

Why So Handbook and Toolkit

Introduction

Physical
Exercise

Mental
Exercise

Mobile/
Tablet as a
tool

Inovation

Conclusion

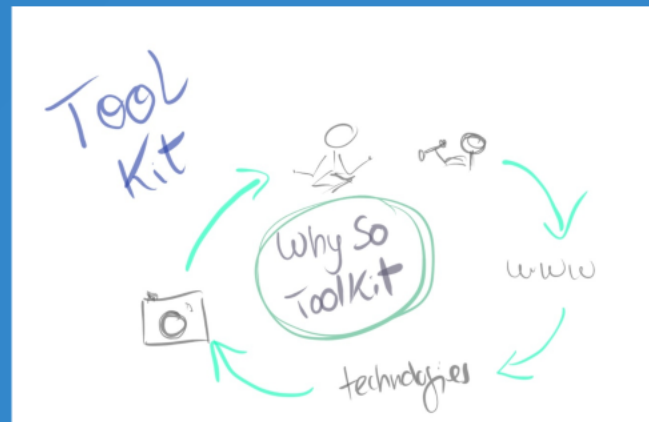


Introduction



Welcome to the **Why So Handbook and Toolkit**, designed to support teachers and trainees within work contexts. This comprehensive toolkit is tailored to enhance participant motivation, well-being, and overall effectiveness. By incorporating a range of innovative methods, the toolkit aims to create a supportive and empowering environment for all involved.

Within this toolkit, you'll find a plethora of strategies and techniques geared towards maximizing the potential of both coaches and participants. From traditional coaching methods to cutting-edge approaches, each element is carefully curated to foster growth, development, and success. Get ready to embark on a transformative journey towards professional growth and success!



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Physical Exercise

Basic
Concepts

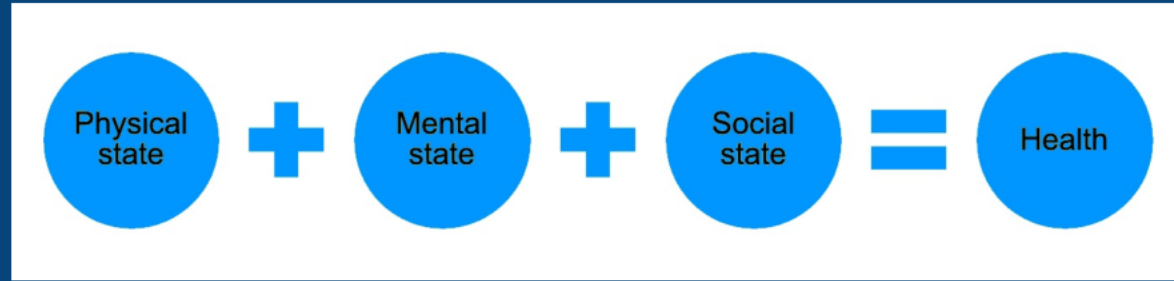
Exercise
Benefits

Wake up
Exercises



Basic Concepts

Health is a state of complete physical, mental and social well-being and the absence of disease (WHO, 1948).



Physical activity is any movement associated with muscle contraction that increases energy expenditure above resting levels.

Physical exercise is considered a subcategory of physical activity that is planned, organized, repetitive and intentional to improve or maintain one or more components of physical fitness.

Sedentary lifestyle is defined as the lack and/or absence of physical or sporting activities. Consequences:

Arterial hypertension

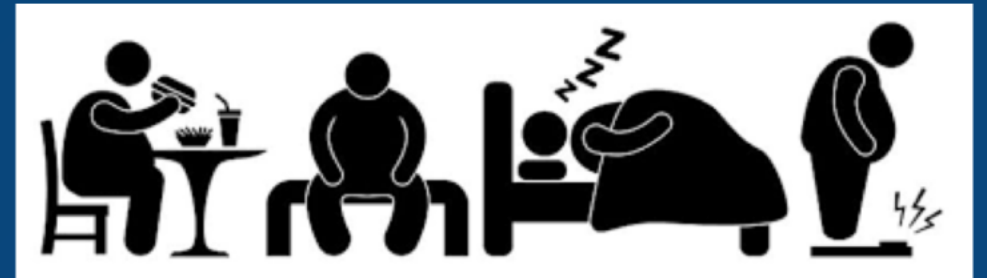
Obesity

Myocardial infarction

Diabetes

Increased cholesterol

Sudden death



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Exercise benefits

Calorie burning
and weight loss

Improved blood
circulation

Stress reduction

Increased
concentration

Improved sleep
quality

Diabetes
prevention



Physical Exercise

Basic
Concepts

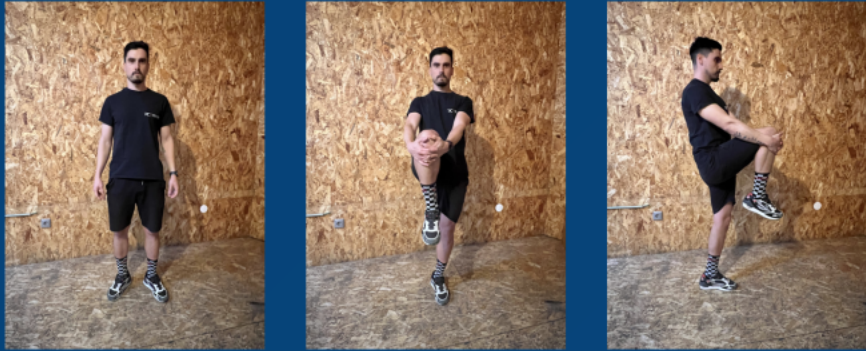
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Wake up exercises

Knees-to-chest



Bring one knee to your chest and hold it in position with your arms or hands

Reverse Lunge



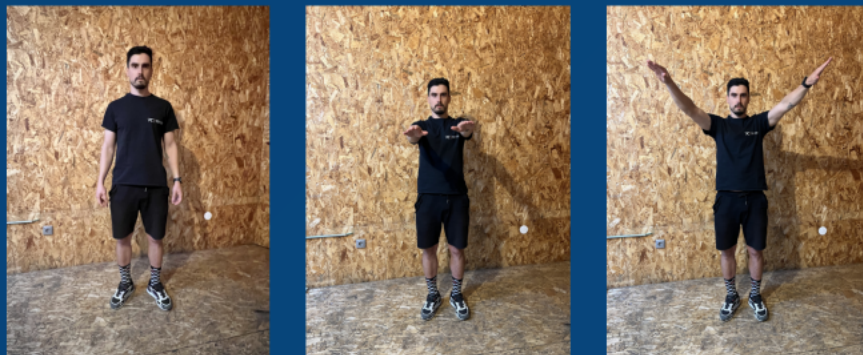
From standing position, step back into a reverse lunge until your knee almost touches the floor

Sky reaches



Arms to sky and rise

Shoulder blast



Make circles on front (small circles to big circle)

Squats



Slowly bend your knees and squat down until your thighs are parallel to the floor

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Basic Concepts

Mental health refers to a state of well-being in which the individual realizes their own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to their community.

