

## smooth

Educational Commons and Active Social Inclusion

### Conference

May 26-28, 2023

Volos, Greece

#### **Abstract for a paper**

presentation (15-20 min max)  
and open discussion

### ***Four approaches promoting social learning, conflict resolution, resilience and engagement Overview, methods, (open source) materials***

Mag.<sup>a</sup> Ingrid Otepka

In my work as a teacher as well as co-director of the nonprofit organization MARA O Mindfully Experiencing Life in Austria, I have experienced, that there already exists a wealth of evidence-based and scientifically validated models that effectively support educational communities in promoting social learning, conflict resolution, resilience, which naturally leads to engagement.

The biggest challenge in this area at the moment, is, firstly, to get hold of the information of such programs and, secondly, to adapt them, if necessary, to the needs of the educational community to which we belong.

In my contribution, I would like to present briefly four approaches, followed by the question

***What will be a good way to integrate such programs in educational communities?***

for an open discussion.

The **four approaches** are:

- **plus prevention program** for schools in the 5<sup>th</sup> to 8<sup>th</sup> grade developed by the Austrian agency for addiction prevention
- ***The Toolbox is You***, a practical book on mindfulness for schools, edited by Osterloh – Verein für Achtsamkeit in Germany
- **Community Resiliency Model (CRM)**<sup>®</sup> developed for all communities by the Trauma Resource Institute in California
- **Social, Emotional, and Ethical (SEE) Learning** K-12 education program developed by Emory University in Georgia

### **MARA O Mindfully Experiencing Life**

Hirschengasse 10/1/18 | 1060 Vienna | AUSTRIA

+43 (0)670 55 88 192 | [mail@mindfulmara.at](mailto:mail@mindfulmara.at)

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Erste Bank | IBAN AT35 2011 1843 7383 7200 | BIC GIBAATWW

[www.mindfulmara.at](http://www.mindfulmara.at)