



PHILAUTIA 1 HEALTH EDUCATION/How to increase selfknowledge ja selfesteem

1- INTRODUCTION

General Introduction: PROJECT EUROPE IN LOVE

Europe in love is an Erasmus + project that takes place between the 2015-2017 courses with the association of 6 countries (Spain, Germany, United Kingdom, Italy, Finland and Slovakia). The main thread of the project is Love, a universal value, a concept valid for all countries and places in the world and especially the European Union.

It is a transversal theme in education but so far it has not been dedicated a special study, an attempt to convey it specifically as the motor of our lives, as the only concept that should prevail if we want Europe to remain a unit. If we want the idea of Europe to survive and be real we must reject the hatred that gave us birth in the twentieth century and walk hand in hand as siblings in this 21st century in which we live. Let the 21st century be the century of love and we will be able to remain united to progress. And that idea is what we intend to transmit with these didactic units in schools across the continent. We intend to develop a material that can be used by teachers from all countries, of all ages, to convey this idea of unity to all students in Europe.

For their elaboration and programming we have been based on the multiple intelligences of Howard Gardner and their application to the basic educational competences that the students must acquire, as the European educational laws indicate us through the different ministries of education of all the partner countries in this project. Our aim was to create activities based on them, that were complete and attractive for students, for different educational levels and subjects.

We want to teach the students of the European Union to love each other to stay together and move towards a better future. If there is no love, nothing will work.

But the word Love is unique, although it has many meanings. We have resorted to the cradle of our civilization, to ancient Greece to try to define its typology. They did not have a single word to define this feeling as we have the word Love. They had different words depending on their typology. We have chosen six of them, to try to transmit love in all its variety and magnitude: agape or love for our neighbor, eros or passionate love, philautia or self love, pragma or mature love, ludus or flirtation and friendship or friendship. We have dedicated the same number of didactic units to each of them. That is the objective of this work, to make



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available to the entire European educational community, in case it may prove useful, the universal value of love that will guide us together towards a better future.

b- Topic introduction: PHILAUTIA

Philautia is the love for oneself. In order to love others we must begin with ourselves. If we respect ourselves, we will be respected. Philautia is to give importance to the self, to individualism, which is also necessary. There are two types of philautia, just and necessary self-esteem that improves us, which pretends that we are good inside to be able to be well on the outside and where this goal is sought through fashion, hobbies, sport, seeking the inner balance through food, healthy habits, of our leisure activities. And the other type is the one we must correct, the one that borders on narcissism, which sometimes makes us put the self beyond the reasonable: excessive fame, pride, cult of the body, self-obsession, personal fortune, selfishness..., defects which we must fight against.

In Europe we must respect the taste for oneself, for the country itself. Because it is necessary that we value ourselves positively, but without passing, without falling into chauvinism or ultra nationalism which can lead to separation and rupture. And that is one of the main dangers of the Union. Let us teach this feeling correctly and avoid greater evils that are coming, which have already been established. We have a great opportunity to transmit to the European students what is reasonable and what is exaggerated and can lead to disaster.

2.WORKING PLAN

Target students: 18 students, High school/grade 1 (age 15-16)

Place: classroom

Time : 2 x 45 ' lessons

3.METHODOLOGY

Teacher headed discussion/individual work / pairwork/groupwork

ICT (Information and computer technologies)



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4. ACTIVITIES BASED ON MULTIPLE INTELLIGENCES

Learning objectives : Lesson 1: Self-confidence, self-esteem, Lesson 2: Self-confidence, self knowledge

ACTIVITIES tasks	Assessment %	Multiple INTELLIGENCES	SKILLS
Teacher explains the topic of the class and students watch You tube –video "The importance of loving yourself https://www.youtube.com/watch?v=EQqefwRJgZg	10	Linguistic-Verbal	Information Processing and digital.
Individual work. Everyone makes three sentences of themselves.	10	Intrapersonal	Autonomy and personal initiative. Learn to learn.
Pairwork. Write 2 positive issues of your pair.	10	Interpersonal	Social and citizen. Information processing. Learn to learn
Pair discussion	10	Linguistic-Verbal	Linguistic communication. Information processing.
Video and homework, report writing	10	Intrapersonal	Autonomy and personal initiative. Research themselves, reporting.



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Philautia

			Digital skills.
Group discussion about self esteem (homework). Teacher headed.	10	Linguistic-Verbal	Linguistic communication
Self knowledge. Invent hints about yourself. Quess who is the person in question.	20	Interpersonal	Social and citizen. Information Processing. Learn to learn.
Group discussion about different talents.	20	Linguistic-Verbal	Linguistic communication. Information gathering, analysing and presenting.

5.SUBJECT (S) LEARNING OBJECTIVES.

- Become aware of the importance of loving yourself
- Understand the relations between self-esteem, selfknowledge and self-confidence
- Become aware of own strong sides
- Have some tools to improve self-confidence

6.EVALUATION/ASSESSMENT

Targets:

- Improving abilities to analyse oneself
- Discussion abilities, group working abilities

Means:



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Philautia

- Self-assesment of in selfanalyzing skills and disscussion skills
- Student evaluate each other in groupworking skills

Activities in evaluation:	Selfanalyzing and discussion skills, groupwork and presentation		
	0-3	4-7	8-10
selfanalyzing skills	student is not able to analyse her/himself properly	Student has some selfanalyzing skills but it is still quite difficult to her/him	Student have a realistic picture of her(him)self and she (he) can analyse herself in proper way
discussion skills	Student do not participate in discussions in class and have very little to say in pairdiscussion	Student participates in class- and pairdiscussions at mediocre level	Student participates in class- and pairdiscussions at high level
groupworking skills	Student do not participate in groupwork properly	Student participates in groupwork at mediocre level	Student participate in goupwork at high level

7.MATERIALS AND RESOURCES

*possibility to show video from internet

*paper, pencils



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