

ALGARVE

COURSE: MINDFULNESS – BREATHING TECHNIQUES THAT ARE CHANGING THE 21ST CENTURY CLASSROOM (OUTDOORS)

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

Number of Participants: Min. 6 – Max. 20



COURSE DESCRIPTION

This course offers an outdoor, immersive experience in mindfulness and breathing techniques that are transforming modern classrooms. Set in the tranquil Ferragudo Beach in the Algarve, the course provides an inspiring natural environment for educators to rejuvenate and grow. Participants will learn mindfulness and breathing practices to enhance their own well-being and effectively integrate these techniques into their teaching.

LEARNING OUTCOMES

- Master mindfulness and breathing techniques to reduce stress and enhance focus.
- Apply mindfulness strategies to promote emotional regulation and self-awareness in the classroom.
- Build positive relationships with students through mindful communication.
- Develop a personal and professional well-being plan.
- Utilize outdoor activities to support physical and mental health.

Program

Day 1

Monday - Foundations of Mindfulness and Breathing Techniques

- Welcome and Course Overview: Introduction to mindfulness, breathing techniques, and their benefits for educators.
- Icebreaker Activities and Group Sharing in Nature
- Reflecting on Personal and Professional Goals: Envisioning the ideal educator.
- Mindfulness Practice: Setting Intentions in the Outdoor Environment
- Basics of Mindfulness: Introduction to mindfulness practices and their benefits.
- SEL Framework: Overview of social-emotional learning and the impact of mindfulness on SEL, emotional regulation, and self-awareness.
- Present Moment Awareness in Nature: Techniques for calming the mind and enhancing attention through outdoor activities.
- Breathing Techniques: Cultivating mindfulness through breath.

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Day 2

Tuesday - Practical Outdoor Techniques for Educator Well-Being

- Self-Discovery in Nature: Exploring personal and professional identity. How self-awareness impacts well-being and happiness.
- Breathing Techniques in the Open Air: Practicing diaphragmatic breathing for stress management.
- Outdoor Yoga: Engaging in mindful movement exercises to improve focus and attention.
- Guided Outdoor Meditation: Meditative practices focusing on mindfulness and presence.
- Group Reflection: Discussing the impact of outdoor mindfulness practices on personal well-being.

Day 3

Wednesday - Emotional Self-Care and Awareness in Nature

- Importance of Outdoor Self-Care in Teaching and Personal Life.
- SEL Techniques: Integrating social-emotional learning into daily teaching routines.
- Emotional Regulation Tools: Techniques for managing emotions and building resilience.
- Movement for Emotional Balance: Using outdoor activities to regulate emotions.
- Group Exploration: Practicing SEL techniques in a supportive environment.
- Breathing for Emotional Balance in Nature: Techniques for emotional regulation and coherence.
- Heart-Opening Practices: Developing compassion and empathy for oneself and students through nature-based activities.
- Body Awareness: Connecting with physical sensations to understand emotions.

Day 4

Thursday - Outdoor Stress Management, Resilience Building, and Positive Relationships

- Stress Relief through Outdoor Activities: Techniques to ease stress through nature-based movements.
- Practical Stress Management: Strategies for effective stress management in natural settings.
- Breathing Exercises for Stress Reduction: Techniques to alleviate anxiety and stress outdoors.
- Building Positive Relationships: Enhancing connections with students and colleagues through outdoor interactions.
- Mindful Communication: Developing listening and communication skills through mindfulness exercises in nature.
- Integrating Mindfulness and SEL Outdoors: Adapting practices for diverse ages and needs.
- Reflection and Discussion: Understanding the impact of family systems and childhood experiences on mental health.
- Full Body Relaxation: Deep relaxation techniques for overall well-being in an outdoor setting.

Day 5

Friday - Personal and Professional Growth through Outdoor Coaching

- Yoga and Breathing for Focus in Nature: Techniques to enhance concentration and mental clarity.
- Mindfulness Meditation for Goal Setting: Practices for manifesting personal and professional goals in natural surroundings.
- Goal Setting Workshop: Establishing SMART goals for growth.
- Developing a Well-Being Plan: Creating an action plan for personal and professional well-being.
- Gratitude Practices: Techniques to uplift mindset and inspire students through outdoor activities.
- Q&A Session: Addressing questions and sharing insights.
- Group Reflection: Sharing experiences and takeaways from the course in a natural environment.

Day 6

Saturday - Outdoor Closing and Reflection

- Light Mindful Walk along the Coast: Engaging in a serene and reflective walk.
- Gratitude and Closing Circle: Concluding the course with a gratitude practice and final reflections outdoors.