

Gefördert durch



Activating breaks help students to refresh after a period of hard work and to regain concentration.

In the Erasmus+ project „Mens sana in corpore sano - staying healthy in school“ students from IES Marratxí (Spain), Collège William Henri Classen (France) and Inge-Aicher-Scholl Realschule Neu-Ulm/Pfuhl (Germany) produced 15 videoclips showing simple and short exercises that could be done by everyone. The exercises were invented and performed by teams of all three participating countries.

You can find more informations about the project on the website: www.mesics.eu

Mens sana in corpore sano.
Staying healthy in school.



15 short exercises for activating
breaks during school lessons.

