Press Release

August 2026
Issue 3

Training Modules Help Teachers Turn Well-being Principles Into Action

Training modules for teachers

A practical pathway from digital well-being awareness to classroom and whole-school action.

—

Flexible digital learning

Interactive online modules support preparation, revision, self-paced learning and blended delivery.



Co-funded by the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them. Project Number: 101195948

The PERMA-Digital project has completed a comprehensive training package for teachers, supporting the practical integration of digital well-being across classrooms and school communities.

The programme is organised into four connected modules. It begins with the foundations of well-being and the integrated PERMA-Digital framework, then moves into reflection on teacher and student needs, personalised goal-setting and action planning. Teachers are subsequently guided to evaluate digital tools, design meaningful learning scenarios and extend this work through a coordinated whole-school approach.

The materials include presentations, well-being indices, reflection logs, classroom observation tools, lesson-plan examples, evaluation rubrics, action-plan templates and whole-school planning resources. These tools help educators test strategies, review progress and adapt practice to their own context.

Interactive online versions of all four modules complement the facilitated training and can support preparation, revision, independent professional learning or blended delivery.

Co-funded by the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them. Project Number: 101195948



Image generated utilising AI and refined by UCD team.

A structured pathway from reflection to whole-school action

Module 1 establishes a shared understanding of well-being and digital well-being, introducing the PERMA model alongside the DigComp and LifeComp competence frameworks.

Module 2 moves from awareness to practical reflection, helping teachers assess their own and their students' digital well-being, examine digital boundaries, identify priorities and develop personalised action plans.

Module 3 focuses on classroom application, supporting educators in evaluating digital tools and designing PERMA-Digital lessons, meaningful learning scenarios and extracurricular activities.

Module 4 extends this work beyond individual classrooms by guiding schools through shared vision-building, strategic planning, family and community engagement, and sustainable implementation across the whole-school environment. .



Image generated utilising AI and refined by UCD team

Interactive modules support flexible professional learning

The online modules retain the same progression while allowing teachers to work at their own pace, revisit concepts and connect independent learning with workshops, group reflection and local action planning.

The online modules follow the same progressive pathway as the facilitated programme while giving teachers greater flexibility in how and when they engage with the content.

Educators can work at their own pace, revisit key concepts, use the modules for preparation or revision, and reflect on how the ideas relate to their own classroom and school context. The digital format can be used as stand-alone professional learning or combined with face-to-face workshops, peer discussion, collaborative reflection and local action planning.

In this way, the modules support both individual learning and a blended approach that helps schools translate the PERMA-Digital framework into practical, sustained action.

Digital modules: Module 1 | Module 2 | Module 3 | Module 4

Co-funded by the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them. Project Number: 101195948