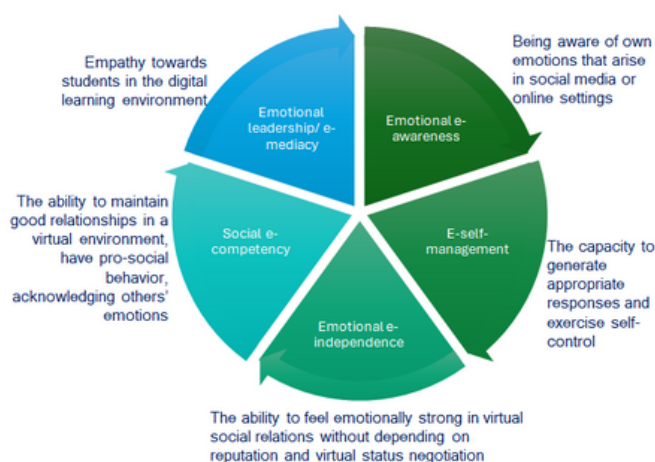


# POSITIVE LEARN

**DISTANCE LEARNING POSITIFICATION: TECHNOSTRESS RELIEF AND WELLBEING**  
GRANT AGREEMENT NUMBER: 2021-1-EL01-KA220-SCH-000027978

## POSITIVE LEARN COMPETENCY FRAMEWORK

The final version of the POSITIVE LEARN Competency Framework has been released, featuring five critical socioemotional e-competencies for Teachers



## IMPLEMENTATION GUIDELINE

The implementation guideline has been released, synthesizing the project's key findings. It provides actionable recommendations and resources for applying Positive Digital Solutions, including validated best practices, positive learning scenarios, and support tools like the Positive Scenario Template, the Technostress Analysis Canvas etc. The guideline proposes a structured framework for implementing positive education, focusing on four key areas:

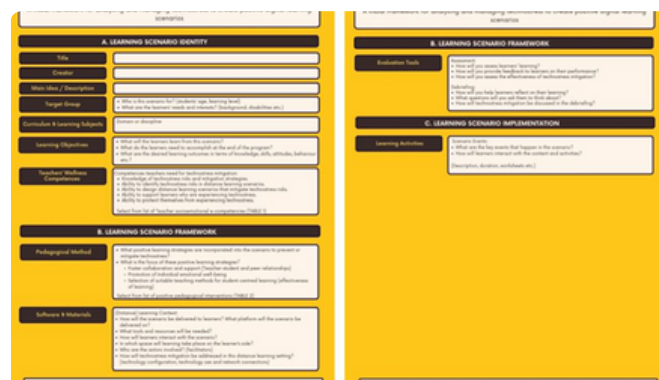
- Empowering teachers by developing their socio-emotional and digital competencies.
- Integrating technological innovation with well-being-focused pedagogies.
- Promoting teacher collaboration and resource sharing through platforms like the Co-Create Lessons platform.
- Actively engaging all stakeholders—educators, administrators, parents, students, and policymakers—in creating a positive education ecosystem.

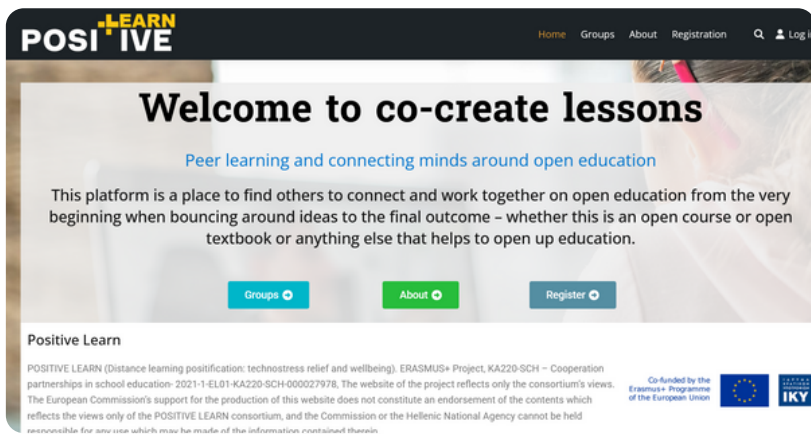
## POSITIVE OPEN LEARNING SCENARIOS

Additional POSITIVE OPEN LEARNING SCENARIOS have been released, further expanding the toolkit for promoting digital well-being in education. These newly developed scenarios build on the initial set and reflect ongoing feedback from teachers, researchers, and education stakeholders.

