

ALGARVE

Mindfulness – Breathing Technique that is Changing the 21st Century Classroom (Outdoors)

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

Location: Algarve | Portugal

Number of Participants: Min. 6 – Max. 20



COURSE DESCRIPTION

MINDFULNESS – Breathing Technique that is Changing the 21st Century Classroom (Outdoors) is designed to equip school teachers with effective mindfulness and breathing techniques that can be integrated into outdoor settings. This course focuses on enhancing teachers' and students' mental well-being, reducing stress, and creating a more focused and calm learning environment. Participants will learn practical breathing exercises and mindfulness practices that can be easily implemented in the classroom and outdoor settings.

LEARNING OUTCOMES

Participants to the course will learn to:

- Understand Mindfulness Basics: Gain a foundational understanding of mindfulness and its benefits for teachers and students.
- Master Breathing Techniques: Learn various breathing exercises to reduce stress and increase focus.
- Promote Emotional Regulation: Develop strategies to help students manage their emotions through mindfulness.
- Enhance Classroom Environment: Create a more calm and focused learning atmosphere using mindfulness practices.
- Implement Outdoor Mindfulness: Learn how to integrate mindfulness and breathing exercises into outdoor activities.
- Develop Personal Mindfulness Practice: Establish a personal mindfulness routine to maintain teacher well-being.

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**Pedagogical
Innovation
Centre**



Day 1

Day 1: Introduction to Mindfulness

- Welcome and Course Overview: Introduction to the benefits of mindfulness and breathing techniques in the classroom.
- Group Dynamics: Ice breaking exercises and sharing circle to find the interests and needs of each individual and the group it self
- Basic Mindfulness Practices: Learn simple mindfulness exercises to practice outdoors.
- Breathing Techniques: Introduction to diaphragmatic breathing and its benefits.
- Reflection Session: Discuss the impact of mindfulness on personal well-being.

Day 2

Day 2: Stress Reduction through Breathing

- Nature Walk and Mindful Breathing: Guided walk focusing on mindful breathing in nature.
- Stress Management Techniques: Strategies for using breathing exercises to manage stress.
- Group Discussion: Share experiences of stress and mindfulness practices.
- Role-Playing Activity: Practice leading a breathing session with peers.

Day 3

Day 3: Emotional Regulation through Mindfulness

- Mindfulness for Emotional Balance: Techniques to help students manage their emotions.
- Meditation on Emotions: Guided meditation focusing on recognizing and releasing emotions.
- Emotional Regulation Workshop: Practical tools for helping students handle stress and anxiety.
- Heart Healing Circle: breathwork, self development exercises and guided meditation.

Day 4

Day 4: Implementing Mindfulness in the classroom

- Mindful Yoga Session: Comprehensive yoga session integrating mindfulness and breathing techniques.
- Building a Supportive Environment: Strategies to foster a positive, mindful classroom atmosphere.
- Mindfulness exercises to explore in the classroom.
- Mindfulness in Nature: Techniques for integrating mindfulness and nature-based activities.

Day 5

Day 5: Creating a Sustainable Yoga Program

- Body Scan Meditation: Guided meditation to develop body awareness and relaxation.
- Building a Supportive Environment: Strategies to foster a positive, inclusive classroom atmosphere.
- Action Plan Development: Create a personal and classroom action plan to continue yoga and mindfulness practices.
- Discussion on Classroom Integration: Share ideas for bringing outdoor mindfulness into the classroom.
- Group Reflection: Share experiences and insights from the course.
- Action Plan Development: Create a personal and professional action plan to Discussion on Well-being: The importance of physical and mental health in teaching.
- Group Reflection: Share experiences and insights from the course.

Day 6

Day 6: Light Mindfulness Walk along the coast and gratitude circle