

COURSE TITLE

MINDFULNESS APPLIED TO CLASSROOM

Presentation

Defining Mindfulness as the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

During this course we will learn how to apply these techniques of awareness in a classroom. Where teachers will develop strategies of teaching and managing the student's behaviour in a more effective way.

The **objectives** of the course are:

- To learn about Mindfulness theory and how to be applied in students.
- To identify the most relevant strategies required to apply these techniques in an academic context.
- To know about the key aspects of the Applied Mindfulness in the classroom.
- To identify and use different tools to find new ways of teaching.

Target group

The training course is addressed to primary and secondary school teachers, VET teachers, VET trainers, adults' teachers, managers and employees of enterprises as well as social and youth workers of non-profit organization and public entities.

Course language

This course can be provided both in English and Spanish.

Methodology

The methodology used in the course consists mostly on practical tasks with the teacher's explanation of specific contents related to the objectives of the course. Some basic philosophy is included, to understand how it works mindfulness in the classroom.

Constant feedback from the teacher will ensure that the concepts, tools and methods are acquired by all participants.

Course structure & contents

Day 1	<ul style="list-style-type: none">• Presentation of the Mindfulness applied to classroom.• Finding basic concepts and learning theory applied.
Day 2	<ul style="list-style-type: none">• Establishing the project structure: methods and practice• Finding awareness situations: tools & strategies.
Day 3	<ul style="list-style-type: none">• How to apply motivation in students.• Mindfulness workshop 1.
Day 4	<ul style="list-style-type: none">• Improving relationships between partners and teachers.• Mindfulness workshop 2,
Day 5	<ul style="list-style-type: none">• Resolution of conflicts.• Handing out the Certificates of Participation.• Farewell dinner & live music.

NOTE: This training course can be funded using Erasmus+ grants (under Key Action 1). In case you need help with the application process, please, let us know.