CRITERION A (PLANNING)

MY LEARNING GOAL:

The moment when I had to choose a topic for my personal project, I immediately got a few ideas to choose from. I have always liked one of them the best. Ever since I can remember, I have always played a lot of sports. I have been dancing since I was a child, which resulted in frequent visits to the physiotherapist. At the age of 8, I found out that I had scoliosis and back problems. Since then, I have been forced to do health exercise and physiotherapy. At one point, I noticed that a lot of my family and friends were struggling with back pain. I have often seen my mother fail to perform simple tasks due to back pain, and at school, I had heard people mention the topic of back pain more than once.

But I've never had an interest in this topic before and haven't delved into it, but I'd love to. I would love to help people who struggle with back problems and have problems with their daily activities. I would also like to prevent this pain and suffering because I know what it is like. Therefore, hearing about a project that should affect others, I found this one to be perfect. And that this is the perfect opportunity for me to find out how helping others can affect me and whether I am good at it. I would like to delve deeper into the subject of exercise and the subject of back pain exercise in general. Through the implementation of my project, I would like to learn how helping others affects me and understand how important it is to take care of the spine. Looking at all those things I decided that as for the ATL skill that would be supporting my learning goal, the most fitting one would be thinking skills.

MY PRODUCT GOAL:

I hope that thanks to my learning goal I will be able to learn more about the exercises. I would like to start an Instagram that will reach people and help them. I hope to help people by posting useful information, photos, exercises, and videos about pain and back and spine problems. I would like my audience to be diverse, with different ages, etc. The most important part for me about the audience, I would like my Instagram page to go not only to Poland society but also to other countries. I know right away that I don't want to appear on Instagram. I plan to ask someone to help me with this project, so be some kind of a model. I am also going to prepare the place, props, exercise plan as well as a camera and other devices and record everything professionally. In addition, I would like to have some interaction with people in real life and show them exercises and explain everything. It would be good to meet the younger generation and show them exercises that can prevent spine problems. For Instagram to seem more interesting, it would be good to do a survey at school that will show the number of people struggling with this problem and then post it. I would like my final product to be an Instagram profile, which will be a tool for sharing knowledge about a healthy spine in a practical way. For supporting my product goal I choose an ATL skills, self-management skills, and the explanation of why I chose it is further in the report.

GLOBAL CONTEXT:

Identities and relationships are the global context that I chose for my personal project. I thought that this one will fit my project the best and will help me with achieving my goals during the whole process of creating too. The project itself is focused on physical and mental health, so it fits perfectly. My project encourages a healthy relationship with your body. Moreover, as is well known, in a healthy body, a healthy spirit, which is connected with mental health. In addition, taking care of your health, both physical and mental, is valuable, which directly affects the identity of a person. I mean that a person who cares about health and promotes a healthy lifestyle (which is my project) has specific values and goals that not only define their daily routine and habits but often also their appearance and cheerfulness. The global context I choose is explained and presented suitably thanks to my project.

ACTION PLAN:

Since the first meeting with my personal project supervisor, I had been writing everything about the project in my own separate notebook. As I mentioned before I need to have everything planned out to be motivated. That's why whenever I got any information about a new deadline or new assignment that I need to fill in, I wrote it into my notebook. I set goals for every month or even every week, so I could be sure that I'm on track with everything. Seeing the goals for every month I could be sure that if I do everything on time I'm doing good. Writing regularly a process journal helped me with planning because I was putting information about actions that I already accomplished, but I also added the goals that I'm looking forward to achieving. In the beginning, I was a little overwhelmed with the project and the number of assignments that were needed to do, but doing my to-do list or my plan helped me out a lot. While creating my action plan, I had to keep in mind all of the success criteria I wanted to achieve in order to have my project successful.

Dates	Task	Skills
SEPTEMBER	Chose topic, mind map about the topic. brainstorming ideas, submit all assignments, short research - Min 4 reflections - Complete first assigment - Set reminders - Choose topic of the pp - Submit the notification form	Creativity and thinking skills
OCTOBER	Deep research on the topic chosen, learning and product goal, upload all necessary information to Managebac, find a profesionalist - Begin adding evidence on ManageBac - Add learning and product goal on ManageBac - Make a research on chosen topic - Begin creating your own action plan - Look at the action plan given by my supervisor and use the checklist to see whenever I'm on track - Set a meeting with supervisor - success criteria - find a professional (my aunt is a physiotherapist)	Research skills, self-management skills
NOVEMBER	Meeting with my supervisor and the physiotherapist and discussing all necessary topics, preparing detailed action plan, continuing on doing research and by end of the month having all ideas ready, Preparing equipment and finding a person for exercise videos and photos, film the first part of exercises - Meet with supervisor - Add information from the meeting to ManageBac - Finish action plan - Meet and talk with my aunt about exercises - Find personal that will help me - buy, find equipment for taking videos and photos - Find exercises that will help and start preparing plan - Research statistics about back pain - film the first part of exercises	Communication skills and self-management skills
DECEMBER	Film the second part of exercises and edit the first part, second meeting with supervisor and 3 with the physiotherapist, create logo for Instagram, creating the Instagram - Film the second exercise video(edit and post) - Create and start posting on Instagram	Self-management skills, communication skills and

