

## METHOD

Composed groups from different social areas, ethnicity, agonist or not... were involved in the program of outdoor social-motor camp experience with a holistic academic model.

### Preparation phase:

- Curricular Outdoor Sample Sport Model (school projects + afternoon course) from September to the Social Camp in July

### Outdoor as knowledge and enhancement of the territory:

- Climbing, trekking, mountain biking and different river activities through the Pedagogy of Experience (Kolb cycle)
- Conquests and orienteering of natural spots and historical-territorial interest
- Active workshops on biodiversity and on the management of the environment and nature; food biological laboratory on officinal oils
- Evocative historical imagery with relative role-playing games

### Relational-Social Wellbeing:

- Team work and Pedagogy of Play
- Cooperation
- Sporting challenges
- Recreational therapy
- Fabula (story telling and drama) ©

### Individual well-being:

- Limits and individual virtue and Pedagogy of the Game
- Motor creativity and thinking creativity
- Exorcise fear experiences
- Intuiti lab. (emotional path and imaginary) ©

### Test:

- Yale University - Comparative Cognition Laboratory - Dr. Laurie Santos:
  1. kindness
  2. gratitude
  3. gradient of happiness
- GET 2 (General Measure of Enterprising test); R. Gibb



The main theme, also followed as a guideline by the entire Association, were two key words:

#### **KINDNESS AND GOOD EXAMPLE.**

Both accompanied the course of the different weeks lived in Ferentillo (*Umbria, Italy*). 10 years of evolution about renewed and evolved proposal that in recent years has enjoyed a meeting between functional intuitions and academic studies.

Last year we developed a path of different steps on the theme of care (*J. Panksepp*) as self-care and care of the other, precisely with the idea of healing oneself and the community from the effects of the lock down. In the last year, the one of the resocialization, the themes implemented were “to be entrepreneurs of oneself”, kindness, gratuitousness (*L. Santos*). As can it be shown in both the moments the basic attention moves from the Individual well-being to the Relational-Social Wellbeing. The socio-motor activity experiences and the themes acquired an important meaning in this historical period, giving increased value to the educational and behavioral component that seems to be the basis and foundations of our psycho-motor-emotional-social health of each individual and of collective healthy living and of.

To confirm all this, it was decided to evaluate the individual path of the participants, paying attention to the well-being of each in high relational stimulus contest, playing.

Moments of self-awareness and personal deepening have been added, taking *kindness* as a starting point, in addition to the classic outdoor activities, climbing, trekking, orienteering, mountain biking and river activities, ect. and the team and individual sports tournaments and challanging and creative storytelling, natural workshops, etc.

The various groups, divided in different weeks turns into *teams*, played and earned points during the various activities, in a *healthy competition* thanks to which they had the opportunity to get to know each other better through their *lights* but also their *shadows*, but also, through the recognition of one's *limitations* to enhance the *virtues*. Naturally, within the span of 24 hours, even small practical aspects such as punctuality at the numerous daily appointments, respect for others, contexts and pre-established rules were taken into consideration as discriminating factors for bonuses and/or penalties, by individual or team.

Beyond the sports and outdoors activities have been joined by *emotional interior experiential paths* such as the conquest of the old towers, “baptism” on Nera river as a welcome to the Umbrian land for example.

The study of the territory at a natural level, such as the species of plants and all vegetation, allowed to structure workshops on the use of these resources (*thyme, mint, rosemary, sage*), which then materialized with the realization of an flavored oil, each according to their taste.

“**INTUITI**” and “**FABULA**” as laboratory of creativity had favored the development of the most intuitive/creative part of each one, working on the unconsciousness neuro areas.

# The news

## Table tennis

The proposal starts because it responded assertively to the needs expressed by young people after the period of “*isolation from Covid-19*”.

Going back in memory, in the games rooms frequented by the generation of the recent pass there were not only the first video games or pinball but there were interactive and dynamic single or challenging games such as table football, table okey, billiards, shooting for a basket, darts... There was an atmosphere of sharing and playing challenge that animated and stimulated the sense of relational well-being.

This sport therefore has a very wide range that can move everyone precisely because the stimulus is universal, the challenge against the partner and the improvement of one's ballistics. Thus the real **agon** is triggered by entering as a **recreational** and **relational** activity. This is not enough, but in the pre-adolescent and adolescent age group, thanks to the ballistic skills of racket sports, it stimulates and trains the various coordination skills suitable for the formation and growth of the neurological skills of the brain cortex ...

## Engines

We have made available some suggestive and iconic Italian motorciles, protective equipment, to teach and test the skills and abilities to be learned on the road or on the track. A preparatory course was proposed, taken from the already referenced skills of the “*biking skills*”, such as slalom, various curve difficulties, tight turns, deprivation of a limb, getting down, getting up, timing, braking, etc.. In addition, some basic “*road education*” skills have been added to the path with the difficulty of recognizing and interpreting various types of signals while driving the vehicle.

The experimentation ended with the best results: we avoided risks and dangers for which pupil explored without falls or the like in the whole group; the enthusiasm already visible during the activity coincided with an average of 10 (max.) on the evaluation “*gradient of happiness*” of the day from the tests administered \*.

### THE SCIENCE OF WELL-BEING WEEK 2 REWIREMENT

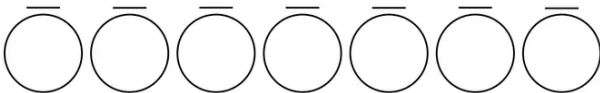


#### SAVORING:

Savoring is the act of stepping outside of an experience to review and appreciate it. Savoring intensifies and lengthens the positive emotions that come with doing something you love. This week, practice the art of savoring by picking one experience to truly savor each day. It could be a nice shower, a delicious meal, a great walk outside, or any experience that you really enjoy. When you take part in this savored experience, be sure to practice some common techniques that enhance savoring. These techniques include: sharing the experience with another person, thinking about how lucky you are to enjoy such an amazing moment, keeping a souvenir or photo of that activity, and making sure you stay in the present moment the entire time.

#### TRACK YOUR PROGRESS:

Use the circles below to track your progress. Each circle represents a day of the week and you can label the date using the lines above each circle. Mark the circle on days you completed the rewirement – shade in the circle, write a check mark, draw a smiley face, initial, or whatever you want. Get creative! Ultimately, you will know what types of visual cues are best for you.



### THE SCIENCE OF WELL-BEING WEEK 3 REWIREMENT



#### RANDOM ACTS OF KINDNESS:

Research shows that happy people are motivated to do kind things for others. Over the next seven days, try to perform seven acts of kindness beyond what you normally do. You can do one extra act of kindness per day, or you can do a few acts of kindness in a single day. These do not have to be over-the-top or time-intensive acts, but they should be something that really helps or impacts another person. For example, help your colleague with something, give a few dollars or some time to a cause you believe in, say something kind to a stranger, write a thank you note, give blood, and so on. At the end of each day, list your random act of kindness. Just make sure you've finished seven total new acts of kindness by the end of the week.

#### TRACK YOUR PROGRESS:

Use the circles below to track your progress. Each circle represents a day of the week and you can label the date using the lines above each circle. Mark the circle on days you completed the rewirement – shade in the circle, write a check mark, draw a smiley face, initial, or whatever you want. Get creative! Ultimately, you will know what types of visual cues are best for you.

