



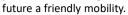






At **Preventinha's Home**, domestic safety is called for, an area that focuses on the care that should be taken at home, since a large percentage of domestic accidents occur in the age group between 0 and 14 years. In a fun and relaxed way, children are challenged to identify the dangers that are lurking and to correct them.

Violeta's Mobility School is a space for and to children, because road safety is essential and it has to be learnt since early ages. Children need to know basic procedures, their rights and ethical duties since the first age, to guarantee in the









At Zé Caruma's forest you can have fun by learning how to make a bonfire, do a lovely picnic and knowing how to let the forest really clean, you can get to know all about flora and fauna, while singing with Zé Carumas and his songs. All of this with a special goal: Protect the Environment!

Water is the "Queen" at **Lisa's Lab**, an interactive space designed to receive and explore activities related to the main theme. The young ones learn in a fun way the importance of this natural resource. A stimulate environment will challenge curiosity and creativity.









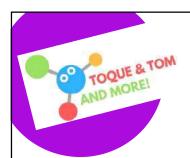
Weekly, all Kindergartens of the Municipality, have a **Music Teacher**, an **English Teacher and a Physical Educational Teacher** who develop ludic activities where playing and fun help in the improvement of essential skills in early childhood.

Music: Students develop an awareness of the elements of music through playful song experiences and creative movement. Through a story named "Music Country", the children get to know some characters that live there, such as the treble claf and the musical notes. The sound of farm animals, environment or city stimulate the attention and the memory of the young listeners. They can also play with instruments.









English: Through stories and retelling children get in contact with English. Using stories provide students their first exposure to a different language. Songs, games, rhymes and role-plays are some tools used to make English fun.

Physical Educational: These fun, dynamic, free kindergarten activities and games are guaranteed to burn some energy, increase physical fitness, and improve gross motor skills. Aside from the obvious health benefits of active games for kindergarten age kids, these games also provide children the opportunity to develop social, fine motor, and problem-solving skills. They build confidence and self-esteem as youngsters accomplish tasks they've never done before and learn how to move their bodies in new and different ways. They also improve children's balance, hand-eye, and eye-foot coordination while teaching them basic sports skills they'll need as they get older.











My Polis Academy is a gamification project that engage students and promote relational academic skills.

It has two stages: "School Heroes" that work basic skills such as literacy, numeracy, citizenship and digital literacy, contributing to the educational goals of each school subject and promote other skills.

The other stage is "Civitas Manor" where students learn how to be good citizens and concepts about democracy, as well as to practice some actions they will implement through the sessions of My Polis. Students have to act to improve Lousã's well-being and also contribute with proposals to change their Municipality, and debate with local politicians.













