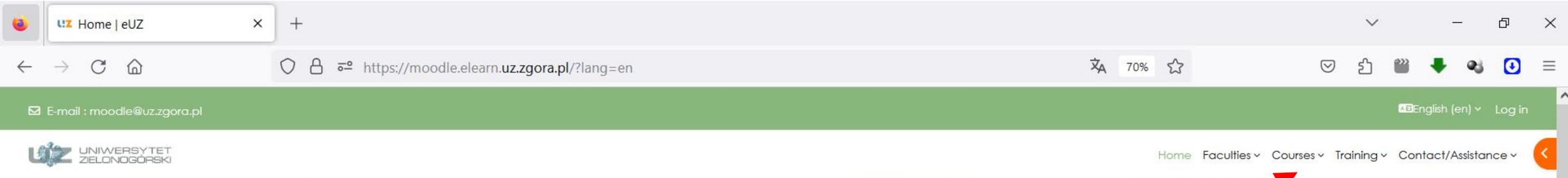


The course can be found at Moodle | UZ education platform

<https://moodle.elearn.uz.zgora.pl>



You can find the course through a manual search or via a direct address

platforma edukacyjna

www.moodle.elearn.uz.zgora.pl

Direct address to the course:

<https://moodle.elearn.uz.zgora.pl/course/view.php?id=609>

The screenshot shows a web browser window with the URL <https://moodle.elearn.uz.zgora.pl/course/index.php?categoryid=38>. The page header includes the email moodle@uz.zgora.pl, the language set to English (en), and a 'Log in' button. The logo for Uniwersytet Zielonogorski is on the left, and navigation links for Home, Faculties, Courses, Training, and Contact/Assistance are on the right. Below the header, there are two tabs: 'Courses' and 'Projects', with 'Projects' being the active tab. The main heading is 'Projects'. A search bar contains the text 'Projects'. Below it is a search input field with the placeholder 'Search courses' and a magnifying glass icon. A red arrow points from a red-bordered box containing the text 'To enter the course, click on its name' to the course title 'SoMoveED - Move to Communicate'. The course title is followed by a lock icon. To the left of the title is a small image of a group of people walking. Below the title is a paragraph of text: 'This course is for those seeking inspiration in their work as current or future teachers, officials, and researchers. Thanks to several examples of various activities, we hopefully can inspire you, encourage you to experiment, or maybe simply convince you that you are already going in the right direction. This course is for people considering incorporating mobile methods and examples and hints'. Below the paragraph are three lines of text: 'Teacher: Dorota Bazuń', 'Teacher: Tomasz Kołodziej', and 'Teacher: Justyna Nyćkowiak'. A green arrow icon is visible in the bottom right corner.

← → ↻ 🏠 🔒 <https://moodle.elearn.uz.zgora.pl/course/index.php?categoryid=38> 📄 🗨️ ☆ 📧 📁 📺 📄 📄 📄 📄 📄 📄