A key feature of this release is the availability of scenarios in national languages—Greek, German, and Finnish—making the materials more accessible and adaptable for local classrooms and national curricula.

## POSITIVE LEARN LEARNING SCENARIO TEMPLATE





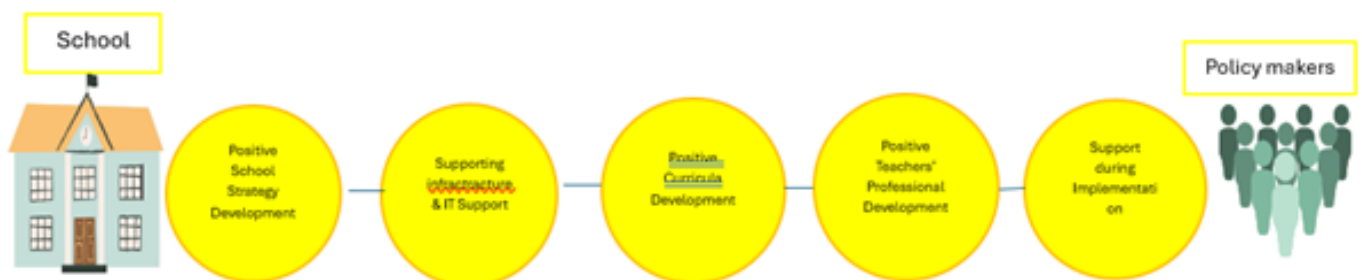
## EXCHANGE PLATFORM

The final version of the POSITIVE LEARN Exchange Platform ([co-create-lessons.eu](https://co-create-lessons.eu)) has been released.

The platform is designed to support the sustainability and broader uptake of positive education practices by offering an open space for educators to co-create, adapt, and share learning scenarios focused on digital well-being and positive pedagogy.

## DISTANCE LEARNING POSITIFICATION ROADMAPPING

The POSITIVE LEARN roadmap for distance learning positification has been released. It outlines essential activities, strategies, and recommendations that ensure the long-term impact of the project's results.



Key Elements of the Distance Learning Positification Roadmap:

- **Teacher Competencies:** Develop emotional and social competencies for digital teaching, including self-regulation and emotional leadership.
- **Positive Pedagogy:** Apply strategies that build resilience, engagement, and emotional well-being in online learning.
- **Curriculum Integration:** Embed mindfulness and emotional skills across all subjects—not just well-being courses.
- **Technostress Tools:** Use tools like the Technostress Analysis Canvas and adapted ADDIE model to reduce digital stress.
- **Open Learning Scenarios:** Design and adapt interdisciplinary scenarios suited to various cultures and educational systems.
- **Stakeholder Collaboration:** Engage teachers, leaders, researchers, parents, and policymakers for systemic change.
- **Tech Readiness:** Ensure access to user-friendly, well-being-supportive digital tools and infrastructure.
- **Emerging Challenges:** Tackle issues such as AI anxiety, digital fatigue, cybersecurity, and over-surveillance.
- **Evaluation & Impact:** Continuously assess the effectiveness of strategies and refine based on feedback.
- **Policy Support:** Advocate for policies that promote balanced tech use, mental health, and digital literacy in education.

## POSITIVE LEARN RESEARCH PRESENTED AT THE EUROPEAN WELLBEING IN DIGITAL EDUCATION WEEK

The POSITIVE LEARN project was showcased during the EU WIDE Week 2024 at the "Seeking Zen in the Digi-sphere?" workshop on December 11, 2024. It was highlighted as a prime example of successful collaboration and innovation towards wellbeing in education. This event brought together key educational leaders, institutions, and policymakers from across Europe, further establishing the project's influence on the future of digital education and well-being.

