

ALGARVE

Tools for Life: Social Emotional Learning (SEL) in Schools



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

Location: Algarve | Portugal

Number of Participants: Min. 6 – Max. 20



**Pedagogical
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COURSE DESCRIPTION

Set in the idyllic surroundings of Ferragudo Beach in the Algarve, this immersive and hands-on training is crafted to equip school teachers with foundational and advanced Social Emotional Learning (SEL) tools through the embodied lens of mindfulness. Blending conscious movement, breathing practices, reflective dialogue, and nervous system education, this course invites teachers to first experience what they will later model: regulation, empathy, presence, and emotional awareness.

Tools for Life: SEL in Schools is not about theory delivered via screens, slides, or lectures. It's about lived experience. The sessions are conducted both indoors and outdoors (especially on the beach) and integrate mindful practices with soft cushions, yoga mats, circle sharings, and movement. Each day invites you to connect deeply with yourself, others, and nature, cultivating a new teaching presence from the inside out.

Important Information About the Structure of Our Trainings

Our trainings are 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 their application in education
- Explore and embody the five competencies of SEL through personal experience
- Manage stress and cultivate emotional regulation using somatic and breath-based tools
- Foster deeper emotional awareness and self-connection as educators
- Improve relationship skills and mindful communication with students and colleagues
- Apply SEL and mindfulness strategies in age-appropriate and inclusive ways
- Create a sustainable personal and professional well-being plan grounded in awareness and intention

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Day 1: Introduction to SEL and Mindfulness

- Welcome Circle & Energy Sharing: Getting to know each other
- Mindful Movement & Breathing Practice
- Life Values Reflection: “What kind of teacher and human do I want to be?”
- Mindfulness Technique: Intention Setting Practice
- Introduction to SEL: Exploring the core competencies and their relationship with mindfulness
- The 3 Types of Mindfulness: How to apply them in life and teaching

Self-Paced Tasks:

- Journaling: “What do I want to cultivate more of in my professional life?”
- Practice: 3 mindfulness check-ins throughout the day
- Reflection: Identify one SEL moment from today’s activities

Day 2: Awareness & Self-Knowledge – Who I Am as a Teacher and Person

- Gentle Yoga and Breathwork for Self-Connection
- The Power of Self-Awareness in Teaching
- Diaphragmatic Breathing for Emotional Regulation
- Guided Meditation: Anchoring in the Present
- Group Sharing Circle: How self-knowledge supports well-being

Self-Paced Tasks:

- Journaling: “What do I discover when I pause and listen to myself?”
- Practice: Repeat breathwork + 1 mindful movement practice
- Create: Visual map of ‘Who I Am as a Teacher’ – values, emotions, vision

Day 3: Emotional Awareness & Heart-Centered Teaching

- Mindful Yoga to Connect Body and Emotions
- Emotion Regulation Techniques for Teachers & Students
- Heart Coherence Breathing + Heart-Based Mindfulness
- SEL in Practice: Empathy, Compassion & Self-Care in Teaching
- Guided Meditation: Releasing and Feeling Safely

Self-Paced Tasks:

- Journaling: “What emotion needs my attention right now?”
- Practice: 3 emotional awareness check-ins
- Reflection: How emotional literacy changes my teaching
- Creative Task: Design a heart-centered ritual for your classroom

Day 4: Stress, Boundaries & Relational Presence

- Mindful Yoga for Stress Relief & Nervous System Soothing
- Breathwork for Anxiety, Reset, and Regulation
- Relational SEL: Building Positive Relationships with Students
- Mindful Communication & Listening Practices
- Exploring Family System Influence & Teacher Triggers

Self-Paced Tasks:

- Journaling: “Where do I need more boundaries in my teaching life?”
- Practice: Self-soothing and emotional reset breath technique
- Create: Relationship Reflection Map – triggers, strengths, intentions
- Create: Classroom SEL + Mindfulness starter toolkit

Day 5: Life Coaching for Educators & Embodying Your Teaching Values

- Yoga for Focus, Confidence & Grounding
- Visualization Practice: Your Ideal Teaching Day
- Role Play: Bringing Mindfulness & SEL into Real-Life Scenarios
- Creating Your Well-Being Plan: Personal + Professional
- Gratitude Practice & Uplifting Circle
- Final Sharing & Closing Ritual

Self-Paced Tasks:

- Journaling: “What inspired me in this course and in life—and how will I carry this forward into my daily school routine?”
- Life Plan: Action steps for sustained self-care & emotional presence

Day 6: Boat Visit to the most stunning caves and beaches of the Algarve or Light Mindfulness Walk along the coast

- Integration, contemplation in full presence

**Please note: Boat visits depend on the season and weather availability.*

Self-Paced Task:

Journaling: “What inspired me in this course and in life, and how will I carry this forward into my daily school routine?”

This training is not just another course—it is a journey back to the heart of teaching. Through movement, mindfulness, reflection, and community, you’ll discover how to embody the emotional and relational presence you wish to inspire in your students.