	- Slowly prepare survey - Second meeting with supervisor - 3 meetings with my aunt - Work on the end product - Be active on Instagram	thinking skills
JANUARY	Edit the second part of exercises, prepare posts for Instagram, post on Instagram, do a survey, prepare myself for visiting PYP, contact with supervisor and 4 meeting with physiotherapist - Prepare a presentation for mini-pitch - Continue working on end product - Meeting with my aunt - Done with survey - Continue posting on Instagram	Creativity and thinking skills, self-management skills
FEBRUARY	Film the third part of exercises and edit them, continue posting on Instagram, do two meetings with PYP, do the survey, meeting with supervisor and physiotherapist - keep posting on Instagram - Third meeting with supervisor - meeting with my aunt - Start writing report - Finish up presentation for mini-pitch and rehearsal it - After mini-pitch fill in the google form - prepare myself before the activity in MYP - 2 meeting for MYP	Self-management skills, communication skills, thinking skills, social skills
MARCH	Do one more meetings with PYP, Continue posting on Instagram, start bibliography, last meeting with physiotherapist, start writing report - Start report - Check report - Fill in the academic integrity form - Prepare for the PP fair	Self-management skills, communication skills, thinking skills, social skills
APRIL	Concluding everything, checking success criteria, keeping up Instagram account, finish the final report - Send the final draft to supervisor - finish report - Submit all work to supervisor - Prepare for the PP fair - done with the PP fair	Self-management skills, research skills and thinking skills

PRODUCT SUCCESS CRITERIA:

I believe that the product success criteria are necessary in order to see whether the whole process together with its outcome was successful. Thanks to the success criteria that I choose myself I'm able to decide which working practice I need to improve in the future. Through those things I'm able to judge whether I succeed or not, I can also reflect on my work and my weaknesses and strengths. To come up with a few success criteria for my project I need to brainstorm a little bit. When I listed down all of my ideas I choose several that seemed challenging but doable. When choosing then I needed to analyze if the criteria isn't too easy and also if I'm able to do it. These are the main criteria: 1)Response from the audience 2) Help children, do a meeting with them 3) Have my Instagram growing all the time. I will explain each one of those in the table below. During the project, I have been adding more ideas to my project so that means I was also adding more success criteria for example; meeting with MYP that I didn't plan at the beginning. There is also a smaller success criteria that I also took into consideration during my project.

Product Success Criteria	Explanation
Response from audience	The most important part of the project is the impact I have on society. Hearing the feedback(both pros and cons about the profile, exercises, work, etc.) is something that motivates me to work harder. By feedback, I don't only mean comments or responses on my Instagram. I know that my whole family and most of my friends follow me and if they call me or tell me at school that I help then that also means a lot.
Help children(PYP), do a meeting	I did three meetings and I exercised with them , I explained for what the exercises are and why. To see if I helped them or not I did a short survey.
Have my Instagram growing all the time	Since the beginning of my Instagram page (@spine_healthexercises), I decided to post at least 25 posts. Checking the statistics/data concerning the number of followers and views of the profile was meant to show the progress together with the development of the page.
Visual aids	I wanted my Instagram to be interesting. I didn't want just to post an written explanation of the exercises. Some of them are showed by photos and some are videos. I also add statistics that were made by me by my survey. In addition written information I added on special templated that I did on my own

Success Criteria	Below expectations	Meets expectations	Above expectations
FOLLOWERS	Have less than 50 followers	Have around 100 followers	Have more than 130 followers
VISUAL AIDS	My instagram includes no visual aids to help explain the exercises	My instagram includes pictures to help explain the exercises	My instagram includes videos explaining the exercises
INFLUENS/HELP	My instagram is not helping others	My exercises are clearly helping others	My exercises are helping with not only back pain
SELF-MANAGEMENT	I have been able to follow most of the deadlines and tick all of the items	I have been able to follow most of the deadlines and tick all of the items	I have been able to follow all the deadlines and extend my checklist with items that needed adding
POSTS	Have less than 15 posts posted on Instagram. Which will only consist of	Have around 20 posts on Instagram. Which are photos of exercises made by me, informational posts	Have more than 30 posts that will consist of exercise photos and videos made by me, exercise posts that I made from internet, few

|	exercises		informational posts, posts with additional information about spine health

