

Mindfulness in Schools – Workshop

Being more mindful is scientifically proven to enhance our lives both physically and emotionally. It is also a way for us to recognise the people and world around us in a much more focused way.

Course content:

- What is mindfulness?
- Mindful workplace/classroom (create mindful space)
- Grounding exercise focusing on self and breath using Mindful activities
- Mindful movement consisting of a range of movements/stretches and then a final guided visualisation activity. All activities can be from 5-10 minutes or extended to create a lesson based over a range of the activities. This allows staff to create a plan based on the needs of their students and what works best within their working environments.

Overview:

This is a brief overview of a one day workshop for anyone working with children to introduce the concepts of mindfulness to enhance health and wellbeing to all. Throughout the workshop you will receive a wide range of ideas and resources to allow you to see how easy it is to bring simple exercises into your classrooms.

Many mindfulness courses focus solely on breath and awareness. Traincon workshops bring together a wide range of activities that are very useful for both children and adults alike. These concepts can be adapted to suit the age group of the children and time available. We look at lot of activities /stimuli that are not just about sitting still and breathing which gives participants a range of tools to use for their particular needs.



One full day of high quality training.

Dates – 18 March 2020

Time: 9.30am - 4.00pm

Cost - £85 (lunch included, please advise of any dietary requirements when booking)

Venue: St Aloysius (Junior School), Hebburn, NE31 1BQ

Booking Details: Email pburn@st-aloysius.co.uk



Delivered by Bridget Woodhead

CPD Certificate Included

