

ALGARVE

Mindfulness and Positive Education at School

Course Duration: one week, from Monday to Saturday, 30 hours

Location: Algarve | Portugal

Number of Participants: Min. 6 – Max. 20



COURSE DESCRIPTION

Set in the serene coastal village of Ferragudo in the Algarve, this immersive training invites educators to explore the transformative synergy between mindfulness and positive education, exploring the connection of body, heart and mind as one. It is designed for teachers who wish to feel balanced and resourced inside out and bring more presence, emotional intelligence and joy into their classrooms, fostering both academic success and student well-being.

More than just a method, mindfulness is a way of being, a foundation for conscious, kind, and emotionally safe classrooms. Combined with the principles of positive education, this training supports teachers in cultivating environments where both students and educators thrive.

Whether you're new to these approaches or seeking to deepen your understanding, this training provides the space, structure, and support to integrate mindfulness and character education into everyday teaching.

Important Information About the Structure of Our Trainings

Our training is thoughtfully designed to provide both collective learning and space for personal integration. Each course is structured around a common core of 30 hours, with 3 hours of guided group sessions each morning. In the afternoons, participants are invited to complete 2 hours of self-paced, asynchronous tasks that are specifically tailored to the focus of the course they are enrolled in.

Please note that some of these trainings may be delivered in parallel with other programs under the same overarching theme, meaning that while participants share the morning sessions as a collective group, the afternoon practices and assignments are uniquely designed for each course's objectives.

These asynchronous tasks might include reflection exercises, creative assignments, or the development of a practical resource that links the morning content to the core topic of your specific training.

This blended model ensures a rich learning journey that supports both deep connection with the group and individual autonomy, empowering each participant to embody the teachings in a way that resonates with their path.

We kindly ask you to embrace the structure with presence and commitment, knowing that this combination of shared experience and personal practice is a powerful container for transformation.

LEARNING OUTCOMES

Participants to the course will learn to:

- Understand the core principles of mindfulness and positive psychology in education.
- Gain practical tools for integrating mindfulness moments and emotion regulation into their lessons.
- Learn how to create a safe, calm, and focused learning environment.
- Develop strategies to nurture student strengths, resilience, and emotional intelligence.
- Explore cooperative and character-based learning that fosters empathy and motivation.
- Feel confident in facilitating classroom rituals that support focus, kindness, and gratitude.
- Design mini-programs that support both academic achievement and student flourishing.

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**Pedagogical
Innovation
Centre**



Day 1: The Power of Now – Foundations of Mindfulness

- Welcome Circle & Nature Grounding
- What is Mindfulness? Philosophy, science, and myths
- Yoga & Breath Awareness Practices for Teachers
- Classroom Applications: The Mindful Pause & Presence Rituals
- Group Reflection: "What presence do I bring into my class?"

Afternoon Tasks:

- Journaling Prompt: "How does being present shift my teaching experience?"
- 3 Presence Check-Ins: Pause during the day to breathe and observe.
- Creative Task: Create a visual or phrase representing "Being a Mindful Teacher."
- Mini Reflection: Write a short story of a moment you truly felt present while teaching.

Day 2: Positive Psychology in Education

- The Science of Positive Education: Seligman's PERMA model
- Gratitude and Strength-Based Teaching
- Mindful Movement and Yoga & Joy Practices
- Classroom Integration: Daily Gratitude Moments & Celebration Circles

Afternoon Tasks:

- Journaling Prompt: "What strengths do I see in my students—and in myself?"
- Gratitude Log: Note 3 positive teaching moments.
- Design a "Character Strength Map" for your class.
- Reflective Writing: "How can I build resilience through positivity?"

Day 3: Emotions, Attention & Co-Regulation

- Understanding Emotional Literacy & Attention Span in Children
- Gentle Yoga, Breath & Mindfulness Tools for Emotional Regulation
- Co-Regulation Techniques: Being the calm
- Practice: Emotional Naming & Noticing Games

Afternoon Tasks:

- Journaling Prompt: "What emotions challenge me most in the classroom?"
- Practice 2 emotional breath tools with yourself and a partner or colleague.
- Create an "Emotion Wheel" or poster for your class.
- Record a 3-minute audio message to your future self as a calm teacher.

Day 4: Compassion & Classroom Culture

- Yoga and Mindfulness for Compassion: Self and Other
- Loving-Kindness Meditation & Movement
- Building Safe, Empathic Classroom Environments
- Teaching with Compassionate Language & Boundaries

Afternoon Tasks:

- Journaling Prompt: "Where can I offer myself more compassion as a teacher?"
- Write a short loving-kindness script for your students.
- Reflect: How do I handle mistakes—with myself and with children?
- Create a short activity for "Kindness Week" at school.

Day 5: Integration & Implementation

- Mindful Yoga and Movement
- Mapping Your Mindful Classroom Plan
- Practice: Morning Routine, Midday Reset, Gratitude Closure
- Co-Creation: Share your classroom positive education initiative
- Group Ritual: Affirmations & Commitment
- Shared silence, joy, and closing circle

Afternoon Tasks:

- Draft a weekly class schedule with 3 mindful or positive rituals.
- Journaling Prompt: "What will be my anchor in challenging teaching moments?"
- Final Reflection Letter: "How I choose to show up moving forward."
- Design a poster or slide for your classroom that embodies your teaching vision.

Day 6: Integration Circle at Sea

- Boat visit to the Benagil Caves
- Contemplation in nature
- Deep rest, awe, and connection to beauty as teachers and humans

Self-paced tasks:

- Journaling about what inspired you in this course and in life, and how you want to keep bringing this into your life when you return to your routine.

This course is more than a training, it's a reawakening of the teacher within. Come as you are, and leave as the teacher you always dreamed of being: grounded, compassionate, present, and empowered.