Consequences of an absence of lack of healthy mental health:

Unnecessary
disability

Unemployment

Substance abuse

Homelessness

Inappropriate
incarceration

Poor quality of life



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Mental Exercise benefits

Small daily changes influence the quality of life

Collective awareness crucial for balance and happiness

Being a good example promotes global development

Conscious breathing reduces stress

Simple exercises strengthen mental health

Gentle movements and relaxation to release tension



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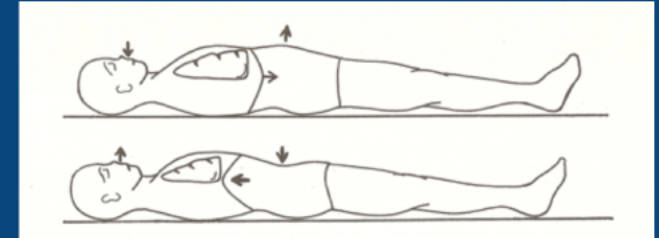


Basic Breathing Exercises

Create simple breathing sequences of 10/15 minutes, preferably in the morning, in the morning during practice you can create visualizations of the day or work week.

Option 1 - Abdominal or diaphragmatic breathing - It's a very simple and easy breath to do and has many benefits for the body and mind, calming the mind and lowering stress levels

Lying down, sitting or standing, place your hands on your abdomen and feel the air pass through your nostrils and fill your abdomen as if it were a balloon as you inhale and release the air slowly as you exhale, contracting your abdomen towards your back, repeat between 10 to 20 cycles, pausing the inhalation and exhalation time more and more. Little by little you can try to use full breathing using all your lung capacity, when you inhale, you slowly fill your lungs with air without effort from the bottom up, that is, from the abdomen to the chest and empty it slowly, trying not to create tension in the lungs, in the shoulders and face.



Option 2 - deep breath - is a very simple and easy breath to do and has many benefits for the body and mind, calming the mind and lowering stress levels

Inhale in a single breath and fill your lungs completely and empty all the air in a single breath.



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Mobile/Tablet as a tool

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Equipment and
Applications

Composition
and Exposure

Image editing
apps



Basic Concepts

It is very important to know basic concepts about how to use the mobile phone/tablet as a tool in daily routines and to help showcase the work done with students. We will cover basic techniques, tips, and tricks for capturing images using only a mobile phone/tablet.

Required Materials

Mobile phone/tablet with a camera

Optional accessories (tripods, lenses, etc.)



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Introduction to Mobile Photography

"Introduction to Mobile Photography" is a beginner's guide that familiarizes teachers and trainees with the basics of taking photographs using mobile devices such as smartphones or tablets.

It covers topics such as:

composition,

lighting,

editing apps,

and techniques specific to mobile photography,

This will enable users to capture better-quality images with their mobile devices.

The advantages of mobile photography include the convenience of always having a camera with you, the ease of instantly sharing photos online, and the availability of a wide range of editing apps. However, challenges may include limitations in image quality compared to traditional cameras, difficulties in capturing certain types of shots like low-light scenes, and the need for technical knowledge to maximize the potential of mobile cameras. Additionally, battery life and storage space can also be challenges when extensively using mobile photography.



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Equipment and Applications

In the context of mobile photography as a tool, useful accessories can enhance the capabilities of your smartphone camera and improve the overall photography experience. Some examples of useful accessories include:

External Lenses: Attachable lenses such as wide-angle, macro, and fisheye lenses can expand the range of shots you can capture with your smartphone.

Tripods: A stable tripod helps prevent camera shake and allows for long-exposure shots, time-lapse photography, and group selfies without needing to hold the phone.

Remote Shutter Release: A Bluetooth remote shutter release enables you to trigger the camera shutter from a distance, perfect for capturing group photos or self-portraits without needing to reach for the phone.

Portable Lighting: External LED lights or ring lights can provide additional illumination for low-light situations or creative lighting effects.

Smartphone Gimbal: A gimbal stabilizes your phone while shooting videos, resulting in smoother footage with professional-looking stabilization.

External Microphones: Attachable microphones improve audio quality when recording videos, interviews, or vlogs with your smartphone.

These accessories can significantly enhance your mobile photography capabilities and allow you to capture high-quality photos and videos in various situations.

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Composition and Exposure

Understanding both composition and exposure is crucial for creating visually appealing and well-exposed photographs.

Natural light: plays a significant role in photography. Understanding how natural light behaves and how to utilize it effectively can greatly enhance your photos. This includes knowing the different qualities of light throughout the day, such as the softness of morning and evening light compared to the harshness of midday sun.

Rule of Thirds: The rule of thirds is a fundamental principle in photography composition. It involves dividing the frame into a grid of nine equal sections using two horizontal and two vertical lines. Placing key elements along these lines or at their intersections often creates a more visually appealing and balanced composition.



Consistently Framing the Intended Message: Every photograph should convey a message or tell a story. Consistently framing the intended message involves careful consideration of composition, subject placement, and visual elements to effectively communicate the desired narrative or emotion.

Exposure Control on the Mobile Phone: Many mobile phones offer manual exposure control settings alongside automatic modes. Understanding how to adjust exposure settings such as ISO, shutter speed, and aperture (if available) can give you more control over the brightness and darkness of your photos, especially in challenging lighting conditions.

Photography Techniques in Different Lighting Conditions Applied to the School Environment and Showcasing Student Work: Applying photography techniques in various lighting conditions involves adapting to both natural and artificial lighting situations. This could include capturing portraits indoors with artificial lighting, documenting outdoor activities in natural light, and showcasing student work through well-composed and properly exposed photographs that highlight their achievements and experiences within the school setting.