CRITERION B (APPLYING SKILLS)

Self-Management Skills

From the very beginning of the project, I had to use my self-management skills, already in the first two weeks, I had to have everything planned in my plan. As I mentioned before, I like to have everything planned out, but you need to have extra time for planning and at certain moments I didn't have that time to think and analyze everything. During this whole project, I've been setting myself reminders about all the important things I needed to do.
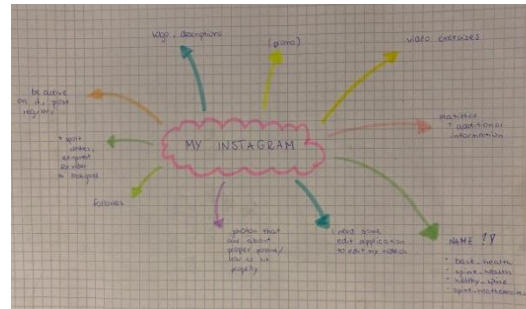
Everything I did had a plan: days and hours of meetings with the person from photos and recordings on Instagram, all exercises were listed one by one, and how long it would take to record them. When doing the survey, I had written down to the minute what class I would go to, I also wrote myself what to say to be sure to be well prepared. I'm an organized person, when I got information about any deadline, I also gave myself my own date to finish the thing earlier. I tried very often to do brainstorming and mind maps to make it easier for me to work. It may seem that I am not spontaneous and I am not a risk-taker, but I am, I assume that if I have time for something and I know that I can schedule it, I will. Because I feel better with a detailed plan.

But like everyone else, there were difficult and unpleasant moments that made me understand that I still need to improve my self-management. The greatest difficulty for me was to add and submit all evidence on
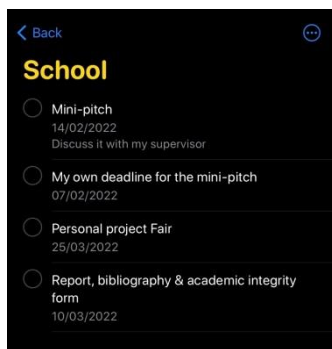
Managebac, I should add information every week, but it was difficult for me to find time for it. It was also difficult for me to divide the school, training, driving license, and private time, I could not find an hour a day for PP. In addition, I often did not go to training or did my homework in a hurry to write down something in my notebook at least twice a week: what I have done and what I want to do. Of course, I managed to do nothing for a week, even if I had something planned, but then I made up for everything and it seems that overall I improved my time organization and my self-management skills a lot. Now I can plan my day and do what I have to do.

RESEARCH:

The first thing after finding the topic for my project was doing research. As I mentioned in the beginning, the spine problems topic has been around me all the time. Before I started my research, I had a general plan prepared in advance. I like to have everything planned out to some degree because it makes my work easier and motivates me.

In the beginning, I was looking for the answer to questions like; what I'm looking for?, what topic do I want to know more about?. In the beginning, I started looking for general information about the problem with spine health, why it occurs, can it be genetic, does time and frequency of pain mean something, and how many people suffer from back pain.

Then, after some time, I did more detailed and precise research. The most important element of the search was a possible solution, or how you can prevent and help a person with back pain. That's what I tried to focus on the most;

- what needs to be done to make it better?
- is it possible to completely help a person with such a problem?
- Can exercises fully help?
- How often should some exercise?

 From my experience, I knew that there are exercises that help, but I was not sure if they were intended only for my problem and whether they would harm another person, for example, an elderly person. I wanted to find exercises that would suit every age group so that I could help everyone. After finishing deep research, that was time to do one of the most important things; find exercises, sources that I will use, find knowledge about photography and filming. Throughout the entire process, I encountered new or unknown things, which is why I was doing a little and much-needed research every time I need to.

My main source was digital research, which means that I was looking for information on the Internet that I needed for my project. I have used a large number of different sources. To make sure that the information I am using is reliable, I try to find the same information in several sources to be sure. I watched a lot of videos on YouTube because I like to see and hear about what I am looking for, this way I remember faster and understand more. I was looking at a lot of Instagram stories and pages with similar topics to mine to find inspiration and get acquainted with this topic, I wanted to see how other people have this type of Instagram. Creating an having a public Instagram was something completely new to me, so I had to do quite a deep research about it:

- how does Instagram work?
- how to attract followers?
- how to keep Instagram interesting and encouraging?
- what hashtags to use?
- what application should I use to edit photos and videos?

Running an Instagram account may seem very easy, but these are only appearances. The most important thing was to find a list of exercises that are reliable and make a careful selection and post good quality videos and photos.