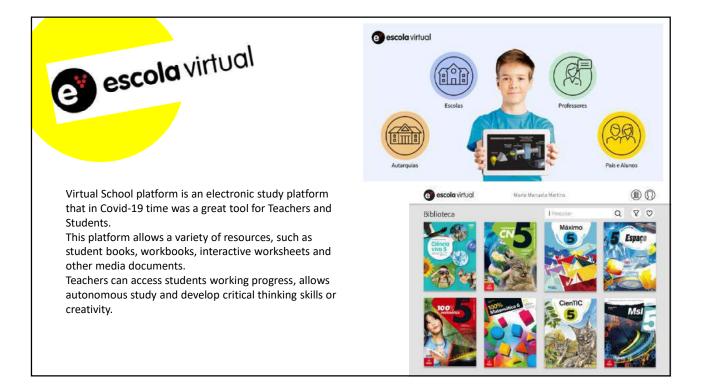




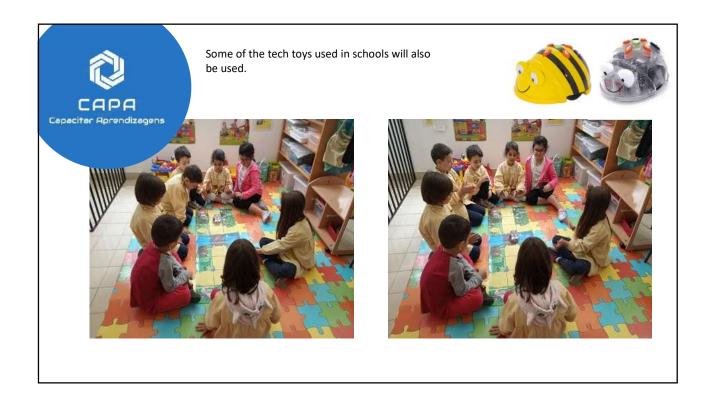




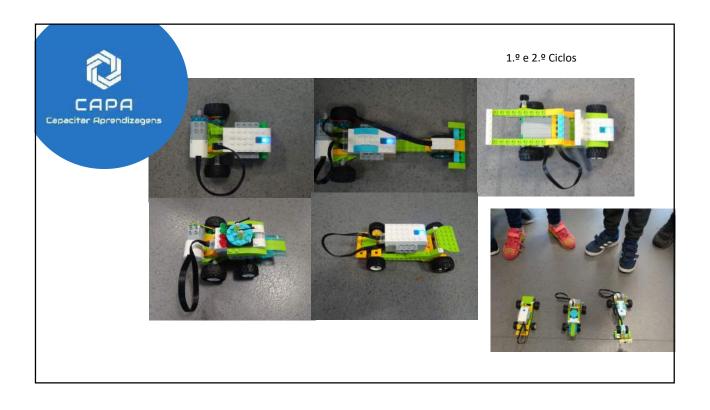








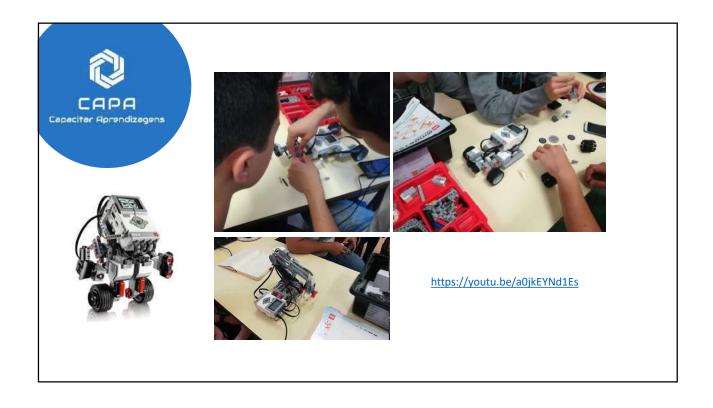














Wait and Play - Endow public spaces with a variety of kits that allow people to explore different games or toys, while they are visiting or using that public service.

As an example, a person who is waiting for his child at the Municipal Swimming pool, can play a game with another parent. Or while going to the Museum, experience an old board game like chess.





A project aimed at children from 6 to 14 years old. Its main objectives are: Consolidate the sports practice of the school-age population; Contribute so that the greatest number of young people perform physical activity; Promote a taste for regular physical activity; Develop leisure and recreation activities for children; Occupy your free time in a healthy way.







The program consists of three moments called Férias Ativas "Active Holidays" that take place during the period of school breaks for "Christmas", "Easter" and "Summer", including in August. In addition to occupying the free time of children in the municipality of Lousã, through the practice of physical, sporting, artistic, environmental and recreational activities that take place during the day in the most diverse spaces in the municipality, it offers a solution for those who have nowhere to leave their children. students during periods of school interruptions, as well as ensuring meals.







Lousã a Mexer + is a project to promote health, physical activity and sports for adults and seniors (+ 55 years), resulting from a partnership between the Municipality of Lousã and the Health Centers of the Municipality. The strengths of this project are innovating and increasing the number and quality of services, creating a card that includes a Pack with various activities (AquaZumba, Swimming, Aquagym, AquaFit, Free use, Hiking, Tennis court rental, etc...), greater profitability of Human Resources, increase the number of users registered in the Municipal Swimming Pool, increase revenue and generate benefits for people who join this project.







The Lousã a Mexer + Project has as its main objective to instill in the population of Lousã a change in behavior through Permanent Sports Activities for the Promotion and Prevention of Sedentarism, using the Principle of Permanent Health Education, in order to prevent the worsening of associated diseases lack of daily and regular physical activity.







Partnerships With education professionals

Play workshops





Partnerships With local business



Distribute board games and other traditional games, to different places, such as coffee and pastry shops, engaging families to make the traditional Sunday breakfast into a playful Sunday, where children and parents can play together and eat/dripk while having fun

and eat/drink while having fun.

Allow local toy stores to promote their products at schools, giving the opportunity to students to try and get in touch with different games, knowing also where to buy them.