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Image editing apps

There are numerous photography apps available for mobile devices, each offering various features and functionalities. Some recommended photography apps include:



Adobe Lightroom: Offers powerful photo editing tools, presets, and advanced features for enhancing images.



Snapseed: Provides a wide range of editing tools and filters for enhancing and fine-tuning photos.



VSCO: Known for its stylish filters and advanced editing tools, VSCO is popular among photographers for its creative options.



ProCamera: Offers manual controls, advanced shooting modes, and features for capturing high-quality photos and videos.



Adobe Photoshop Express: A simplified version of Adobe Photoshop, this app offers basic editing tools for quick fixes and enhancements.



Afterlight: Offers a variety of filters, textures, and editing tools for creating unique and artistic images.

These apps cater to different needs and preferences, so it's worth experimenting with a few to find the ones that best suit your style and requirements.

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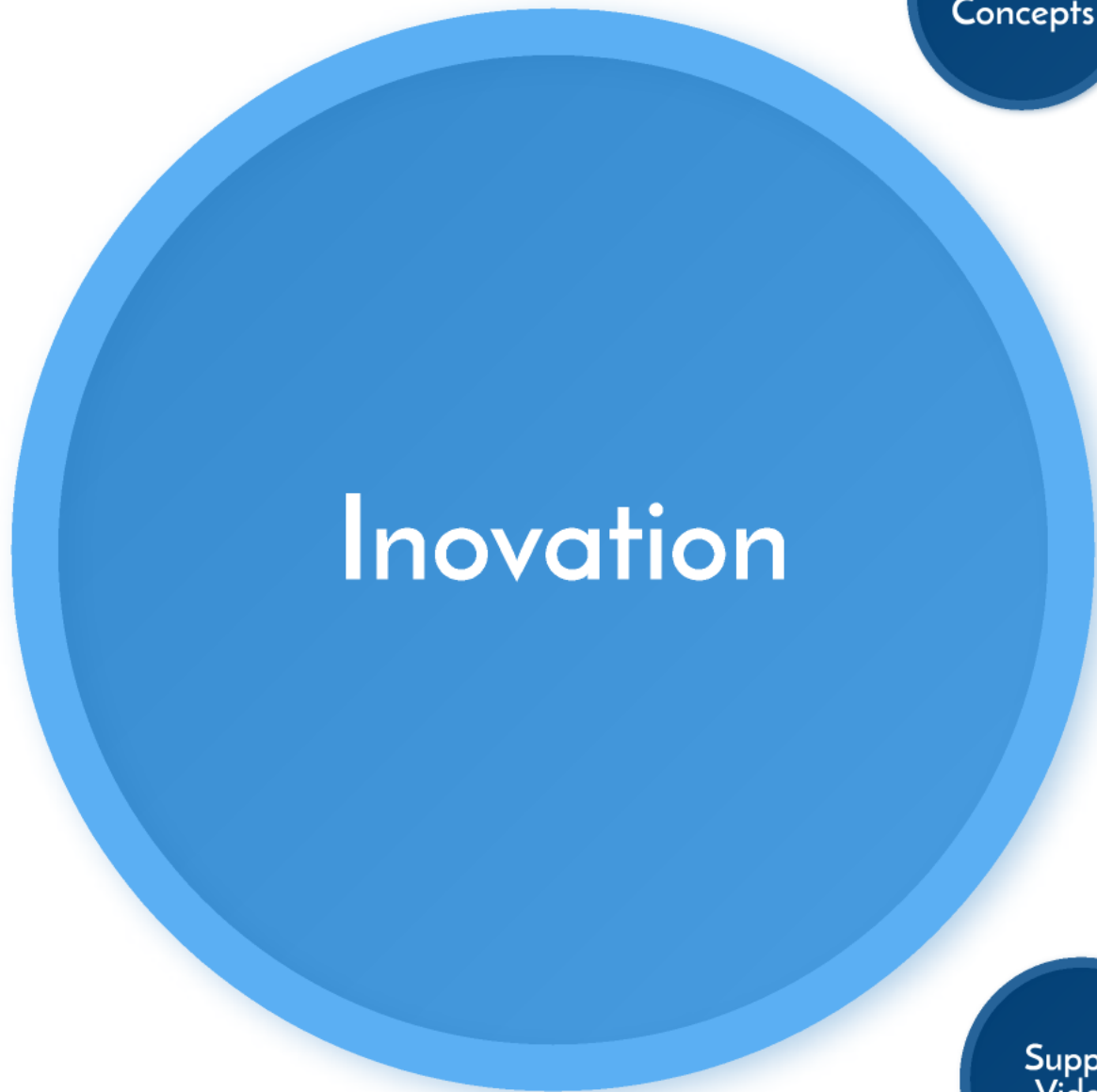
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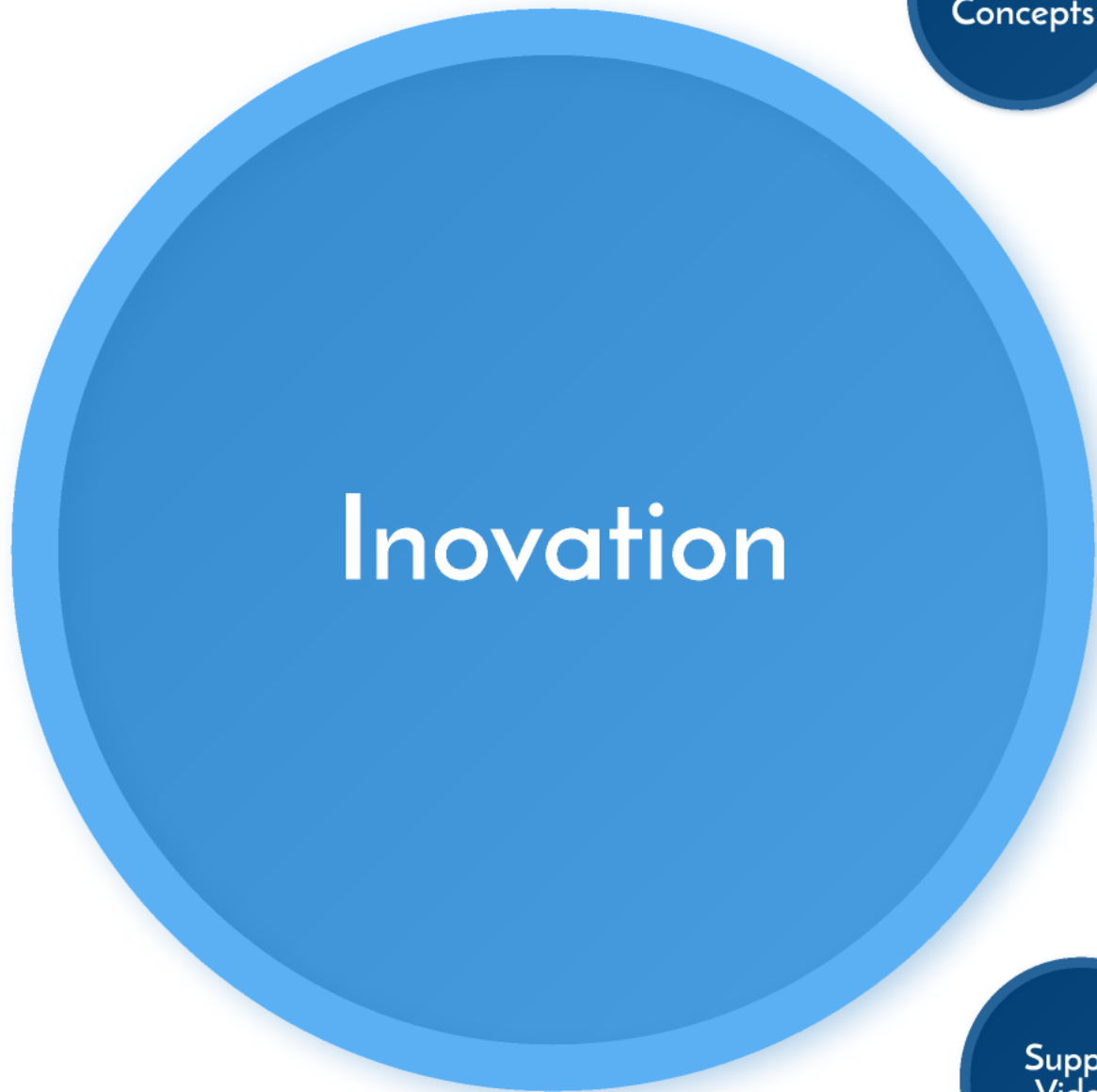
Vision and Mission