✉ E-mail : moodle@uz.zgora.pl 🇬🇧 English (en) 🗑 Log in

 UNIWERSYTET ZIELONOGORSKI

Home Faculties ▾ Courses ▾ Training ▾ Contact/Assistance ▾

Courses Projects

Projects

Projects

Search courses 🔍

To enter the course, click on its name

SoMoveED - Move to Communicate 🔒

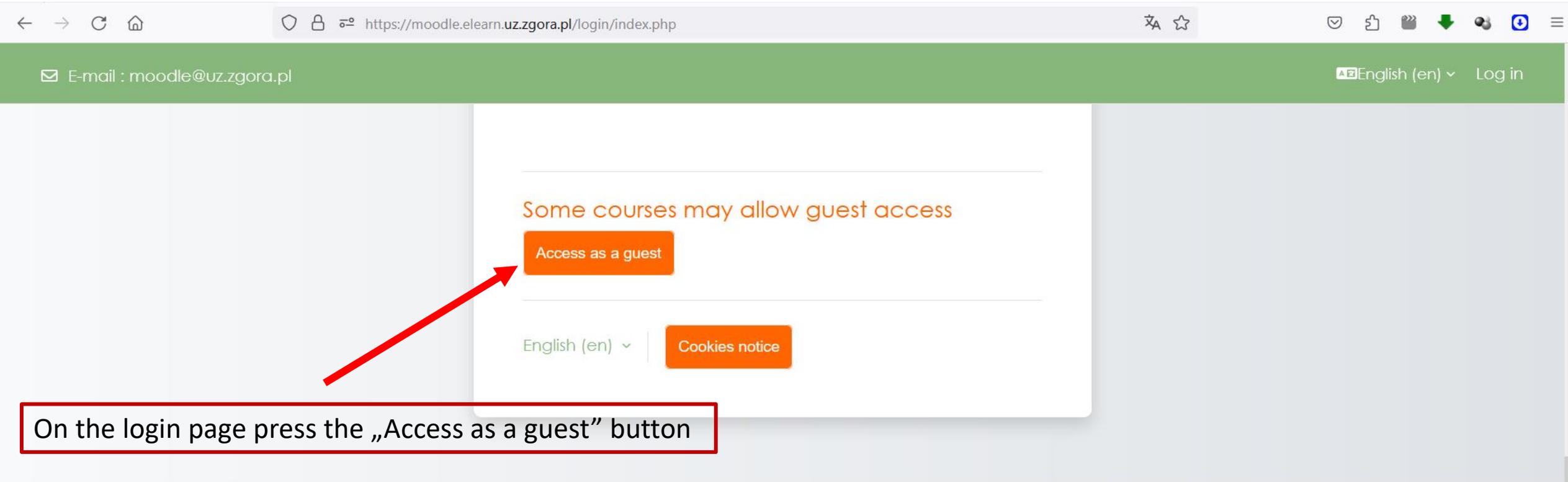


This course is for those seeking inspiration in their work as current or future teachers, officials, and researchers. Thanks to several examples of various activities, we hopefully can inspire you, encourage you to experiment, or maybe simply convince you that you are already going in the right direction. This course is for people considering incorporating mobile methods and examples and hints

Teacher: [Dorota Bazuń](#)
Teacher: [Tomasz Kołodziej](#)
Teacher: [Justyna Nyćkowiak](#)

The login page

https://moodle.elearn.uz.zgora.pl/course/view.php?id=609



The screenshot shows a web browser window with the URL <https://moodle.elearn.uz.zgora.pl/login/index.php>. The page header includes an email address moodle@uz.zgora.pl and a language selector set to 'English (en)'. The main content area features a white box with the text 'Some courses may allow guest access' and an orange button labeled 'Access as a guest'. A red arrow points to this button. Below the button are a language dropdown and a 'Cookies notice' button. A red-bordered box at the bottom of the screenshot contains the text: 'On the login page press the „Access as a guest” button'.



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Info

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The main course window

https://moodle.elearn.uz.zgora.pl/course/view.php?id=609

The screenshot shows a Moodle course page. At the top, there is a green navigation bar with the email 'moodle@uz.zgora.pl' and a login status 'You are currently using guest access'. Below this is a breadcrumb trail: 'Home > Faculties > Courses > Training > Contact/Assistance'. The main content area features the course title 'SoMoveED - Move to Communicate' in orange. A 'General' section is expanded, showing logos for Erasmus+ and SoMoveED. Below the logos are four colored boxes representing the course acronym: 'M' (green) for MASSIVE, 'O' (orange) for OPEN, 'O' (blue) for ONLINE, and 'C' (yellow) for COURSE. A sidebar on the left contains a table of contents with categories like 'General' and 'Module 1 - Introduction'. Two red arrows point to specific elements: one to the sidebar and another to the 'Course content' label above the acronym boxes.

Table of contents and course elements

Home Faculties Courses Training Contact/Assistance

SoMoveED - Move to Communicate

General

Erasmus+

SoMovED

Course content

M MASSIVE

O OPEN

O ONLINE

C COURSE

Collapse all

General

- Text and media area
- Multilingual disclaimers...
- Announcements

Module 1 - Introduction

- Module 1. Aims / Goals
- Module 1. Discussion fo...

CONTENT

- Unit 1.1. On the move?...
- Unit 1.2. Walks can be ...
- Unit 1.3. Study visits
- Unit 1.4. Gamification ...
- Unit 1.5. Positive Psych...

To open a course element, click on the appropriate hyperlink in the menu

<https://moodle.elearn.uz.zgora.pl/course/view.php?id=609>

E-mail : moodle@uz.zgora.pl

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Home Faculties Courses Training Contact/Assistance

