

Competenze di vita e della salute

Tutte le categorie Esperienza specifica Giochi

<https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/F-rderung-der-Lebens--und-Gesundheitskompetenzen0.html>

<https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/F-rderung-der-Lebens--und-Gesundheitskompetenzen0.html>

Promuovere le competenze di vitae e della salute (<https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/F-rderung-der-Lebens--und-Gesundheitskompetenzen0.html>)

Esperienza specifica

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<https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Probleml-sung-unter-Stress-.html>

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Gioco «Risolvere i problemi sotto stress» (<https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Probleml-sung-unter-Stress-.html>)

Giochi

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<https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Fehler-finden-.html>

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[Gioco «Individuare errori» \(https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Fehler-finden-.html\)](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Fehler-finden-.html)

Giochi

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<https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Grenzen-erkunden-.html>

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[Gioco «Esplorare i confini» \(https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Grenzen-erkunden-.html\)](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Grenzen-erkunden-.html)

Giochi

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<https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Umgang-mit-Stress-.html>

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[Gioco «Gestione dello stress» \(https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Umgang-mit-Stress-.html\)](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Umgang-mit-Stress-.html)

Giochi

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<https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Balance-halten.html>)

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[Gioco «Mantenere l'equilibrio» \(https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Balance-halten.html\)](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Balance-halten.html)

Giochi

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<https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Eigene-Gef-hle-erkennen-.html>)

<https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Eigene-Gef-hle-erkennen-.html>)

[Gioco «Riconoscere i propri sentimenti» \(https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Eigene-Gef-hle-erkennen-.html\)](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Eigene-Gef-hle-erkennen-.html)

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<https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Vom-Team-ausgeschlossen-.html>)

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[Gioco «Esclusi dalla squadra» \(https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Vom-Team-ausgeschlossen-.html\)](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Vom-Team-ausgeschlossen-.html)

Giochi

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[/https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Die-zehn-Lebens--und-Gesundheitskompetenzen.html](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Die-zehn-Lebens--und-Gesundheitskompetenzen.html)

[/https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Die-zehn-Lebens--und-Gesundheitskompetenzen.html](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Die-zehn-Lebens--und-Gesundheitskompetenzen.html)

Le dieci competenze di vita e della salute (<https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Die-zehn-Lebens--und-Gesundheitskompetenzen.html>)

Esperienza specifica

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[/https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Atmen-gegen-Stress-.html](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Atmen-gegen-Stress-.html)

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Gioco «Respirare contro lo stress» (<https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Atmen-gegen-Stress-.html>)

Giochi

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[/https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Gute-Entscheidungen-treffen-.html](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Gute-Entscheidungen-treffen-.html)

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Gioco «Prendere buone decisioni» (<https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Gute-Entscheidungen-treffen-.html>)

Giochi

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[/https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Probleme-gemeinsam-l-sen-.html](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Probleme-gemeinsam-l-sen-.html)

[/https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Probleme-gemeinsam-l-sen-.html](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Probleme-gemeinsam-l-sen-.html)

[Gioco «Risolvere i problemi in gruppo» \(https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Probleme-gemeinsam-l-sen-.html\)](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Probleme-gemeinsam-l-sen-.html)

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[/https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Kommunizieren-ohne-Worte-.html](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Kommunizieren-ohne-Worte-.html)

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[Gioco «Comunicare senza parole» \(https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Kommunizieren-ohne-Worte-.html\)](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Kommunizieren-ohne-Worte-.html)

Giochi

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[/https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Grenzen-erkennen-.html](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Grenzen-erkennen-.html)

[/https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Grenzen-erkennen-.html](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Grenzen-erkennen-.html)

[Gioco «Riconoscere i confini» \(https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Grenzen-erkennen-.html\)](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Grenzen-erkennen-.html)

Giochi

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[Gioco «Trovare soluzioni» \(https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--L-sungsans-tze-finden-.html\)](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--L-sungsans-tze-finden-.html)

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<https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Rollenverteilung-im-Team-.html>

<https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Rollenverteilung-im-Team-.html>

[Gioco «Assegnazione di ruoli nella squadra» \(https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Rollenverteilung-im-Team-.html\)](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Rollenverteilung-im-Team-.html)

Giochi

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<https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Klar-kommunizieren-.html>

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[Gioco «Comunicare in modo chiaro» \(https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Klar-kommunizieren-.html\)](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Klar-kommunizieren-.html)

Giochi

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<https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Regeln-aushandeln-.html>

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[Gioco «Concordare regole» \(https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Regeln-aushandeln-.html\)](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Regeln-aushandeln-.html)

Giochi

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<https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Feedback-geben-.html>

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[Gioco «Dare un feedback» \(https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Feedback-geben-.html\)](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Feedback-geben-.html)

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<https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Umgang-mit-Frustrationen-.html>

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[Gioco «Gestire le frustrazioni» \(https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Umgang-mit-Frustrationen-.html\)](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Umgang-mit-Frustrationen-.html)

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<https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Negative-Gef-hle-ablegen-.html>

<https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Negative-Gef-hle-ablegen-.html>

Gioco «Mettere da parte i sentimenti negativi» (<https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Negative-Gef-hle-ablegen-.html>)

Giochi

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<https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Das-eigene-Tun-in-Frage-stellen-.html>

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Gioco «Mettere in discussione il proprio agire» (<https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Das-eigene-Tun-in-Frage-stellen-.html>)

Giochi

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<https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Klare-Mimik--.html>

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Gioco «Mimica chiara» (<https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Klare-Mimik--.html>)

Giochi

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[/https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Sich-im-Alltag-wahrnehmen.html](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Sich-im-Alltag-wahrnehmen.html))

[/https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Sich-im-Alltag-wahrnehmen.html](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Sich-im-Alltag-wahrnehmen.html))

Gioco «Percepirsi nella vita di tutti i giorni»
(https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Sich-im-Alltag-wahrnehmen.html)

Giochi

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[/https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Gef-hle-anderer-erkennen-.html](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Gef-hle-anderer-erkennen-.html))

Gioco «Riconoscere i sentimenti degli altri»
(https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Gef-hle-anderer-erkennen-.html)

Giochi

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[/https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Konfliktl-sung-.html](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Konfliktl-sung-.html))

[/https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Konfliktl-sung-.html](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Konfliktl-sung-.html))

Gioco «Risoluzione dei conflitti» **(https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Konfliktl-sung-.html)**

Giochi

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[Gioco «Risolvere i problemi» \(https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Probleme-l-sen-.html\)](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Probleme-l-sen-.html)

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[/https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Grenzen-testen-.html](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Grenzen-testen-.html)

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[Gioco «Sfidare i limiti» \(https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Grenzen-testen-.html\)](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Grenzen-testen-.html)

Giochi

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[/https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Unter-Druck-.html](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Unter-Druck-.html)

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[Gioco «Sotto pressione» \(https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Unter-Druck-.html\)](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Unter-Druck-.html)

Giochi

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[/https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Ideen-finden-.html](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Ideen-finden-.html)

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[Gioco «Trovare idee» \(https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Ideen-finden-.html\)](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Ideen-finden-.html)

Giochi

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[Gioco «Valutare le situazioni» \(https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Situationen-bewerten-.html\)](https://coolandclean.ch/it/themen/Lebens--und-Gesundheitskompetenz/Spielform--Situationen-bewerten-.html)

Giochi

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Gestione dello stress

Pensiero critico

Gestione dell'emotività

Capacità relazionali

Capacità decisionale

Pensiero creativo

Capacità di comunicazione

Percezione di sé

Empatia

Per maggiori informazioni: <https://www.coolandclean.ch>