

Are your students under pressure and finding this new COVID reality hard? Wanting to support them and build their resilience and strength of mind?

6 WEEK STUDENT MINDFULNESS COURSE



Taking a mindful approach can help students to navigate through these difficult times. Learn the skills in 6 weeks and discover how to improve their wellbeing and your ability to deal with rapid change.

LEARNING OUTCOMES:

- Improving overall sense of wellbeing
- Improved focus, attention, and awareness in the moment but also in daily life and work
- The ability to navigate through strong and difficult emotions
- Stronger sense of being able to respond calmly rather than reacting to events and difficult moments
- Develop your sensory acuity and awareness of how other people are feeling and acting
- Become more resilient to change
- Acceptance, patience and tolerance of yourself, others, and circumstances

Taking things forward, what's next?

The 6-week mindfulness course is delivered in six 1-hour sessions over 6 weeks via ZOOM/TEAMS plus breathing practice mp3's and PDF tip sheets. Arrangements can be made to come into school and delivery in a COVID safe space.

There will be student interaction throughout each session, alongside a simple course handbook, as well as email support for all students for the full 6 weeks.

The total cost of the course is £400.

And with a maximum of 20 students this represents a very cost-effective way of supporting students.

WEEK1 - Introduction, starting where we are.

Learn about how to approach and the attitude needed for mindfulness.

Practices: Mindful minute and 3-minute breathing space.

Tip sheet: Informal approaches

WEEK2 - Formal practice, making time.

Develop your skills to improve focus, awareness, and attention.

Practices: Sitting, body scan.

Tip sheet: Noticing sensations when they arise.

WEEK3 - Engaging emotions

Generate positive hormones that can calm the body and mind.

Practices: Remembering kindness, compassionate break.

Tip sheet: Taking in the good, focusing on joy, gratefulness

WEEK4 - Opening up to others

Weaken anger and frustration for life and other people.

Practice: Loving kindness, 'meta'.

Tip sheet: Noticing what drains you and what gives you energy.

WEEK5 - Being still and observing

Strengthen our mindfulness by taking a step back and just watching.

Practices: Observing, S.T.O.P

Tip sheet: Observe your inner critic

WEEK6 - Let it RAIN

Build resilience for rainy days, face your fears,

Practice: R.A.I.N

Tip sheet: Movement, talking and sharing.

This course can be flexible in having different age groups or specific groups and SEN. 6 weeks enable the course to be completed within a ½ term.

Courses need to be booked in advance and are delivered at the same time each week.

We can discuss the schedule to suit your timetabling Requirements.

DBS/crb clearing service: user id C7109880526

Enquiries, email jon@focusdaytraining.co.uk