SoMoveED - Move to Communicate Multilingual disclaimers for beneficiaries

Multilingual disclaimers for beneficiaries

267.4 KB PDF document

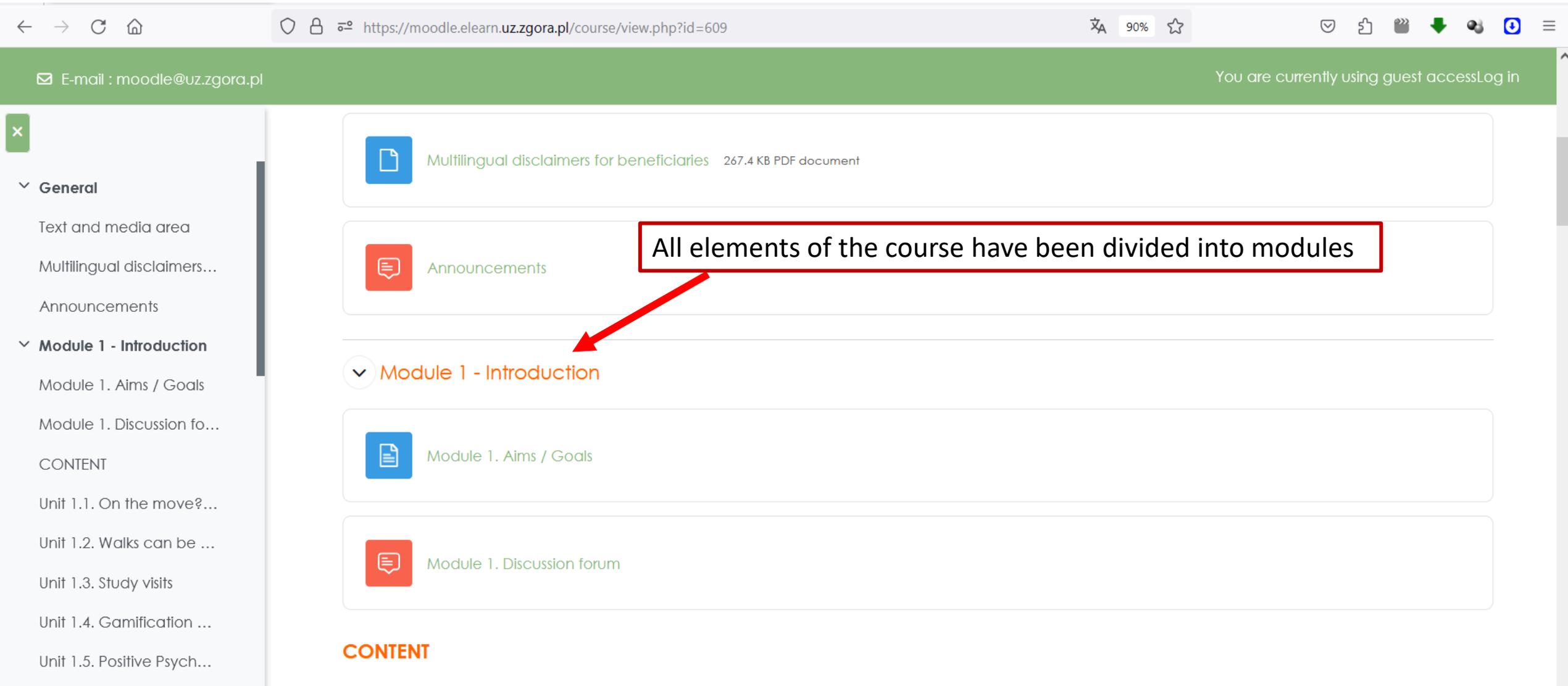
1 z 2 Skala automatyczna

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The main course window

<https://moodle.elearn.uz.zgora.pl/course/view.php?id=609>



The screenshot shows a Moodle course page with a green header bar. The header bar contains the email address "E-mail : moodle@uz.zgora.pl" on the left and "You are currently using guest accessLog in" on the right. The main content area is divided into several sections. A red box highlights the text "All elements of the course have been divided into modules" with a red arrow pointing to the "Module 1 - Introduction" section. The left sidebar shows a navigation menu with a green 'x' icon at the top, followed by "General" (with a dropdown arrow) and "Module 1 - Introduction" (with a dropdown arrow). Under "General", there are links for "Text and media area", "Multilingual disclaimers...", and "Announcements". Under "Module 1 - Introduction", there are links for "Module 1. Aims / Goals", "Module 1. Discussion fo...", and "CONTENT". The main content area shows a list of course elements: "Multilingual disclaimers for beneficiaries" (267.4 KB PDF document), "Announcements", "Module 1 - Introduction" (with a dropdown arrow), "Module 1. Aims / Goals", and "Module 1. Discussion forum". The word "CONTENT" is also visible at the bottom of the main content area.

E-mail : moodle@uz.zgora.pl

You are currently using guest accessLog in

✕

General

Text and media area

Multilingual disclaimers...