My second source of information was the contact and supervision of a professional. I can't believe everything for one hundred percent that is the Internet. That's why I asked a specialist, my aunt, a physiotherapist, for help. That she would control and supervise my project from time to time. My goal for the project was to help people through the exercises and information provided on my Instagram. Once a month or more, I met my aunt at her work and we talked about the project, we looked at the action plan and goals that I had to accomplish. I asked questions and showed information from the previously done research, I had to make sure that each exercise I chose was healthy and would help. At the meetings we analyzed and my aunt explained how the exercise helps.

Taking action together with applying skills in order to create a product:

From the moment I chose the topic, I started to work, there was no time to waste. I started with little steps which turned into big steps towards the end. Throughout the project, I tried to follow every deadline very carefully and to do everything according to every plan I made.

I started my adventure with the project from finding a person who would be willing to help me in the project, a model that would be for photos and videos with exercises for instagram page. I asked my neighbor Ada for help, I thought that she is a beautiful and athletic person, so she had no problem with exercising, in addition she lives close to me, so it was easy for us to meet whenever we wanted. We met 5 times, the first meeting (11/29/2021) was quick. I explained what I would like to do, what exercises I plan to choose and talk to her about the props and the place where we will record. Before the next meetings, I prepared;

- Moved the couches out of the living room
- yoga matt
- clothes
- recording equipment (camera, tripod, microphone)

and together with Ada we worked on the project. It looked like this: for each meeting I prepared about 7 exercises and then we met and took photos and filmed videos. There was always some music playing in the background, for us to feel better. Every meeting took us around 2 or 3 hours. To prepare, focus and have a successful end product it takes some time. After each meeting, I had to make a material selection, which photos to choose and which to edit. I must admit that recording and taking such professional photos was something new for me, I have never done it before. But I'm glad that I experienced something new, I will definitely somehow use it in the future. At the very beginning of the recording, my hands were shaking and the videos did not look good, at some points with Ada (the neighbor) we couldn't help but laugh . There were endless rehearsals and terrible recordings, not to mention the photos I had to
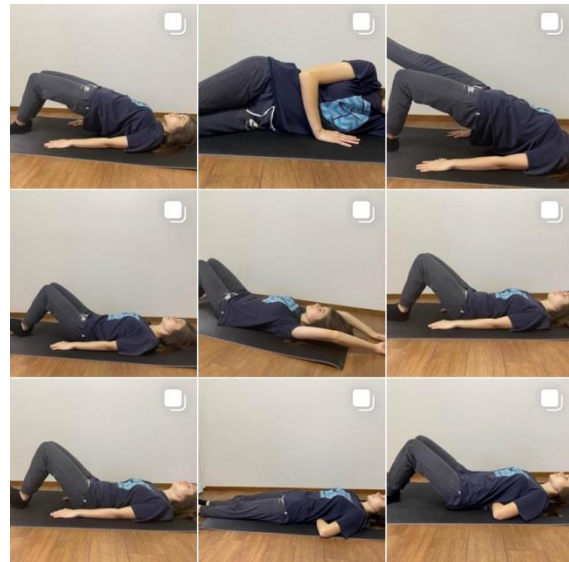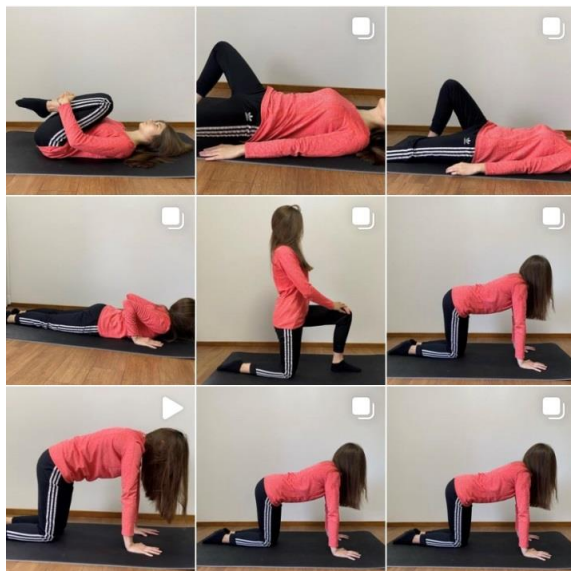
delete because I didn't like them enough to keep them.

