

Mindfulness in the Classroom

Online CPD



Tuesday 18th May 2021, 6:00pm – 7:30pm

'Delivered Online by Katie Bigelow, Qualified Primary School Teacher, Yoga and Mindfulness teacher, Creator of 'Little Sunshine Mindfulness and Yoga'.

'Little Sunshine Mindfulness and Yoga aim to provide lifelong skills that transform the mind to a calmer state, working together to make a positive change.'

With 1/10 children diagnosed with a mental health issue we believe it's essential that teaching staff and students are provided with the techniques to support children's mental health in the school environment. We believe that all teaching staff should be taught these skills to support children's emotional development in the classroom. Mindfulness is when we focus on the present moment using our senses. Often our mind is on autopilot over thinking and worrying about the past or future however when we are consciously aware of our senses our monkey mind is distracted allowing our mind to become calmer. We provide fun and engaging mindful techniques using breathing strategies, meditation, massage, listening games, self-esteem activities and much more. The benefits of this include improved concentration, resilience, focus, self-esteem, determination, cognitive development and reduced stress and anxiety developing a more positive mind set. We also include mindfulness for adults to support staff well-being in the workplace developing a whole school mindfulness approach.



**LIVERPOOL
HOPE
UNIVERSITY**

TEF Gold

Mindfulness in the Classroom

Online CPD

Session details:

- Introduction
- Mental health
- What is mindfulness and meditation?
- Mindfulness strategies
- Bringing mindfulness into the classroom
- Book reviews

Date: Tuesday 18th May 2021

Start: 6:00pm

Finish: 7:30pm

Cost:

Non-Partner School Rate:
£50 per person

Partner School Rate:*
£30 per person

NQT/RQT LHU Rate:
£30 per person

** A partner school is any school that has an Initial Teacher Education (ITE) partnership arrangement with Liverpool Hope University and works with our students on providing school placements.*

Contact:

For further information and/or to register please contact:

**The Liverpool Hope University
CPD Centre**

Faculty of Education
Liverpool Hope University
Hope Park
Liverpool, L16 9JD.

T: 0151 291 3039/3834

E: cpd@hope.ac.uk



LIVERPOOL
HOPE
UNIVERSITY

TEF Gold