Announcements

Module 1 - Introduction

Module 1. Aims / Goals

Module 1. Discussion fo...

CONTENT

Unit 1.1. On the move?...

Unit 1.2. Walks can be ...

Unit 1.3. Study visits

Unit 1.4. Gamification ...

Unit 1.5. Positive Psych...

Multilingual disclaimers for beneficiaries 267.4 KB PDF document

Announcements

Module 1 - Introduction

Module 1. Aims / Goals

Module 1. Discussion forum

CONTENT

All elements of the course have been divided into modules

The main course window

https://moodle.elearn.uz.zgora.pl/course/view.php?id=609

Browser address bar: <https://moodle.elearn.uz.zgora.pl/course/view.php?id=609#section-0>

E-mail : moodle@uz.zgora.pl

You are currently using guest access Log in

- General
- Text and media area
- Multilingual disclaimers...
- Announcements
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 - Unit 1.3. Study visits
 - Unit 1.4. Gamification ...
 - Unit 1.5. Positive Psych...
 - Module 2 - Methods a...
 - Module 2 - section 1 -

CONTENT

- Unit 1.1. On the move? Why it is worth to try?
- Unit 1.2. Walks can be your superpower
- Unit 1.3. Study visits
- Unit 1.4. Gamification can help make your classes more engaging
- Unit 1.5. Positive Psychology and Mobile Methods. How movement helps your teaching-learning process?

You can also open the course content by clicking on the items in the main window



Module structure

https://moodle.elearn.uz.zgora.pl/course/view.php?id=609

- Module 1 - Introduction
 - Module 1. Aims / Goals
 - Module 1. Discussion fo...
 - CONTENT
 - Unit 1.1. On the move?...
 - Unit 1.2. Walks can be ...
 - Unit 1.3. Study visits
 - Unit 1.4. Gamification ...
 - Unit 1.5. Positive Psych...**
- Module 2 - Methods a...
 - Module 2 - section 1 - ...
 - Module 2.1. Discussion ...
 - Unit 2.1.1. Make your lif...
 - Unit 2.1.2. Walking Met...
 - Unit 2.1.3. Walks for Cit...
 - Unit 2.1.4. Teaching DE...
 - Unit 2.1.5. Decisional w...

SoMoveED - Move to Communicate Unit 1.5. Positive Psychology and Mobile Methods. How movement helps your teaching-learning process?

Unit 1.5. Positive Psychology and Mobile Methods. How movement helps your teaching-learning process?

Each module has a subject and an aim

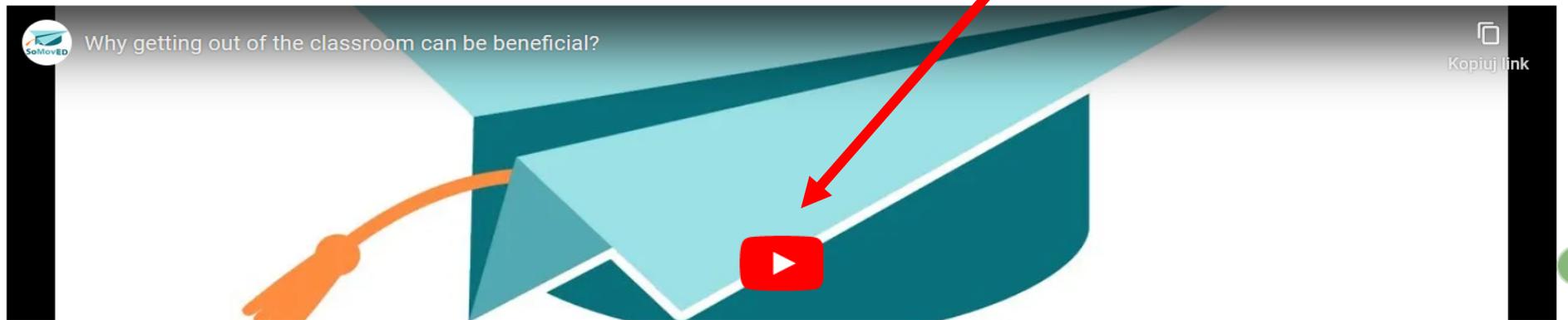
The unit's aim

The aim of this unit is to show, based on positive psychology, the benefits of organizing classes outside the walls of the university.

The course modules include multimedia, i.e. films and audio recordings. To turn them on, press the PLAY button.

VIDEO

Dr Soraia Garcês in this video shortly answers the q...



