



LEARNING IS A MEANINGFUL PROJECT



la fabrique à bonheurs
Académie de la Psychopédagogie Positive

Allagi



TIPS AND RECOMMENDATIONS

1 IDENTIFY INDIVIDUAL MEANINGFUL PROJECTS

1

2 ENCOURAGE SELF-REFLECTION ON GOALS

2

5 REINFORCE POSITIVE INNER MESSAGES

5

5 practical and useful recommendations that facilitators can implement immediately regarding meaningful projects and the project triangle:

3

3 SUPPORT THE MANAGEMENT OF MEANS AND RESOURCES

4

4 ADOPT AN ACTIVE LISTENING AND FLEXIBILITY APPROACH





ADOPT AN ACTIVE LISTENING AND FLEXIBILITY POSTURE

Adapt your interventions based on the signals sent by the young people, especially if they seem stuck or unmotivated. Your active listening will help you understand how to better assist them in getting involved by adjusting your teaching approaches.





REINFORCING POSITIVE INNER MESSAGES

Encourage them to cultivate positive inner messages to support their project. Work with them on their beliefs and internal dialogue, and provide tools to strengthen their confidence in their abilities (e.g., visualization techniques, positive affirmations). This can help them get unstuck when they encounter obstacles in their meaningful project.

05



SUPPORT THE MANAGEMENT OF MEANS AND RESOURCES

Show young people how to identify and use their resources to achieve their goals. This can include academic skills, material resources, or emotional support. Help them organize their toolbox, whether it be time, techniques or methods, or people, to facilitate project implementation.

03



02

ENCOURAGE SELF REFLECTION ON OBJECTIVES

Help young people clarify their goals. Regularly ask them to consider the question: “Why is this important to me?” or “What do I want to achieve with this action?”. This helps them to engage in the project and stay motivated in relation to their goals.

01

IDENTIFY INDIVIDUAL MEANINGFUL PROJECTS

Observe the young people and identify their meaningful projects. Listen carefully to how they explain what is important to them in their learning. Then adapt your approach based on the types of meaningful projects they prefer (e.g., some may be more motivated by concrete results, others by relational aspects).



"Understanding the Brain: The Neurobiology of Learning"



"Educational Neuroscience: Implications for Learning and Teaching"



"Cognitive Science in Education: Applications and Implications"



"The Learning Brain: Memory and Brain Development in Children" by Torkel Klingberg



"Mind, Brain, and Education: Neuroscience Implications for the Classroom" by David A. Sousa



"EDUCATIONAL NEUROSCIENCE: IMPLICATIONS FOR LEARNING AND TEACHING"

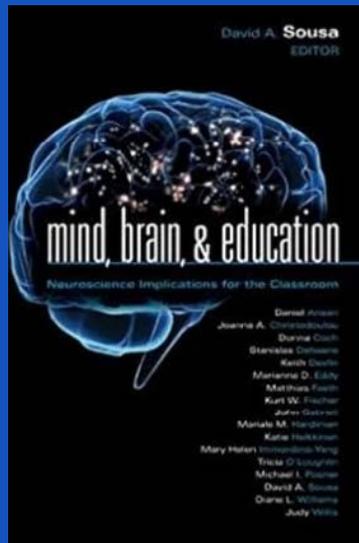
This course from the University of London explores how neuroscience impacts education, providing insights that can be aligned with the principles of mental management and sentient projects. It helps in understanding how cognitive processes affect learning strategies.



"UNDERSTANDING THE BRAIN: THE NEUROBIOLOGY OF LEARNING"

Offered by the University of Washington, this course delves into the neurobiology of learning, which complements the understanding of how mental processes influence learning, similar to the ideas of La Garanderie. It covers how brain mechanisms affect educational outcomes.





"MIND, BRAIN, AND EDUCATION: NEUROSCIENCE IMPLICATIONS FOR THE CLASSROOM" BY DAVID A. SOUSA

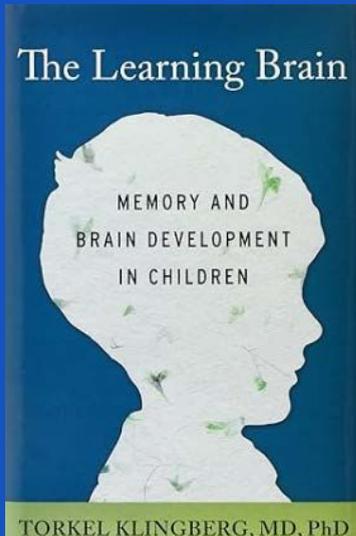
Sousa's book explores the intersection of neuroscience and education, offering practical insights for educators. It includes concepts that can help implement La Garanderie's ideas about mental management and effective learning strategies.



"COGNITIVE SCIENCE IN EDUCATION: APPLICATIONS AND IMPLICATIONS"

This video series covers cognitive science principles and their application in education, which aligns with La Garanderie's theories on mental processes and learning strategies. Johanna HENRY, professeur des écoles et gérante de Kidipoz, nous fait découvrir les bienfaits du jeu chez l'enfant et comment accompagner l'enfant





"THE LEARNING BRAIN: MEMORY AND BRAIN DEVELOPMENT IN CHILDREN" BY TORDEL KLINGBERG

This book provides insights into how memory and brain development impact learning. It is relevant for understanding the cognitive mechanisms behind La Garanderie's concept of mental management and learning projects.

