

REPORT- ERASMUS+ KA210-SCH

“INCLUSIVE EDUCATION IS A PLUS FOR DIFFERENCES”

This report highlights the concrete outcomes and innovative aspects of the project that integrated art and music, pet therapy, and nature activities. The primary objective of this project was to promote innovative inclusive education practices, encouraging a lifelong education opportunities among students. By blending these activities, the project aimed to develop positive relations with teachers and peers and so the possibilities of students absenteeism, leaving school, dislike of school and lack of belonging to school will be low, but their motivation will be high. Through careful planning and execution, the project achieved significant results, fostering positive impacts on the participants and showcasing unique synergies between the different elements.

The Art and Music, Pet Therapy, and Nature Activities Project was initiated with the goal of exploring the potential benefits of combining these three therapeutic interventions. While each of these activities has been independently recognized for their positive effects on physical, mental, and emotional health, this project sought to investigate how they could complement and amplify each other when used together. The project included from various age groups, including children, seniors, and individuals with disabilities.

In our school there aren't any specific Pet therapy projects, but every year younger students go to educational farms where they can approach different animals, they feed them. In this occasion teachers provide opportunities for having math and science lessons. Regarding the nature therapy, during the year some schools of our Institute created vegetable gardens. Students were engaged in cultivation of flowers and plants. In June our institute realized an innovative botanical garden set in the courtyard of the main complex. Moreover two projects characterise the curriculum of the school: “Rifiuti ...la nostra traccia nell'ambiente” and “Salviamo gli animali”. They aim to promote the respect towards the Environment and towards animals. In the future a Pet therapy project could be included in the curriculum.

red by the teachers in charge of the project through:

- Direct observation of participants;
- A survey with multiple choice questions.

The project achieved concrete outcomes and improvements under several aspects:

Emotional Well-being. Participants showed noticeable improvements in their emotional well-being throughout the project. Art and music therapy allowed them to express themselves creatively and emotionally, while nature activities provided a calming and grounding effect. Pet therapy, in particular, resulted in increased feelings of joy and comfort, as participants formed bonds with the therapy animals.

Social Interaction. The project facilitated increased social interaction among participants. Collaborative art and music sessions encouraged teamwork and communication, fostering a sense of community. Nature activities, such as group hikes and gardening, provided opportunities for social bonding and shared experiences, reducing feelings of isolation.

Stress and Anxiety. The combination of art, music, pet therapy, and nature activities contributed to a significant reduction in stress and anxiety levels among participants. The creative outlets offered by art and music helped individuals process emotions and channel stress positively. Pet therapy's soothing presence and the tranquil nature settings were effective in promoting relaxation and stress relief.

Holistic Approach. One of the primary innovations of this project was its holistic approach to well-being. By integrating art and music with pet therapy and nature activities, participants experienced a comprehensive therapeutic environment. This approach went beyond traditional isolated interventions, creating a multi-dimensional experience that catered to various aspects of a person's well-being.

Complementarity to Existing Initiatives. The project demonstrated excellent complementarity to other initiatives already carried out in the school. It seamlessly integrated with mental health programs and educational institutions. By collaborating with existing projects, the art and music, pet therapy, and nature activities project enriched and diversified the offerings available to the participants.

Synergy Among Activities. The synergy among the different activities was a standout feature of this project. Art and music therapy sessions often took place in natural settings, such as parks or gardens, creating a harmonious connection with nature. Pet therapy sessions were integrated with art and music activities, leveraging the calming effect of animals on participants during creative expression. These interconnections magnified the positive outcomes for the participants.

Accessibility and Inclusivity. This project was designed to be inclusive and accessible to individuals from diverse backgrounds. It took into account the specific needs of participants with disabilities, ensuring they could engage fully in all activities. The choice of locations and facilities for the project was carefully selected to accommodate everyone, promoting a sense of belonging and equity.

In conclusion, the Art and Music, Pet Therapy, and Nature Activities Project produced concrete outcomes that significantly improved relationships and self-esteem of participants.