

The educational community has a tool that will strengthen your mental health

- *Diarios de Emociones*, a tool aimed at schoolchildren and teachers
 - As part of World Mental Health Day (October 10)

October 13, 2025. The educational community has access to the educational tool *Diarios de Emociones* (Emotions Journals), designed to strengthen the emotional well-being of children and teachers in public schools across the country.

The resource was developed jointly by the Ministry of Public Education (MEP), the PANIAMOR Foundation, the Jiménez y Tanzi company, and FIFCO, in the context of World Mental Health Day, which is commemorated every October 10.

Diarios de Emociones is derived from the *Lala camina hacia la paz* (Lala Walks toward Peace) campaign and seeks to integrate emotional management into everyday classroom practices. The goal is to strengthen the mental health of the educational community and contribute to the construction of more empathetic, safe, and resilient school environments.

The resource consists of two journals:

Journal for students: Aimed at children aged 6 to 9, it promotes emotional self-awareness, teaching them to identify, express, and manage feelings such as joy, anger, fear, and empathy. Its design encourages dialogue and emotional connection.

Journal for teachers: Entitled *Navegando hacia mi mundo interior* (Navigating My Inner World), it offers educators a personal space to reflect, connect with their emotions, and practice self-care, recognizing that their well-being is key to accompanying their students in a more conscious and effective way.

Maria Pía Robles, FIFCO's Director Corporate Relations, also highlighted the value of this proposal. *"This project reflects our vision of expansive sustainability: one that generates well-being beyond the company and contributes to a more empathetic, conscious, and supportive citizenry. In partnership with the Ministry of Education and PANIAMOR, we are putting our capabilities at the service of a national cause: strengthening mental health from an early age."*

"When we recognize and accompany our emotions, we lay strong roots that allow us to grow together and build empathetic and healthy communities. By bringing Diarios de Emociones to life, we reaffirm our deep desire for children and teachers to have safe, sensitive, and humane spaces," shared the Escuela Llorente de Flores, where the initiative was officially presented.



Oscar Valverde, Executive Director of the PANIAMOR Foundation, commented on the relevance of this joint effort: *"On World Mental Health Day, we reaffirm our commitment to Costa Rican children and education. The Emotion Journals are a tool for students and teachers to enhance their emotional well-being and build more empathetic, respectful, and resilient classrooms."*

Gustavo Jiménez, Manager of Jiménez y Tanzi, added, *"We are deeply honored to have contributed to bringing to life the books of the 'Lala camina hacia la paz' program, which promotes a culture of peace from early childhood. With more than 65 years of experience, we believe in the power of education and reading."*

The input is the result of coordination between public institutions, the private sector, and civil society in response to the mental health challenges faced by Costa Rican children. At the same time, it promotes tools that prioritize the emotional well-being of the educational community as the basis for a more humane, comprehensive, and transformative education.

The tools will be delivered to educational institutions in accordance with a 2025-2026 work plan: strategic criteria for selection and distribution to the country's public educational centers.

About FIFCO

FIFCO is a beverage and food company with 117 years of history, with operations in Costa Rica, Central America, Dominican Republic, Mexico, and the United States, 5 manufacturing plants and 13 distribution centers. It has 3 business divisions that include Florida Bebidas (food and beverages), FIFCO Hospitality (real estate sector) and FIFCO Retail (retail sales). It exports to over 10 countries around the world and has a portfolio of more than 2,000 products.