Daily atmosphere of intellectual freedom - Students take an active and main role in their learning process.

Knowledge through democratic dialogue - We are all important, with experiences, ideas, opinions, needs, and personal ambitions.

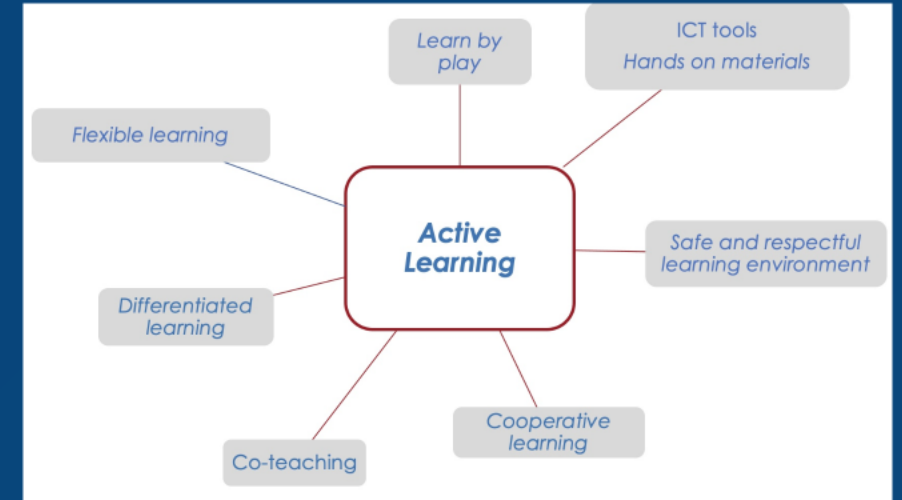
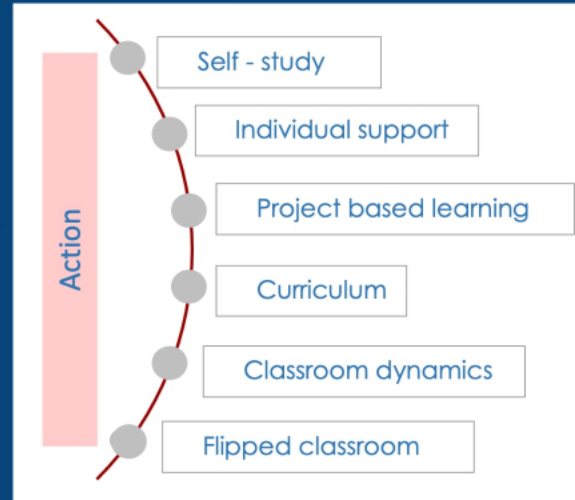
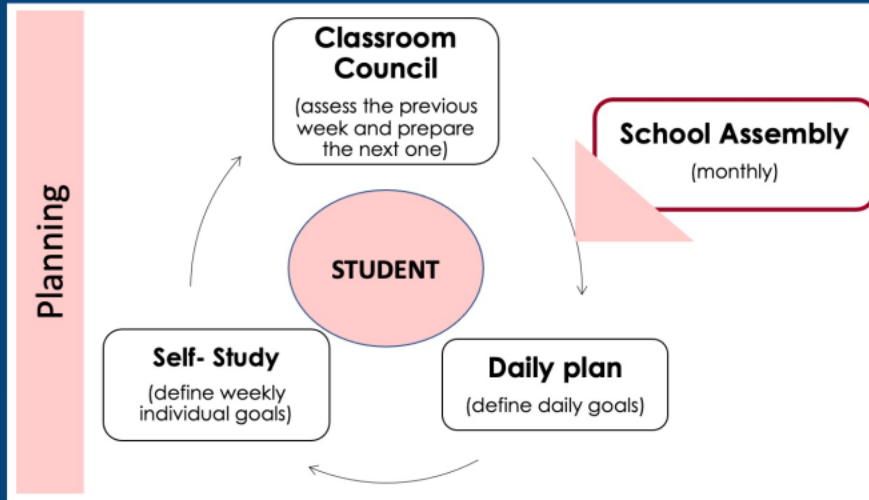
Educational context is organized in a flexible way - Autonomous learners.

