

Thinking Emotions Mindfully: A dialogic and mindfulness-based emotional program for Primary school children

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This research Project has been founded by the NILS Science and Sustainability program of the European Comission (003-ABELCM-2014A).

The aim of the project was to design and pilot an intervention program to improve socio-emotional skills in primary school children. The main novelty we provide is the combination of two complementary techniques: Philosophy for Children and Mindfulness. Through the use of these techniques we expect children to develop meaningful, lasting and generalizable knowledge to other contexts. This knowledge will improve the management of their emotional states and social relations impacting their psychological wellbeing.

As a result of the program we have designed and published a complete intervention program:

Giménez-Dasí, M., Quintanilla, L. y Arias, L. (2016). *Pensando las emociones con atención plena. Programa de intervención para Educación Primaria*. Madrid : Pirámide.

We have also published a book chapter:

Pons, F., Giménez-Dasí, M., Sala, M., Molina, P., Tornare, E. y Andersen, B. (2015). Compréhension et régulation des émotions à l'école. En M. Crahay y M. Dutrévis (Eds.), *Psychologie des apprentissages scolaires* (pp. 115-142). Louvain-la-Neuve: De Boeck Supérieur.