At the end of December, I created my Instagram, during that time I was already done with 2 meetings with Ada. I had material waiting to be posted. But in the beginning, I had to invent and make an Instagram logo. I started everything connected with Instagram by coming up with a good name. I ended up with "spine_healthexercises" which explains what is my Instagram about. Then using my research skills to find a website where I could make a logo and design my first post. I decided that the first post must be informative, what is this account, why, and what will I post there. In the beginning, I struggled a bit because I wasn't sure if all the fonts, colors, and ideas fit together, especially because I tried a few options and when I asked for an opinion I heard every possible answer, which didn't help at all. And I spend a lot of time and effort on it. I wanted my Instagram to look exclusive and elegant, but on other hand positive, interesting, and reliable.

At the very beginning I added a basic informational post, I used the "canvas" application to prepare this post as well as the logo. I designed everything myself, my main colors were gold and black. As I mentioned,
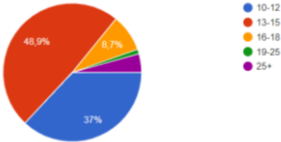
I wanted my Instagram to encourage every age group, so I focused on elegance and neatness. The next two posts on my Instagram appeared on one topic of "rules of performing daily activities". Then I started posting exercises with a description, I always added hashtags and emojis. These little things may seem silly, but they help a lot. I also thought about creating my own hashtag which is #takingcareofyourspineisnthard. And I used it every time I posted something. When you add those things Instagram seems friendlier and more well-organized. From time to time I made meetings with Ada and added the recorded material regularly. With each post, I had more and more hashtags to add. So that I would not make a mistake in any exercise and to make me feel organized, at the very beginning I made a file where I added all the exercises and their explanation.
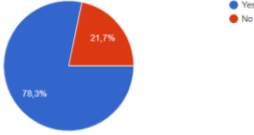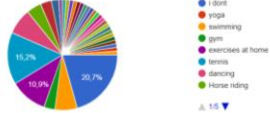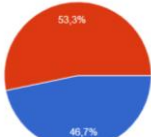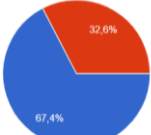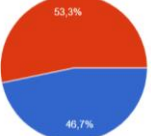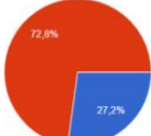
In December, an idea came to me to survey my school. For MYP students to answer questions about back problems. I thought that to make my Instagram even more interesting, it would be fun to post the statistics of ISoB students and show how many of them are struggling with this problem. It was also a great opportunity for me to learn something about Isob society. And that's what I did, in December I started to slowly think about the questions and the choice of website for the survey. In January, I had the entire Internet survey finished. At the very beginning, the survey had 13 questions, but I decided that I don't want the survey to take a long time, so I shortened it and the final product had 8 short and closed questions.

On 2/28 I went to different MYP classes and presented my questionnaire. Earlier, I concluded that if I put a link on Microsoft Teams, there would be very few answers, so my final idea was, to go to some classes and do the survey with them. The tasks seemed very easy, go into the class, ask if I can take 5 minutes from the lesson, and ask the students to fill in the questionnaire. In the beginning, I chose the classes to which I was going to go (I am listing the classes), then I wrote down how long I think it would take me. I did not notice on the school timetable that one of the classes is divided into 3 classes on my scheduled time, due to the lessons in different languages. So my scheduled time was extended because I had to go to 3 instead of one grade. The next problem was the way I posted the survey. I sent a survey on the general school channel on Microsoft Teams, but I did not know that younger classes such as 6th grade are not on this channel, so not everyone had access to the survey. Few people did not have a phone with them so it was not a problem because they filled in the questionnaire from mine, but when I asked if they all had Teams applications on their phones, I was shocked when I heard the answer. Around 3 people in each class had Teams, because of this problem everything was taking longer and the children had to send each other a link to the survey via SMS. By the end of the day, I had finished with 92 survey responses. After some time, I analyzed the questionnaire, but I did not put the results immediately on Instagram. The plan was to do this at the end as an excuse to add one more series of exercises.

"Looking at the statistics, I'll add more useful exercises" that was my excuse that I used and after I added one more series of exercises.

Analyze of the questionnaire:

Questions		Explanation
What is your age?		I went to G6, G7, G8 so most of them were from 13 to 15, but also a big amount of students were 10 to 12 years old. I also asked my classmates to do the survey so there are few answers form 16-18 years old. As I uploaded the link on Microsoft teams some of the teachers did it, so there is few answers from 25+.