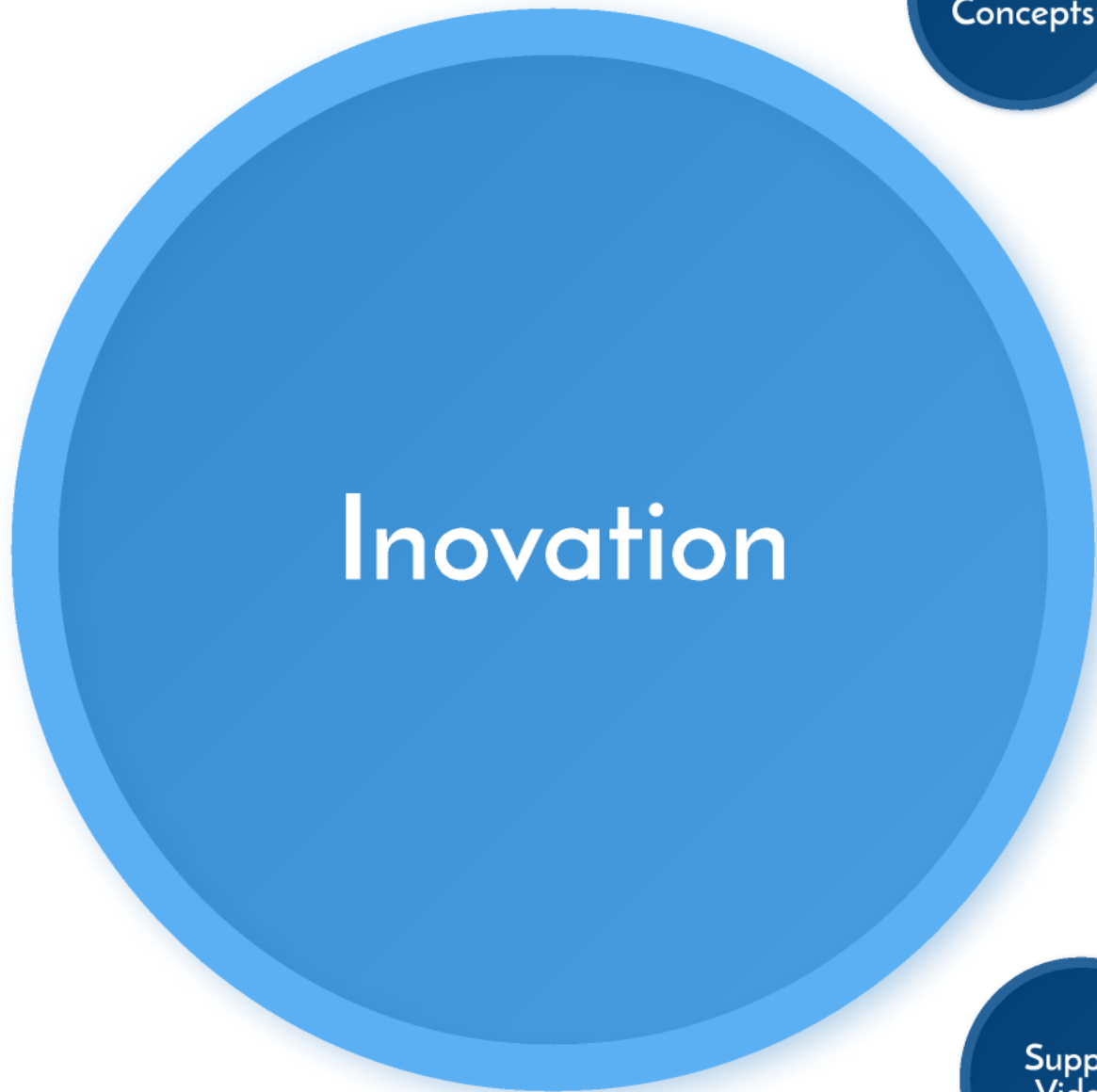




Learning Environment

Space for creation - where it is possible to make mistakes, learn by error and try. Materials are therefore at the service of the student. Learning through action and discovery, to enhance their innate need to play, see, touch, question, explore, test, and finally, understand.



