



GUIDE TO HEALTH

Project with multiple beneficiaries under the ERASMUS+ Programme

Guide to health

Integrative tools to manage children's anxiety (in school): guiding light to better mental health

Project code:

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No.	Page	Material Type	Description	Source	URL	License
1	p.4	Video	Warm-up choreography – dance activity	YouTube	https://www.youtube.com/watch?v=yPgjM6df9jc	Educational use
2	p.8	Video	Physical exercise demonstration	YouTube	https://youtu.be/0lEbnah1E6E	Educational use
3	p.8	Video	Additional fitness exercise	YouTube	https://www.youtube.com/watch?v=FeR-4_Opt-g	Educational use
4	p.11	Video	Burnout prevention physical activity	YouTube	https://www.youtube.com/watch?v=pg1FvPQCzXg	Educational use
5	p.17	Video	Social skills group game	YouTube	https://www.youtube.com/watch?v=IRDp5HcZyVA	Educational use
6	p.17	Video	Communication game	YouTube	https://www.youtube.com/watch?v=6enAox2TXVE	Educational use
7	p.24	Video	Nature sounds for relaxation	YouTube	https://www.youtube.com/watch?v=eKFTSSKCzWA	Educational use
8	p.24	Video	Waterfall relaxation sound	YouTube	https://www.youtube.com/watch?v=IE6RYpe9IT0	Educational use
9	p.24	Video	Rain relaxation sound	YouTube	https://www.youtube.com/watch?v=yIQd2Ya0Ziw	Educational use
10	p.24	Video	Relaxing background music	YouTube	https://www.youtube.com/watch?v=RmrVwqbYbFU	Educational use
11	p.43	Video	Movement playlist for activity	YouTube	https://www.youtube.com/playlist?list=PLUw7Nsqli2TwQxzT8tHLL1BiMIS59amSha	Educational use

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12	p.55	Video	Active listening skills video	YouTube	https://www.youtube.com/watch?v=rzsVh8YwZEq	Educational use
13	p.55	Video	Listening improvement video	YouTube	https://www.youtube.com/watch?v=PZ45EyEHifA	Educational use
14	p.55	Video	Communication skills development	YouTube	https://www.youtube.com/watch?v=mnUp7WgZ2TU	Educational use
15	p.80	Video	Poetry interpretation example	YouTube	https://www.youtube.com/watch?v=ZK2VtqIPY6k	Educational use
16	p.82	Video	Student project video example	YouTube	https://www.youtube.com/watch?v=VxgbrR0tIW0	Educational use
22	p.6	Image	Physical activity illustration (anxiety / stress reduction)	Agrupamento de Escolas de Arrifana,Santa Maria da Feira		Own creation
24	p.8	Image	Exercise / group activity visual	Agrupamento de Escolas de Arrifana,Santa Maria da Feira		Own creation
27	p.11	Image	Exercise / group activity visual	Agrupamento de Escolas de Arrifana,Santa Maria da Feira		Own creation
30	p.14	Image	Teamwork and social skills activity	Agrupamento de Escolas de Arrifana,Santa Maria da Feira		Own creation
31	p.15	Image	Teamwork and social skills activity	Agrupamento de Escolas de Arrifana,Santa Maria da Feira		Own creation
39	p.23	Image	Emotional awareness / anxiety activity visual	Istituto Comprensivo Perugia 2		Own creation
40	p.24	Image	Emotional awareness / anxiety activity visual	Istituto Comprensivo Perugia 2		Own creation
49	p.33	Image	Stress / burnout concept illustration	Istituto Comprensivo Perugia 2		Own creation

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58	p.42	Image	Dance / movement activity illustration	Istitutio Comprensivo Perugia 2		Own creation
59	p.43	Image	Dance / movement activity illustration	Istitutio Comprensivo Perugia 2		Own creation
64	p.48	Image	Drama / emotional expression activity	Istitutio Comprensivo Perugia 2		Own creation
65	p.49	Image	Drama / emotional expression activity	Istitutio Comprensivo Perugia 2		Own creation
75	p.59	Image	Social competence / communication visuals	6o Gymnasio Patras		Own creation
86	p.70	Image	Artistic activity / creativity illustration	6o Gymnasio Patras		Own creation
88	p.72	Image	Self-awareness / emotional art activity	6o Gymnasio Patras		Own creation
91	p.75	Image	Self-awareness / emotional art activity	6o Gymnasio Patras		Own creation
92	p.76	Image	Self-awareness / emotional art activity	6o Gymnasio Patras		Own creation
96	p.80	Image	Film / storytelling activity visual	6o Gymnasio Patras		Own creation
99	p.83	Image	Film / storytelling activity visual	Istitutio Comprensivo Perugia 2		Own creation
100	p.84	Image	Film / storytelling activity visual	Istitutio Comprensivo Perugia 2		Own creation