## POSITIVE LEARN RESEARCH PRESENTED AT THE INTED2025 CONFERENCE

Two new papers from the POSITIVE LEARN project were presented at the 19th International Technology, Education and Development Conference (INTED2025):

### Strategic Approaches to Advancing Positive Education in Schools

Authors: Pappa, D., Pawlowski, J., Clements, K., & Sotiriou, S.

INTED2025 Proceedings, pp. 7114–7118, DOI: 10.21125/inted.2025.1847

This paper outlines key strategies for embedding positive education into school systems, highlighting scalable practices and institutional frameworks that support emotional well-being, resilience, and positive digital engagement in classrooms.

### Fostering Teacher Collaboration for Positive Education: A Platform for Co-Creating Positive Learning Scenarios

Authors: Pappa, D. & Perros, S.

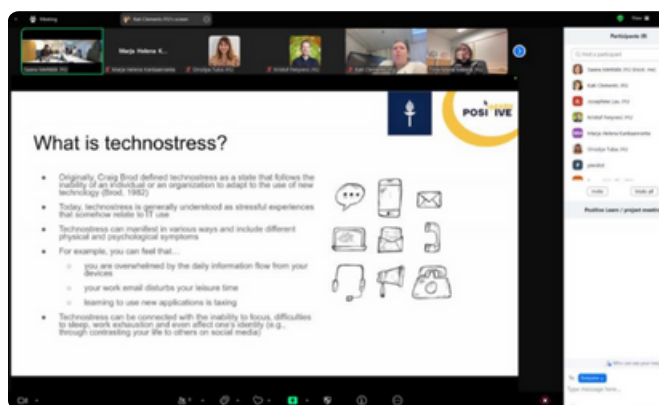
INTED2025 Proceedings, p. 7147, DOI: 10.21125/inted.2025.1855

This abstract introduces a collaborative platform designed to support educators in co-creating and sharing Open Learning Scenarios. The platform strengthens teacher networks and promotes peer learning as a foundation for sustainable positive education practices.

## FINAL CONFERENCE IN GERMANY

The POSITIVE LEARN National Conference in Germany was held on Monday, January 27, 2025 at the Ruhr West University of Applied Sciences. The multiplier event presented the POSITIVE LEARN project and its key outcomes, including pedagogical and competency frameworks. Participants engaged in active discussion on implementation and future directions.

## FINAL CONFERENCE IN FINLAND



The national POSITIVE LEARN results dissemination event was held in Jyväskylä, Finland on the 17th of January. As the project approaches its conclusion, this event aimed to showcase the milestones achieved and the materials produced throughout the project to relevant stakeholders. This included the Positive Learn frameworks, open learning scenarios, and the project website, among others.

## **FINAL CONFERENCE IN GREECE**

The POSITIVE LEARN Final Conference was held in Greece on Friday, February 7, 2025, at the premises of NCSR Demokritos, marking the conclusion of the project's activities. The event highlighted the overall achievements of the project, with a focus on the practical applications of the developed pedagogical and competency frameworks. The event was organized in collaboration with the project "The Artificial Intelligence-Aware Classroom" (AI WARE) [<https://aiwareproject.eu/>]. It served as both a showcase of the POSITIVE LEARN project's key outcomes and a platform to explore the intersection of education, well-being, and AI, providing valuable guidance on addressing emerging challenges.

Participants, including educators, researchers, and technology experts, engaged in insightful discussions about the sustainability of the project's outcomes and strategies for wider implementation across various educational contexts.



## **FINAL PROJECT MEETING**

The final project meeting was held in Athens, Greece, on February 7, 2025. The meeting celebrated the successful completion of the project's implementation phase. A detailed overview of the POSITIVE LEARN project journey was presented. Partners discussed the project's successes in promoting positive digital learning environments, particularly in distance education settings.

Appreciation was expressed for the collaborative spirit, professionalism, and the impact achieved. Partners were encouraged to maintain connections and build on the project's outcomes in future initiatives.