Do you do any sport? Do you spend time actively?	Do you do any sport? do you spend time actively? 92 odpowiedzi ● Yes ● No 21,7% 78,3%	The main purpose of this question what to see if kid have some activity and if most of kids because of the sport have problems with their back. And most of them answered that they spend time actively and they do some kind of sport.
What sport do you do?	What sport do you do? 92 odpowiedzi ● i dont ● yoga ● swimming ● gym ● exercises at home ● tennis ● dancing ● Horse riding ▲ 1/5 ▼ 15,2% 20,7% 10,9%	Most of people answering the survey were kids so to make the questionnaire interesting for them to answer I thought of adding a question about what sport they do If they do. And as a result I saw that they were really excited to answer that question, and tell something about their self.
When sitting and walking do you keep your back straight?	When sitting and walking do you keep your back straight? 92 odpowiedzi ● Yes ● No 53,3% 46,7%	I wanted to check if a lot of people remember about always straightened back, it is one of the most important things related to problems with the spine. It is one of the biggest causes of backache in humans. The result is that most do not mind themselves to walk and sit with their backs straight.
Does your back hurt sometimes?	Does your back hurt sometimes? 92 odpowiedzi ● Yes ● No 32,6% 67,4%	This question was one of the most important questions, it was for these answers that the whole survey was made. As expected, most people have back pain sometimes, and it could be caused by the previous question, which is wrong posture. Not keeping your back always straight.
When does your back hurt?	When does your back hurt? 92 odpowiedzi ● it doesnt ● i dont know ● when i sit for a long time ● when i bend down ● when i walk for a long time ● when im lying 8,7% 10,9% 22,8% 7,6% 20,7% 29,3%	I wanted to know if people pay attention to their pain, when they think about it, and how often. And if not, I wanted them to reflect on their selves. Answering the question, they must have noticed when the pain was hurting and I hope that they thought about it deeply afterwards and maybe they came to some conclusion.
Do you do or have you ever done preventive exercises for the back?	Do you do or have you ever done preventive exercises for the back? 92 odpowiedzi ● Yes ● No 53,3% 46,7%	The answers to this question were the most interesting. And I was very positively surprised by the results, when I talked to my friends, no one had exercised for a healthy back before. Most of the answers were that she did not exercise, but so many people said that she had exercised preventively before. I am very happy that almost half of the people have been doing the exercises and trying to adjust their future.
Have you ever been to a physiotherapist because of back pain?	Have you ever been to a physiotherapist because of back pain? 92 odpowiedzi ● Yes ● No 72,8% 27,2%	I was curious if people were trying to change something about themselves, and if they were trying to help each other. Based on this question, I can see that most people did not come to visit even if they were in pain. This is a very bad procedure, if we see a problem in ourselves and any help is possible, it is worth using it and helping yourself.

Over the next weeks, I added exercise posts. I was meeting regularly with Ada, and recording the material that I would then post. One day I had an idea to enlarge my project, I had neither planned or intended to do it before. I decided that if the goal of my project is to help others and have some impact on society, the idea is to meet people and present my project to them. I thought for quite a long time about the meeting, using my thinking skills, I concluded that I would go to the PYP and tell them how important back exercises are. Why you should exercise prophylactically, and preventively and what are the consequences of not taking care of the health of the spine. I did not want the meeting with me to be boring and for the children to just sit and listen, so I decided to show them the exercises and practice with them.

After planning the day and time of the meeting, I moved to action. On 03/03/2022 I had my first double class which took about 60 minutes. My first meeting was before lunch break with G4a and after the break with G4b. Classes took place in the gym, I began the meeting with my speech. I told the children what a personal project is and why I am there with them. But the main goal of the meeting was to make children aware of how important it is to take care of their backs, and why, from such a young age, it is necessary to

pay attention to a straightened back and to regularly perform preventive exercises. After my explanation, there was time to exercise, everyone had an exercise mat or mattress. I had a word file prepared on my computer where all the exercises were saved with an explanation. Then I showed the exercises, explained how they work and helped the children to do them properly. Both classes managed to do about 21 exercises in such a short time, which is a great result.

Before going to the meeting, I thought to diversify the lessons, even more, I wanted to prevent boredom and lack of interest from the children. That's why I concluded that I would also do a small and nice questionnaire for them before and after my lesson. The main purpose of the survey was to find out how they felt before and after exercise. I also know very well that children are very honest and it was from them that I wanted to find out how they liked my lesson, and to make sure they would remember something from it, I added a question about a favorite exercise with the thought that it would help in remembering at least one favorite exercise. Those two questionnaires were very simple and pleasant to make, so the children liked it, I brought them various colored markers and pens to make them smile during my lesson. But I

had one problem, the survey was in English and the children were still relatively young, so some people found it difficult to understand what was going on and what to write. In addition, in some classes, some new students from Ukraine did not understand anything that was written on the paper. So that no person would be stressed and not feel uncomfortable, I stated that the problem was serious and he would use gestures and jokes to explain the questions. Everything worked out without any problems, after a while each child was able to consciously answer the question without any stress or pleasure. The questionnaires themselves were on paper, which means I put a lot of time and effort into preparing them. In the beginning

I had to design them, which took me a long time, I didn't know what questions to ask and what the questionnaire should look like so that the student liked it.