Module structure

https://moodle.elearn.uz.zgora.pl/course/view.php?id=609

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✕

- Module 1 - Introduction
 - Module 1. Aims / Goals
 - Module 1. Discussion fo...
 - CONTENT
 - Unit 1.1. On the move?...
 - Unit 1.2. Walks can be ...
 - Unit 1.3. Study visits
 - Unit 1.4. Gamification ...
 - Unit 1.5. Positive Psych...
- Module 2 - Methods a...
 - Module 2 - section 1 - ...
 - Module 2.1. Discussion ...
 - Unit 2.1.1. Make your lif...
 - Unit 2.1.2. Walking Met...
 - Unit 2.1.3. Walks for Cit...
 - Unit 2.1.4. Teaching DE...

SHORT READING

Education cannot be the same, because the world is simply not the same. According to OCDE (2018) education should be moving to a more dynamic and non-linear design with a deeper focus on the actual process of teaching and learning, having as its ultimate goal students (and teachers) well-being.

Positive Psychology looks at well-being as a core and vital human need, that can be powerful for education. By implementing well-being practices it is possible to increase academic success (Adler, 2016, Seligman, et al., 2009). When aligning movement methods, new possibilities emerge. It is known in the literature that movement-based education promotes positive relationships and students' experiences with teaching methodologies; it also allows students to see real-world situations and find solutions; it improves self-regulation, and promotes overall well-being (Claiborne et al., 2020; Kellert, 2006; Myging, 2009; Taylor & Butts-Wilmsmeyer, 2020). This type of education also increases involvement with school work; overall health; concentration; good behavior; humor; creativity, plus teacher satisfaction (Marchant et al., 2019; Selhub & Logan, 2014).

The course modules includes readings elements and references.

well-being. Seligman, et al., (2019), the father a source of life satisfaction as well as a

"helper" for better learning. Therefore, linking positive psychology with mobile methods is possible and can be even a symbiosis that not only promotes teaching/learning but people's own well-being. Thus, teaching and learning can be a well-being source for both students and teachers, and movement can be a catalyst for this. If you (and we) understand that leaving the physical barriers of the classrooms (and many times mental barriers) is also a source of deep learning and deep teaching and that when you "think outside of the box" you excel yourself and your students also get that feeling, you will learn that opening your classes to the outside is not a limitation and a restriction for the curriculum, but a source for nurturing learning (and your teaching) in a more engaging and fulfilling way.

REFERENCES

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- Claiborne, Lily, John Morrell, Joe Bandy, Derek Bruff, Gregory Smith, and Heather Tedesco. n.d. "Teaching Outside the Classroom | Center for Teaching | Vanderbilt University." Accessed July 15, 2022. <https://cft.vanderbilt.edu/guides-subpages/teaching-outside-the-classroom/>.
- Kellert, Stephen R. 2005. *Building for Life: Designing and Understanding the Human-Nature Connection*. Washington, DC: Island Press.
- Marchant, Emily, Charlotte Todd, Roxanne Cooksey, Samuel Dredge, Hope Jones, David Reynolds, Gareth Stratton, Russell Dwyer, Ronan Lyons, and



Module structure

<https://moodle.elearn.uz.zgora.pl/course/view.php?id=609>

Browser address bar: <https://moodle.elearn.uz.zgora.pl/mod/page/view.php?id=2207>

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- Module 1 - Introduction
 - Module 1. Aims / Goals
 - Module 1. Discussion fo...
 - CONTENT
 - Unit 1.1. On the move?...
 - Unit 1.2. Walks can be ...
 - Unit 1.3. Study visits
 - Unit 1.4. Gamification ...
 - Unit 1.5. Positive Psych...
- Module 2 - Methods a...
 - Module 2 - section 1 - ...
 - Module 2.1. Discussion ...

Additional readings:

- Waite, Sue. 2010. "Teaching and learning outside the classroom: personal values, alternative pedagogies and standards." *International Journal of Primary, Elementary and Early Years Education* 39(1): 3-13. <https://www.tandfonline.com/doi/full/10.1080/03004270903206141>
- OECD.2023. "Building the future of education". <https://www.oecd.org/education/future-of-education-brochure.pdf>
- White, Mathew, and Kern, Margaret. 2018."Positive education: Learning and teaching for wellbeing and academic mastery". *International Journal of Wellbeing* 8(1): <https://international>

The course modules includes additionas elements

Additional video

For those who would like to learn more about positive psychology, we recommend Martin Seligman's presentation.



and information about the author(s) and affiliation

Unit's authors: Margarida Pocinho, Soraia Garcês (University of Madeira, Portugal)