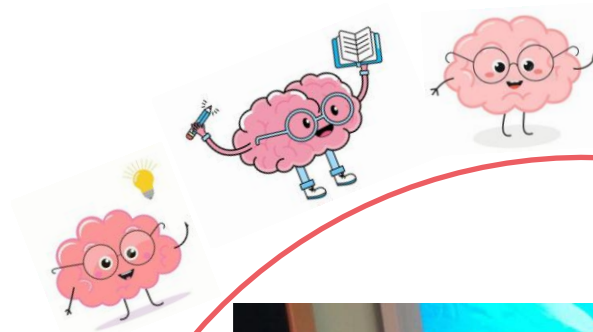
Optimal Cognitive Challenge (S.C.O.)

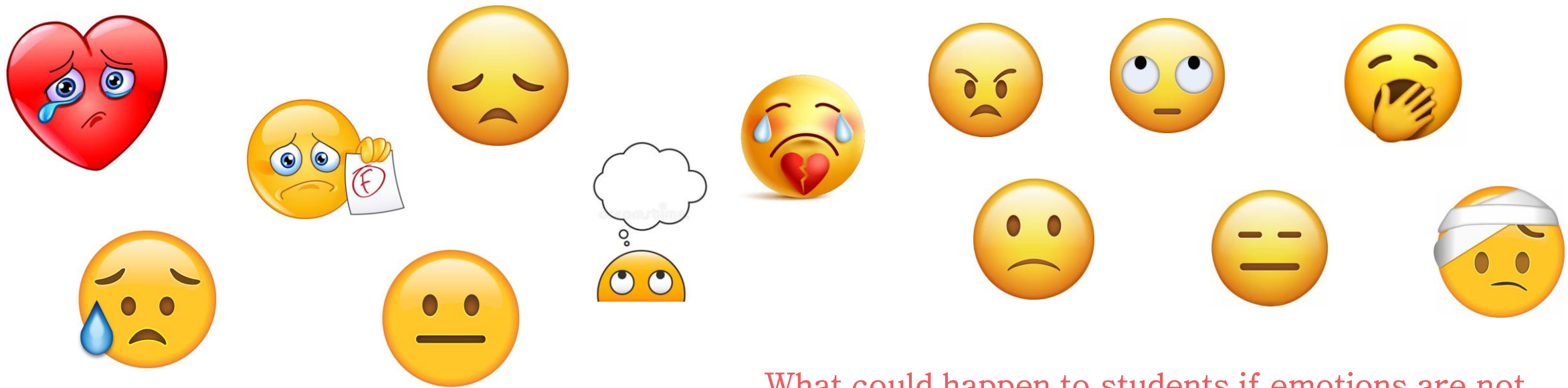
- Susan Harter

Educational objectives → middle way between lack of goals (boredom) and its opposite (anxiety/stress).



Motivation → teachers show good reasons for students to learn





What could happen to students if emotions are not considered enough important?

- Closure in on themselves
 - Social problems
 - Apathy
 - Unhappiness
 - Depending on others
 - Anxiety
 - Depression
 - Attention problems
 - Impulsiveness
 - Overreacting
- Low school performances





Projects in our school

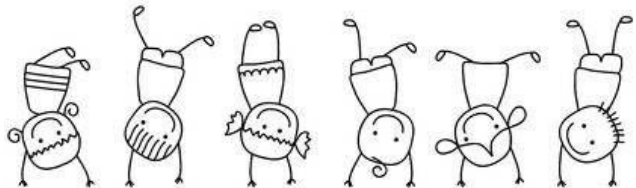
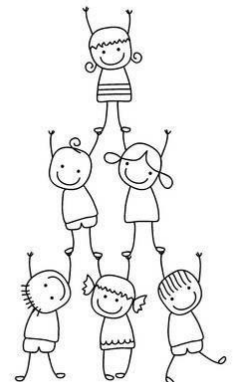


Kindergarten + first and second grade classes (Primary) work on emotional literacy.

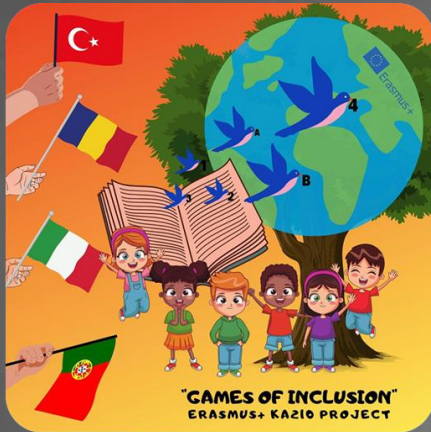


Third and fourth graders (Primary) work on emotion management

The fifth graders (Primary) and the Secondary School 1 grade classes work on the use of emotional intelligence



“To educate the mind without educating the heart is not to educate at all” – Aristotle



Bibliography

- 1) Daniela Lucangeli Cinque lezioni leggere sull'emozione di apprendere Erickson
- 2) The emotional brain di Joseph Ledoux
- 3) Neuroscience in education. The good, the bad and the ugly. Oxford, University Press
- 4) Daniel Goleman Intelligenza emotiva