

BREAKS's key milestones, insights, and holiday activity tips

The BREAKS 2nd newsletter showcases the successful completion of the project's focus groups, which brought together over 45 teachers across partner countries to provide valuable feedback on the first draft of the BREAKS Training Package handbook (Topic 1). It also presents the finalised Training Package, outlining its purpose, practical value for teachers and school staff, and the ongoing translation process before its publication on the project website (Topic 2). In addition, it includes a recap of the 2nd Transnational Project Meeting, held on 27–28 November 2025 at the Università di Roma Foro Italico in Rome, highlighting partner collaboration and the unique opportunity to experience a live gymnastic class on Day 2 (Topic 3). Finally, a seasonal section will offer engaging and easy-to-apply tips to help children stay active during the Christmas holidays.

Second round of focus groups

All partners conducted one focus group in their respective countries during October 2025, reaching more than 45 participants to gather feedback and insights from the target group (primary and lower secondary school teachers) on the first draft of the Training Package handbook. At the end of the session, participants completed a questionnaire to evaluate the performance of the developed training content. Most of the feedback gathered was positive and provided clear suggestions for improving the handbook. Key recommendations included adding guidance for teachers on adapting activities for students with disabilities, ensuring that active breaks are accessible and inclusive for all.



BREAKS's Training package

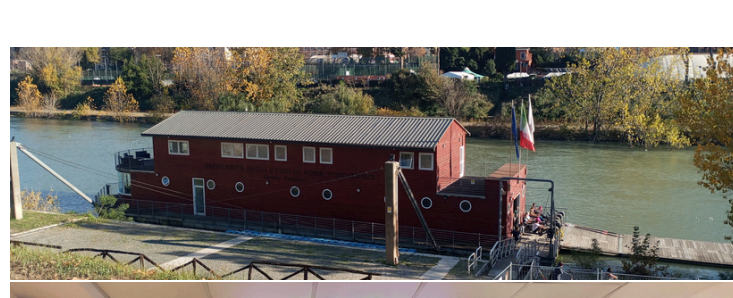
The BREAKS consortium has finalised the project's Training Package handbook (D2.3), designed to equip primary and lower secondary schoolteachers, as well as school leaders, head teachers, counsellors, and other relevant staff, with essential knowledge on implementing active breaks in the classroom. To ensure the Training Package is practical and user-friendly, the partners first conducted focus groups with representatives from the target groups across the five partner countries. Feedback from these sessions was carefully considered to make the content more understandable and useful for teachers. The Training Package addresses key questions such as why active breaks should be integrated, how teachers can apply them effectively, and provides practical examples and guidance. It is now finalised and currently being translated into Greek, Italian, Serbian, and French.

The Training Package will soon be available on the [project's website](#).

2nd Transnational Project Meeting in Rome



The Transnational Project Meeting, held on 27-28 November 2025 at the Università di Roma Foro Italico, Rome, brought partners together to review progress across the project's main work areas, coordinate upcoming implementation activities, and exchange updates on digital tools, teacher training planning, and communication efforts. A highlight of Day 2 was the opportunity for participants to watch and experience a live gymnastic class, reinforcing the project's emphasis on movement and active engagement in schools. The meeting concluded with a forward-looking discussion on upcoming milestones and collaboration needs as the project enters a more hands-on phase.



How to keep your children active during Christmas holidays?

The BREAKS consortium understands that children's physical activity levels can decline during the holidays, and offers these practical tips to help families stay active together.

Tip 1 - Active family walks: Turn daily walks into a fun adventure! Explore nearby parks, nature trails, or even your neighbourhood streets. Make it engaging with a scavenger hunt, e.g., look for red objects, holiday decorations, or other interesting items along the way.

Tip 2 - The 12-Day holiday challenge: If it is too cold to play outside, try a 12-day movement challenge. Each day, encourage your children to try a new activity such as jumping jacks, stretches, squats, or sit-ups. Take it a step further by letting them design their own mini workout program, fostering creativity and critical thinking while staying active.

Tip 3 - Screen time with a twist: Combine screen time with movement! Find active video games, online fitness routines, or holiday-themed dance videos designed for children. This way, kids can enjoy their "screen time" while also staying physically active and engaged.



The BREAKS consortium wishes you happy holidays!!!



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