

## 7-Day Course

# WELL-BEING AND MINDFULNESS IN THE CLASSROOM

## Creating A Positive Learning Climate

Madrid (Spain)

### WHO IS THIS COURSE FOR?

This course has been designed for teachers looking for a holistic perspective on education and a space for experience, inspiration, exchange, and connection. Teachers play a crucial role in helping students discover their identities and find meaning in the world around them. Through a variety of integrated practices encompassing the connection between mind and body, attention to the present moment, emotional awareness, self-compassion; and self-expression, participants will learn first-hand how to address their students' emotional, social, and ethical needs, going beyond academic-focused goals.

Language of communication: **English**

Minimum Level of English required: **B2**

### COURSE DESCRIPTION

A positive school climate is home to respectful relationships and a safe and supportive learning environment. The Council of Europe describes well-being as the *'experience of health and happiness'*, including mental and physical health, emotional safety, a feeling of belonging, and sense of purpose, achievement, and success.

Making your classroom mindful means making it a space where reflection, compassion, empathy, and attentive awareness can take place without fear of judgement. Integrating a selection of tools (relaxation, visualisation, artistic expression, grounding techniques, etc.) and connecting to the different dimensions of well-being fosters a respectful and safe learning environment that is fundamental for learning to take place.

#### Objectives:

- Explore dimensions of well-being and their role in creating a positive classroom climate.
- Consider the potential of a mindful approach to teaching and learning including effective strategies and tools which foster reflection, compassion, and empathy.
- Find opportunities to bridge the gap between student well-being and learning by creating and adapting classroom resources.
- Provide opportunities to interact with colleagues of other nationalities, and exchange ideas and experiences.
- Motivate participants to develop their communication skills through participation in the course and as preparation for their involvement in future European experiences.



### Methodology:

Participants will explore different dimensions of well-being (mental and physical health, emotional safety, a feeling of belonging, and sense of purpose, achievement, and success) and their importance in education. The programme will connect cognition and creativity through a holistic approach to education using a variety of training styles (e.g., workshops, group discussion, task-based learning, field learning projects 'Contexts4Content', etc.).

In a safe and open-minded space participants will appreciate how the cumulative effect of small changes influences and improves students' sense of well-being and overall sense of achievement. Assessment will be carried out prior to the course by means of analysis of participants' interests. During the course, oral and written reports will be completed to enhance participants' learning. After the course, prospective partnerships might develop from the themes raised by the programme.

### LOCATION OF THE COURSE: Madrid (SPAIN)

**Madrid, SPAIN**, is the second largest city in the European Union and has some of the most visited museums in the world: the Prado Museum, the Reina Sofía National Art Centre, and the Thyssen-Bornemisza National Museum form a wonderful triangle of universal art. The *Barrio de las Letras* (Writers' Quarter) housed the most famous writers of the Spanish Golden Age (Cervantes, Lope de Vega, Quevedo, Góngora...). In the 20<sup>th</sup> Century, the *Residencia de Estudiantes* brought together and cemented the friendship of the poet Federico García Lorca, the painter Salvador Dalí and the filmmaker Luis Buñuel.

### DURATION OF THE COURSE

7-day course: **40 hours**.

Our **7-day course**, starting on Sunday and finishing on Saturday, is a very efficient way to implement your mobility by integrating your learning while saving time and expenses. The **40 hours** duration of the course is applied on average considering all training days of the course, for the implementation of the objectives and lessons, in connection with the "Quality standards for courses under Erasmus+ KA1".

### CERTIFICATION AWARDED

Certification of learning outcomes in connection with the "Quality standards for courses under Erasmus+ KA1": Europass and Certificate of Attendance which include the name of the participant, description of the course and its learning outcomes, dates, venues, the name of the host organisation and course director.

## DATES

### Well-being and Mindfulness in the classroom: Creating a positive learning climate

Country of Destination: **Madrid, SPAIN**

Duration (days): **7 training days (from Sunday to Saturday)**

Language of communication: **English**

Dates in 2024	Dates in 2025
3 - 9 March – 7 training days	19-25 January · 7 training days
12 - 18 May - 7 training days	18-24 May · 7 training days
9 - 15 June - 7 training days	01-07 June · 7 training days
3 - 9 November - 7 training days	09-15 November · 7 training days

**Note:** The information included in this document might be subject to amendment. You should check our website [www.englishmatters.org](http://www.englishmatters.org) for any updated information about our programmes.



## Reference programme of the 7-day Course:

### Well-being and Mindfulness in the classroom: Creating a positive learning climate

#### 7-day Course in Spain (from Sunday to Saturday)

##### **Sunday**

Registration.  
Fundamentals: principles, structure, framework  
Tools for reflection on learning & Professional Development  
Field learning "Contexts4Content" approach  
European Dimension

##### **Monday**

A dimensional approach to well-being  
Well-being at school: a challenge or an opportunity?  
Field Learning Project "Contexts4Content"

##### **Tuesday**

Positive School Climate: Constructive, Collaborative and Cohesive  
Social and Emotional Learning

##### **Wednesday**

Cultivating Mindfulness  
Field Learning Project "Contexts4Content"

##### **Thursday**

Integrating Mindfulness  
Sustaining a mindful culture in the classroom

##### **Friday**

Well-being and the Outdoors  
Field Learning Project "Contexts4Content"

##### **Saturday**

Presentation of participants' learning portfolios  
Final reflection on learning acquired  
Reflection about Dissemination Strategies  
Evaluation of the programme

**NOTE:** These Reference programmes may be subject to amendment. Such amendment, if necessary, would be kept to a minimum, consistent with the quality and balance of the programme.