The final product of the first questionnaire looks like this: you need to color the right amount stars, and mark the second question with the right answer. The final product of the second questionnaire looked like this: the answer is to color the appropriate number of stars and hearts, and draw or describe your favorite exercise. Overall I think they really liked my lesson, my opinion is based on the answers that I got from the questionnaire.

The third and final meeting was completely different. After the first two lessons, I thought a lot about what else I can do and what I can change for the better. After thinking for a long time, I concluded that at the end of the class the children were distracted and were already a bit bored, and I wanted to prevent that from happening in the third class. That's why I concluded that in the next lesson with G5, the children will show each other the exercises. I will choose in turn every child who was willing to help (I did not want to force

anyone if someone did not want to or was ashamed) and it will be on my mat to show and explain the given exercise. For the whole plan to work, I had to prepare the exercises better, I thought that I would print out each exercise and the children will randomly choose what exercise they want to do and show. That's what I did, I printed 25 exercises with photos that I took myself (those that are on Instagram), and each child came to my mat, drew two exercises and showed them, and

translated either with their own words or read the translation I had previously prepared from the card. At that time, I was either helping others to do the exercises well or doing them myself.

In my opinion, the third activity was much more interesting for the kids, and they had more fun and enjoyment. I think everyone had a good time and the guys understood the seriousness of the situation and how they can help themselves in the future. I am very happy that I was reflective after the first class and that I changed something that turned out for the better.

After those meeting the only thing that I still needed to do was finish posting on Instagram, in the beginning of April I added last 8 posts and I ended up with 31 posts at the end of the project.

CRITERION C (REFLECTION)

My biggest reflection throughout the project

One of the most important reflections was helping others. When starting the project, my main goal was to help people with spine problems completely, by completely I mean that I wanted to help people in 100% and for their problem to be solved by my exercises. For the first 2 months, I was completely convinced that I can help people who have back problems one hundred percent. I hoped that thanks to my exercises, I would prevent and help peoples spine. In the second month of the project, thanks to my research skills, I came across a website that made me realize that to help a person who already has a serious problem with the spine, my exercises and advice may not help, it's impossible to overcome such a big and serious problem just by doing few exercises every day. You can change the pain or the frequency of it of that person but you can't take fully pain away. After consulting the physiotherapist, I made sure of this information that I found if it was right. Then I heard more detailed information from her. I found out that such a person can't be completely helped, but in order for there to be any effect, such a person should:

- exercise regularly
- go to the physiotherapist regularly
- go to the swimming pool often if pain allows you too
- go to a specialist for massages to loosen the muscles and the tension in the body
- do properly all daily activities

Thanks to this, it may be possible to heal the spine and heal the pain. But you cant always be one hundred percent that something will help, that's why I recommend going to a personal that has knowledge, and is a specialist. Therefore, I wrote in my bio about it (exercises cant fully help, recommended going to a physiotherapist) so no one would have a grudge or hope that thanks to my exercises they will cure their disease. After this reflection, I changed the goal of my project to prevention back problems in the future, generally take care for you spine to be healthy, and generally help people with back problem if possible. In order to make my observers aware of this, in my bio I added such information that

THINKING SKILLS:

During the whole project, I had to think every day and with every activity related to my personal project. For many things I had to sit down and think, invent something in a creative way, then look at it from a different perspective, i.e. use critical thinking. The whole project and work on them required great sacrifice

and a lot of imagination. For example: before putting a post on Instagram, I had to think about the title, hashtags, how to explain the exercise in an understandable and transparent way, what to do to make everything look neat and professional. Other important skills I used during the project and in what way:

Communication skills	Social skills
-meeting with my aunt	- impact on people from instagram
-meeting with my supervisor	- meeting with MYP
-responding to comments, feedbacks and texts	- going to PYP to do the survey
-making a survey	- meeting with Ada
- posting on instagram	- PP fair
- evidence on MB, report	- mini-pitch presentation

REFLECTING GENERALLY:

I think the project outcome is great, but I would do something similar again I would change a few things.

The first one would be starting everything earlier, I started posting on Instagram in January and it would be a good idea to post everything in early December. The whole project would look a little bit different then. I guess I would have more followers and more views because Instagram would be created faster and there would be more time to get a bigger audience.

If I could turn back time, I would go to each class to practice and explain the project. It was a great pleasure for me to see the younger ones who listen to me carefully and want to take care of their future was a wonderful experience for me. I also enjoyed the adrenaline rush before each meeting as I was getting ready for the meeting and wondering if the kids would like it.

