

MADEIRA

COURSE: KIDS YOGA AND SUSTAINABILITY: CONNECTING BODY, MIND, AND ENVIRONMENT - INTEGRATING YOGA PRACTICES AND ENVIRONMENTAL AWARENESS IN EARLY CHILDHOOD EDUCATION

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

Number of Participants: Min. 6 – Max. 20

COURSE DESCRIPTION

This course is designed to train teachers in integrating children's yoga with sustainability strategies and activities. Yoga encompasses much more than physical postures (asanas); it also fosters a deep connection with the natural world, raises consciousness about environmental preservation, and promotes sustainable practices. By the end of the course, participants will be equipped to incorporate yoga and sustainability into their own curriculum, regardless of prior yoga experience.

LEARNING OUTCOMES

Participants to the course will learn to:

- Deepen self-awareness and mindfulness in educators.
- Enhance physical, psychological, and social well-being of children through playful exercises.
- Foster a loving and respectful relationship with nature and others.
- Bridge knowledge gaps on environmental sustainability.
- Demonstrate methods to engage learners in topics of sustainability and environmental conservation.

Program

Day 1

Island Tour of Madeira

- 09:30 - 12:30: Guided tour of Madeira Island, highlighting its biodiversity, geography, and local sustainable initiatives.
 - | **Content:** Introduction to Madeira's unique ecosystem, sustainable tourism practices, and conservation efforts.
 - | **Objective:** Familiarize participants with the natural and cultural context of Madeira, establishing an initial connection with the local environment.

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Day 2

Introduction and Presentation Dynamics

- Welcome session and introductions.
 - | Content: Icebreaker activities to create a comfortable learning environment.
 - | Objective: Build a supportive community among participants.
 - Group dynamics and team-building exercises.
 - | Content: Interactive activities to foster collaboration.
- Objective: Develop a cohesive group dynamic.
- Introduction to Kids Yoga and fundamental concepts of sustainability.
 - | Content: Overview of yoga principles for children and basic environmental concepts.
 - | Objective: Set the foundation for integrating yoga and sustainability.

Day 3

In-depth Content Exploration

- Children's Yoga practices (postures, breathing, and meditation).
 - | Content: Detailed instruction on yoga poses suitable for children, breathing exercises, and mindfulness techniques.
 - | Objective: Equip teachers with practical yoga skills to use in their classrooms.
- Activities and games related to sustainability.
 - | Content: Engaging, hands-on activities that teach sustainability concepts.
 - | Objective: Provide educators with practical tools to teach environmental awareness.

Day 4

Outdoor Teaching Practicum

- Planning an outdoor lesson integrating Yoga and Sustainability.
 - | Content: Workshop on designing outdoor educational activities that combine yoga with environmental education.
 - | Objective: Prepare participants to conduct effective outdoor lessons.
- Execution of the outdoor lesson, followed by immediate feedback from facilitators.
 - | Content: Participants deliver their planned lessons to the group.
 - | Objective: Practice teaching in an outdoor setting and receive constructive feedback.

Day 5

Course Synthesis

- Review of learned content and discussion of implementation strategies.
 - | Content: Recap of key concepts, techniques, and strategies covered throughout the course.
 - | Objective: Reinforce knowledge and prepare for practical application in participants' home environments.
- Q&A session and preparation for final presentations.
 - | Content: Open forum for questions, clarifications, and sharing ideas.
 - | Objective: Ensure participants are confident in their understanding and ready to apply what they've learned.

Day 6

Cultural Tour and Outdoor Diploma Ceremony

- Cultural tour of the city, visiting historical and ecological sites.
 - | Content: Exploration of Madeira's cultural heritage and its connection to sustainability.
 - | Objective: Provide a deeper understanding of the local context and its environmental significance.
- Outdoor diploma ceremony
 - | Content: Formal recognition of course completion with certificate distribution.
 - | Objective: Celebrate achievements and foster a sense of accomplishment and community.