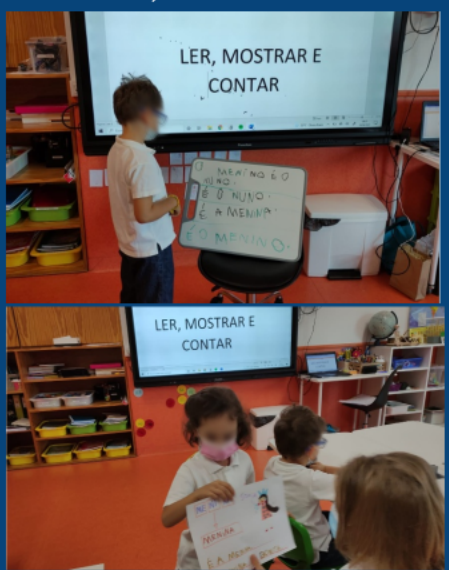


Examples

Council and Assembly Meetings



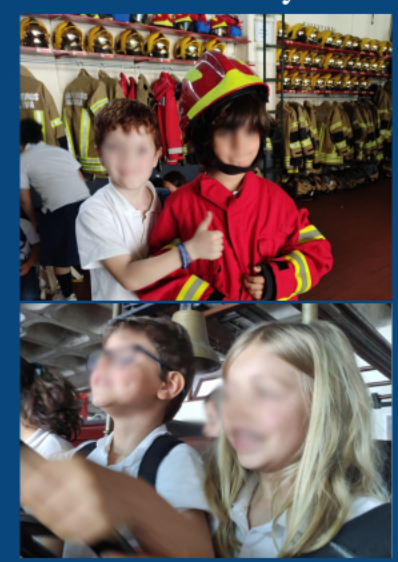
Read, Show and Tell



Self Study



Community

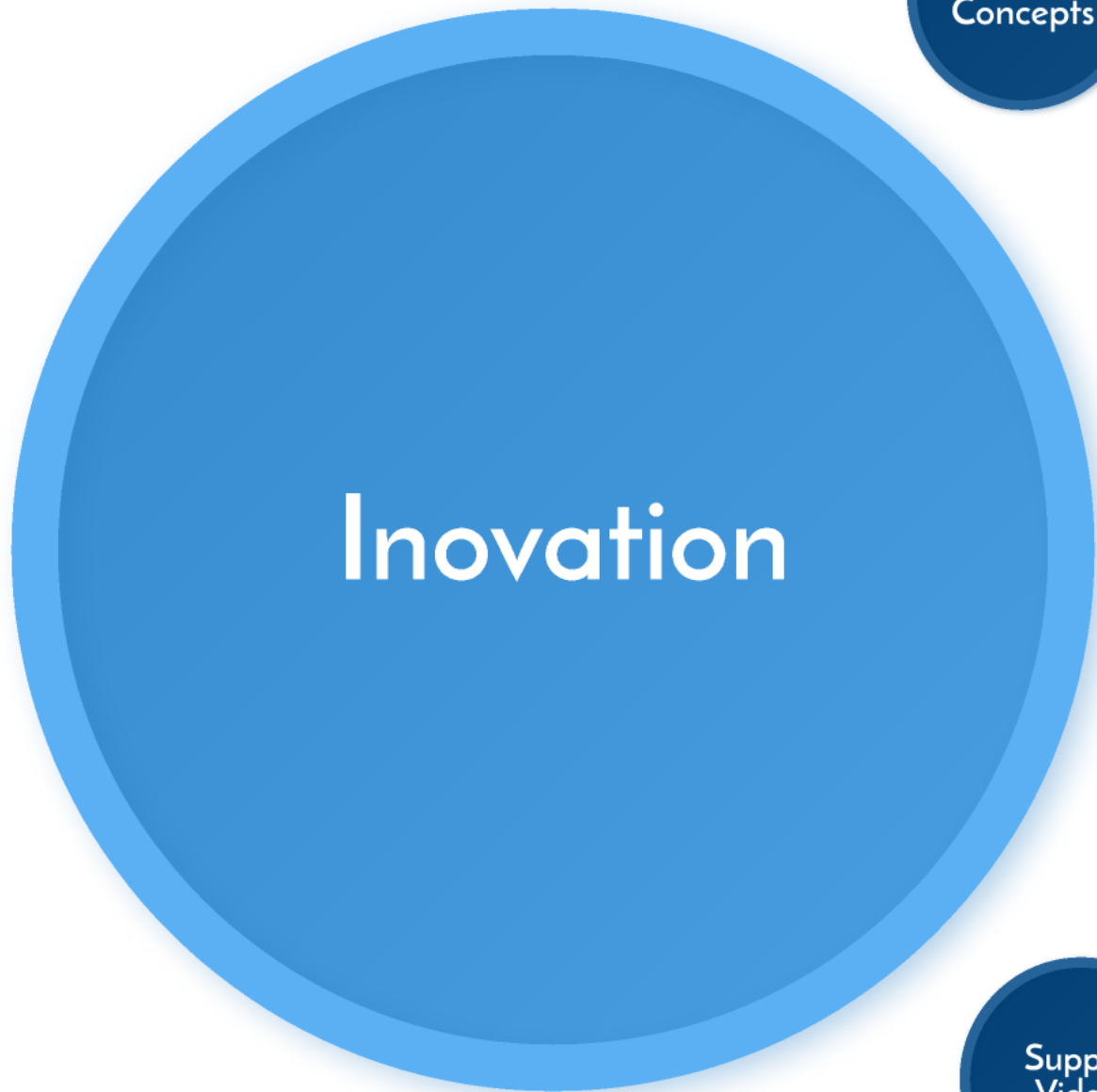


Project based learning

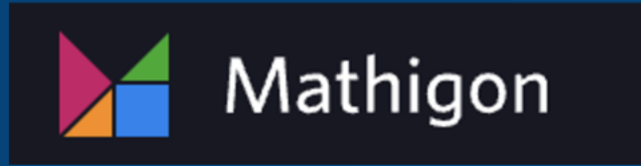


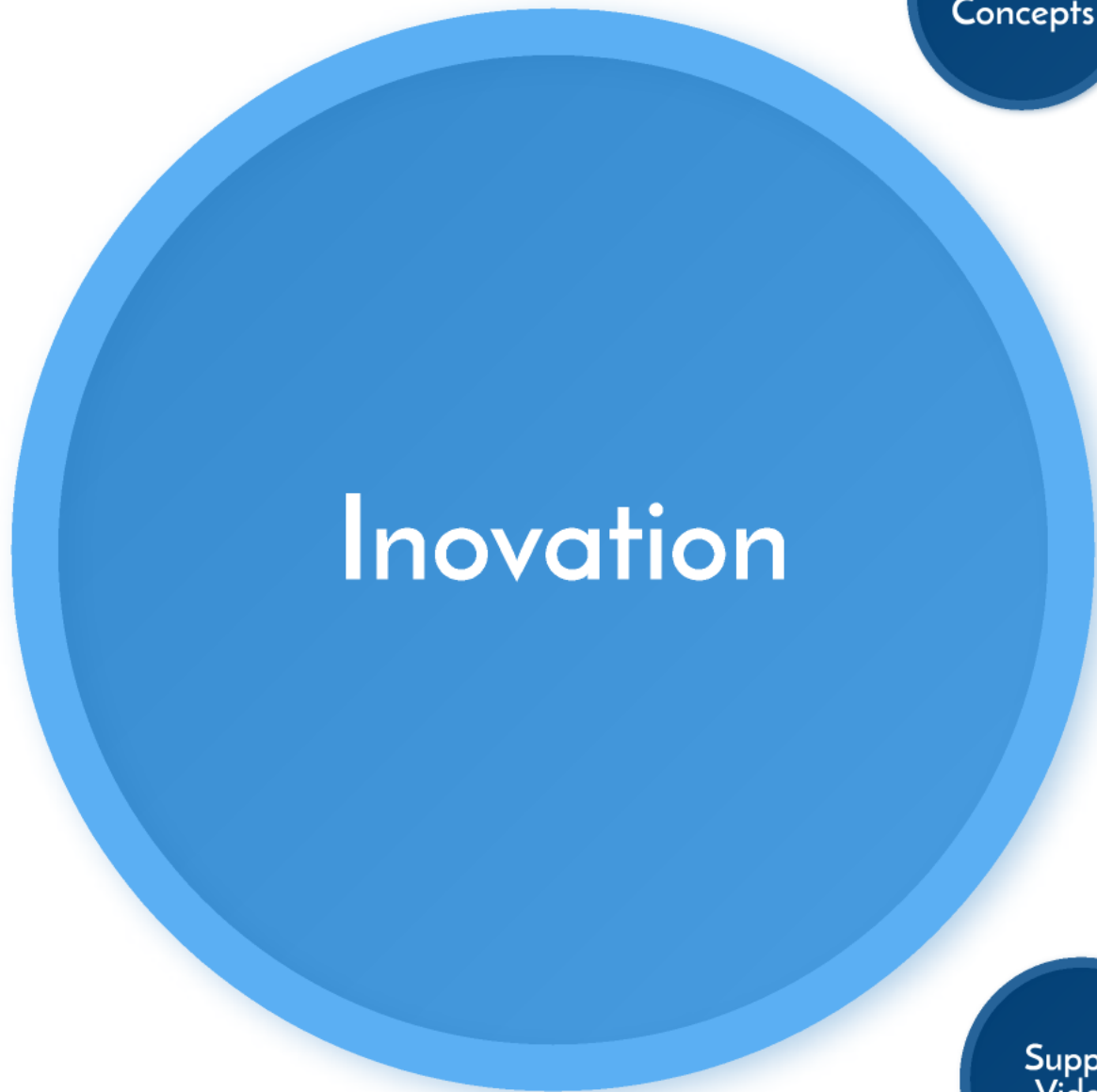
Collaborative study and assessment



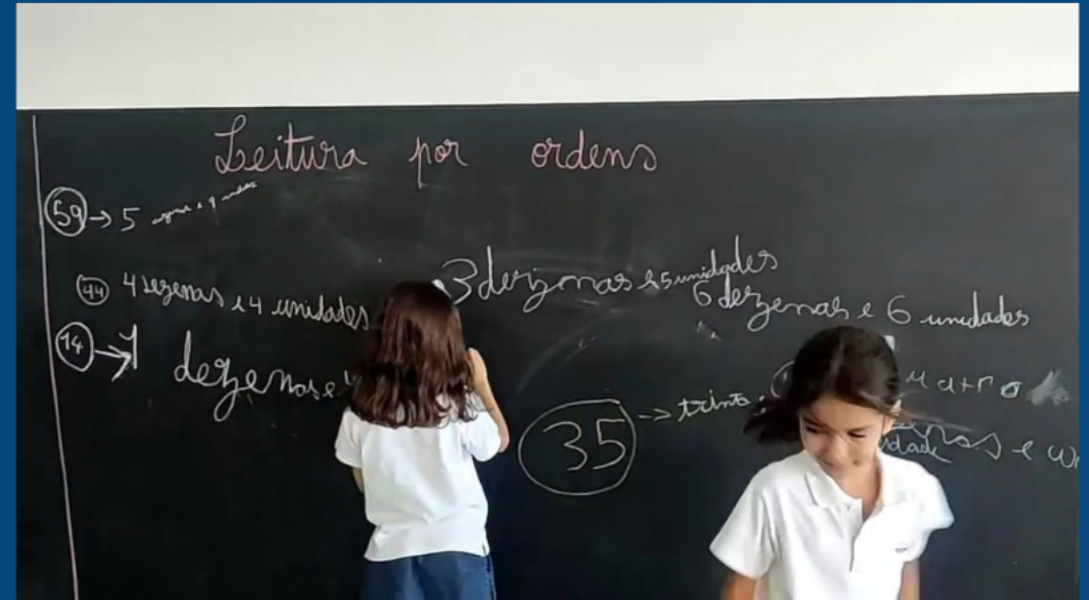


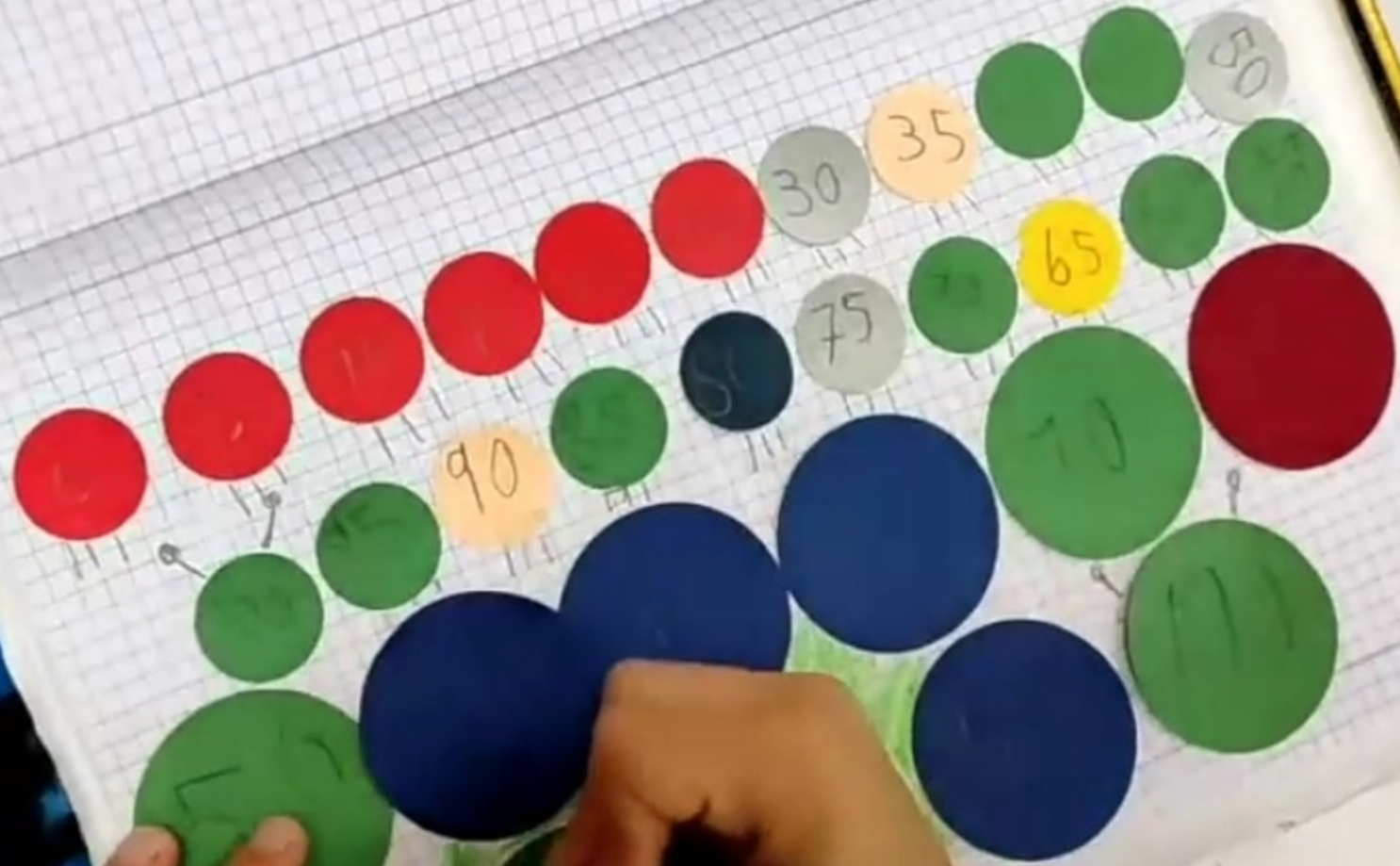
Classroom Tools





Support Videos





Leitura por ordens

(59) → 5 dezenas e 9 unidades

(44) 4 dezenas e 4 unidades

(14) → 1 dezena e 4 unidades

3 dezenas e 5 unidades