If I could, I would also change the duration of the entire project. It would be nice to be able to run such an Instagram for, for example, two years. I would get more followers which means I would help more people. it would not be such a rush and I would not get overwhelmed with all deadlines. Then I could calmly do more meetings with children and easily find time to work on the project and divide private life and school. Certainly, for an extended period, I would have more ideas and the project would be bigger and better. Which does not mean that I am not satisfied with the current project. I'm just wondering what I could have done better. But overall I did a lot in such a relatively short time anyway. And I am very proud of myself because I can see that I have learned a lot and that this project has given me a lot.

REFLECTION ON SUCCESS CRITERIA:

Looking at my success criteria, I can say that I have met most of them. This shows that I handled my project well. Throughout the whole project, I was looking forward to completing both success criteria that I prepared.

Starting with a reflection on Instagram itself. My project is based on an Instagram profile where I post posts with exercises and information related to the spine and how to take care of it. Some posts consist of several photos or videos. Under each post, I have a general title and below that, exercises or information about the post are explained. I have at least one comment under almost every post. My Instagram consists of an

2 informative posts – what is my account about, and what I will post. The second post was just to inform my followers about upcoming exercises.

21 exercises – photos and videos of Ada doing the exercises.

2 tips on how to take care of your spine in everyday activities

1 post on statistics

5 posts with exercises without my photos.

So looking at the success criteria, I very successfully completed one of them. I didn't think that it would be so fun and I will enjoy posting on Instagram. That's why I have different types of posts. Which means I did the criteria even above my expectations (Have more than 30 posts that will consist of exercise photos and videos made by me, exercise posts that I made from internet, few informational posts, posts with additional information about spine health).

Taking about posts and how they look like. The whole project started by me taking photos and videos of my friend Ada. I prepared myself well, and final photos looked really good. Which shows that one of my criterion (visual aids) has been successful. Which means that I did succeeded second time and did something above my expectations. On my instagram I have photos taken by me and taken from books, there are also videos that show and explain the exercise.

The next success criteria I am very proud of is self-management. It was the most difficult for me to achieve, due to the amount of work and the short time I had. At some points, I felt an enormous pressure that I was putting on myself. Sometimes I also felt overwhelmed by all the deadlines I wanted to do even earlier than it was supposed to be done. But all of this did not stop me from working hard on the project. During the project, I saw that i have been able to follow most of the deadlines And tick all of them from my checklist. But in the beginning it was really hard to follow all deadlines, I was always forgetting to put evidence to managebac, even though I had everything written down in my own notes. But later , when I started doing some action I saw that I started to be able to do everything with the deadlines. So overall I didn't managed to make a criterion from above my expectations, because of the hard start that I had in the beginning. But I'm still proud of myself and my progress, because I see how much the project gave me, and how much I used and got better at self-management skills. The skills that I choose for the product goal was a perfect decision. Even in difficult moments for me, I kept all the most important deadlines, and throughout the project I added a lot of points to my checklists. Due to the meetings with children that weren't planned at first as well as the questionnaire, I needed to add more points to my action plan.

The next successful success criteria are responses from people. The moment I added my first post, an idea came to my mind, writing a comment seems to be easy, but from my own experience I know that sometimes you don't want to write what you like and what you don't. So I decided to make it easier for everyone, it is enough to comment on my post with a red heart, which means that you like the post very much, and most importantly, someone performs these exercises and hopes that they will help. That is why each heart under the post means a lot to me, and people know what commenting a red heart means because of my bio, in which I informed (comment red heart if you enjoy and, or do exercises from my instagram). Overall I didn't expect so many people messaging me about my instagram and my exercises. The most shocking part for me was the response I got from my friends. They texted me on private chat

about that project and about exercises, asking for advice about back pain and if I need any help. I got from them videos where they are doing my exercises, I was so happy to see that.

Overall Im really happy with the result, in my opinion choosing thinking and self-management skills as two supporting my product and learning goal ATL skills was a great idea and I hope I described why I choose those skills very well. I also think that the global context that I chose fits perfectly, the whole project is about mental and physical health and that's what the global context is also about. Looking back at the success criteria I don't think I made them too easy for me to achieve. What I did during the project was, I didn't think a lot about them. I just did what I wanted to , and what seemed fun and interesting for me. That's how I ended up achieving most of my success criteria above my expectations.

That's why I won't stop posting on Instagram, I really enjoy helping people. The though in my head that somehow I help people and I make their life easier is something special that I've never experience before. At the beginning of the project I was really scared that someone will laugh because of it, that's why I asked Ada for help. But looking at it now, I think from now on I will ask Ada to do photos and videos of me. I want to be a little bit more active as myself, not as someone else on Instagram. And after that experience I know that I can't be scared to be myself and do what I like and enjoy doing.