

Mindfulness in the Classroom

This course introduces you to the concept of mindfulness, both as a personal practice, and in the classroom. You will increase your understanding and gain important and authentic first-hand experience. It will help you develop your confidence in delivering mindfulness within your own classroom to support both your own wellbeing and that of your pupils.



Key features

- Two modules with multiple-choice questionnaires
- Two CPD credits*
- Optional narration of the course modules and questionnaires for accessibility
- Personalised downloadable certificate
- 70% pass mark
- Printable modules for future reference

*1 CPD credit equals up to 1 hour of learning

Course content

Module One

What is mindfulness?

- An introduction to mindfulness
- How the brain works
- Guided mindfulness practice: 'Check-in'

Why is mindfulness important?

- Emotional benefits
- Physical benefits
- Benefits to relationships and spirituality
- Guided mindfulness practice: 'Extended breath'

Responding with mindfulness

- Guided mindfulness practice: 'Feelings and responses'
- How practicing mindfulness helps us to choose our responses
- Paying purposeful attention

Mindfulness in the classroom

- Tips for delivering authentic mindfulness in the classroom

Module Two

The core elements of mindfulness

Element One: Sensory

- Using the five senses to develop mindfulness
- Guided mindfulness practice: 'Using the senses'
- Sensory mindfulness in the classroom

Element Two: Body

- Creating a connection between mind and body
- Guided mindfulness practice: 'Body scan'
- Body mindfulness in the classroom

Element Three: Movement

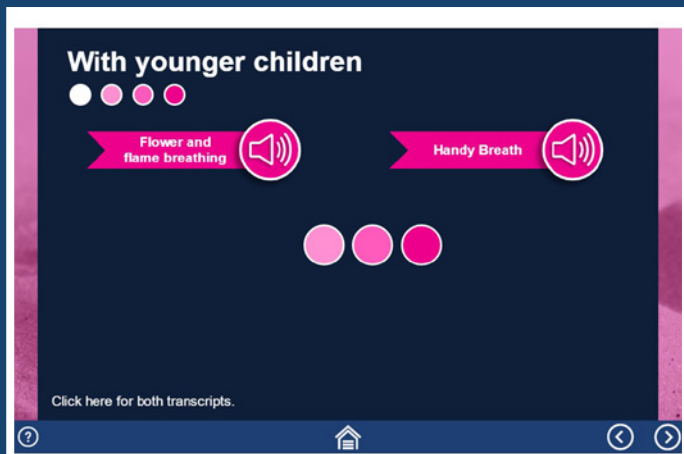
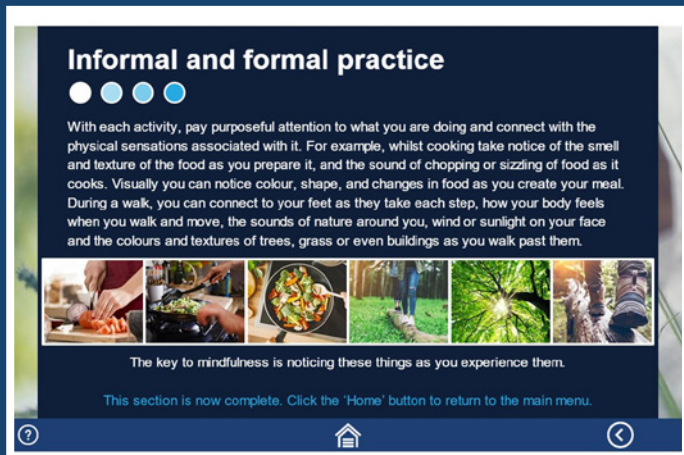
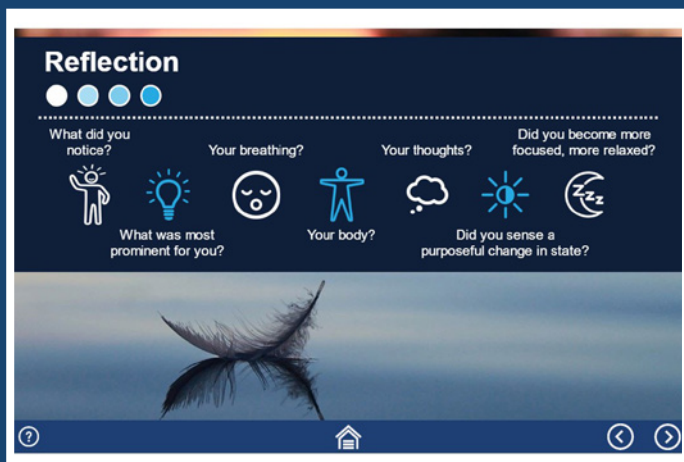
- Practicing mindful movement
- Guided mindfulness practice: 'Mindful movements'
- Movement mindfulness in the classroom

Element Four: Breath

- Using your breath to bring stability
- Guided mindfulness practice: 'The three-step breathing space'
- Breath mindfulness in the classroom

This course is suitable for

Everyone working in a classroom setting with children of any age.



Key features

- Visually engaging and interactive with practices to listen to and follow along.
- Answer explanations for those who achieve the pass mark.
- Additional resources to expand learning including an in-module video and printable transcripts of the practices.



Why choose us?



“The EduCare training modules include a wide variety of sources of information and a very current view of the issue. They are the fastest and most thorough way of accessing information for myself or my team.”

Alexandra Ihringova
Student Support Coordinator/Burntwood School

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