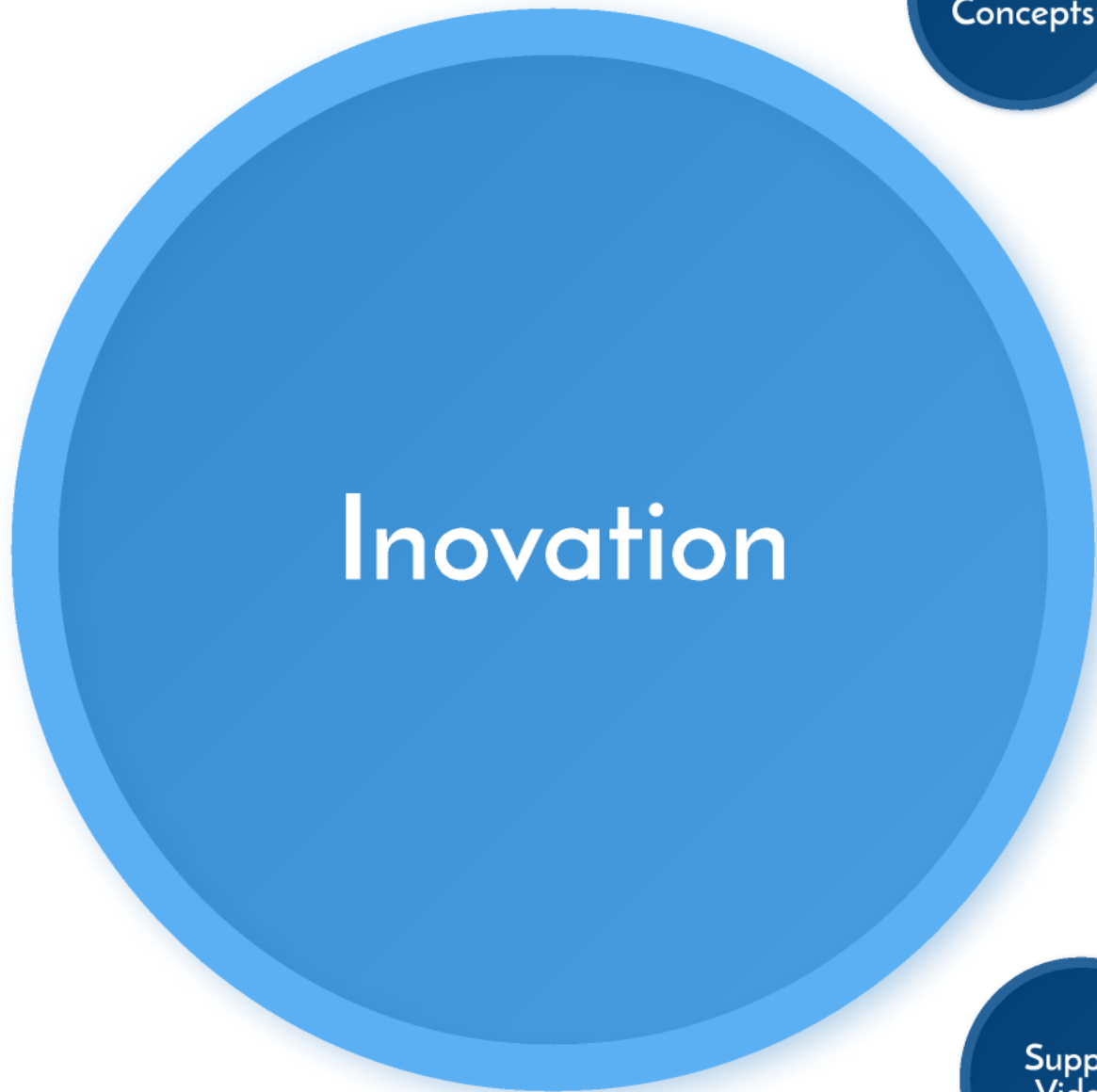
6 dezenas e 6 unidades

(35)

→ trinta e cinco

quatro

dezenas e unidades



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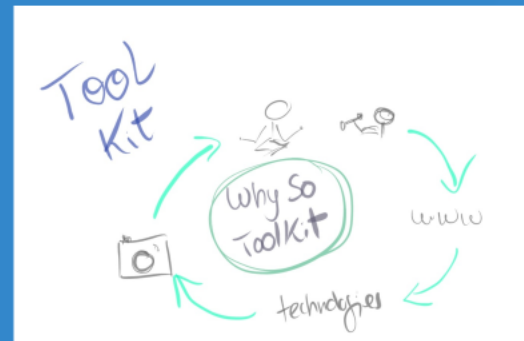
Conclusion



In conclusion, utilizing a toolkit designed to enhance and manage coaching systems supporting teachers and trainees in work contexts is a transformative endeavour. As participants engage with the toolkit, you should feel empowered, inspired, and equipped with the necessary tools to foster motivation and well-being among all involved.

By integrating relevant methods such as active listening, constructive feedback, goal setting, mindfulness practices, physical activities the toolkit ensures a approach to coaching that prioritizes the individual's growth and development.

Ultimately, the goal of employing such a toolkit is to create an environment where teachers and trainees thrive, where their motivation is sustained, and their well-being is prioritized. Through consistent application of the toolkit's methods, participants can cultivate a culture of continuous improvement and support, resulting in enhanced professional satisfaction and effectiveness in their respective roles.



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