

# The LIV-project has started !!



ALLMÄNNA  
ARVSFONDEN

Neuroforum has received money from The Swedish Inheritance Fund (Allmänna Arvsfonden) to further develop “brain-smart” education together with the Kattegatt gymnasium in Halmstad. Below we present the main ideas behind the project, which started in the autumn of 2021 and will be in progress for about three years.

## **The LIV project (Learning for insight about wellbeing)**

### **Background**

Society today puts more and more requirements on the individual. Feelings of not being good enough and of being outside are more common as well as stress, lack of sleep and burnout. It is about physical and mental health and strong worries for the future, but also about harming oneself and different addictions. These problems more and more appear among young people. Health problems among pupils have gradually become commonplace in the schools. There is a strong connection between health and performance. About 30% of the pupils in the gymnasium leave school without an exam. Initiatives are taken, but the pupils themselves are seldom participating. And at the same time we know from research on change how important it is for those involved to take active part in the change.

### **Purpose**

The project aims at turning this development around by further developing the brainsmart education. In the first place the project will be implemented in the Kattegatt gymnasium in Halmstad. Later in the project other schools will be included. Together with students, teachers and other school personnel the project will develop methods, curriculum and strategies that promote the pupils’ learning and at the same time contribute to their mental and physical health. The voices of the pupils, their needs and conditions, will be important starting points for the work. The purpose is to promote the pupils’ physical and mental health, lifelong learning and personal development as well as create better conditions for them to establish themselves in the society.

### **Target group**

The main target group are the 1400 pupils of the Kattegatt gymnasium including as well the vocational as the university oriented programs. The brain-smart attitude that signifies the project intends to make every individual aware of personal needs right now in order to be better prepared to handle current and future challenges. This is essential for the pupils and at the same time as essential for all personnel at the school including the management.

## Three phases

The project consists of three phases: establish, experiment and integrate. In all the phases the pupils, school personnel, management and Neuroforum are in close co-operation.

In the establish phase the focus is on creating common knowledge about the brain and the habits promoting good brain health. These favorable habits originate from the needs of the brain: handling stress, recovery, variation, physical activity, good relations, positive thinking, challenges, food & nourishment, creativity and sleep. It is basic in the establish phase that every gymnasium program picks up the needs that the pupils express as the most exciting to know more about in order to increase their learning about the brain and the good habits.

In the experiment phase the work with the different habits is deepened. Activities and methods are developed and tested by the pupils in their everyday school life. Learning is shared and documented. You test in order to learn. It is to be expected and reasonable that it sometimes does not go as expected. Based on reflection the experiment is adjusted and tested again. In order to learn more.

In the integrate phase the efforts are fine tuned and combined to holistic functioning that promotes the learning of the pupils, their wellbeing and personal development. The learnings are shared between the programs, tested and adjusted. Further learning starts from the current level of the different pupil groups and gymnasium programs. The work is integrated routines, policies and structures of the Kattegatt gymnasium in order to contribute to survival and sustainable development also after the project is finished.

## Documentation and sharing of learnings

The work in the project is continuously documented and every year a summary of learnings is made in a report. Information about the work will be made available digitally on the Neuroweb in order to support sharing with other schools and other people interested. By spreading knowledge of the project Neuroforum hopes to contribute so that more schools get support in their important work to promote wellbeing, learning and personal development of the pupils.

## Project management and further information

**Fredrik Bååthe** from the board of Neuroforum is the project leader. The design and implementation of the LIV project is based on close co-operation between pupils, school personnel, management and Neuroforum. Many persons are involved. For you who is a member of Neuroforum and wants to know more about the project, please, contact the project leader ([fredrik.baathe@vgregion.se](mailto:fredrik.baathe@vgregion.se)) and you can get the application written by Neuroforum and the Kattegatt gymnasium and that the The Heritage Fund has chosen to support.

Information about the LIV project will now and then be published on this website.