

Creative Mindfulness Kids Practitioner Training

This training will enable participants to train as practitioners in the Creative Mindfulness Kids Method.

The Creative Mindfulness Kids Method introduces mindfulness to children in fun and creative ways. Children learn how to calm and relax their minds, understand and express their thoughts and feelings and cultivate kindness for themselves and others through stories, meditation, discussion, visualisation, art, craft and music.

A core element of this training will be developing and nurturing a personal mindfulness and self-compassion practice and this will be incorporated into each training day.

The training comprises of six days in total. The first four days focus on learning creative mindfulness kids techniques and methods for teaching mindfulness to children. The final two days will focus on introducing teachers to the Mindful Heart Curriculum which contains ten complete lesson plans which can be adapted to teaching children aged 4 to 12 years and is linked with the Irish Primary schools SPHE curriculum.

Participants will be awarded a practitioner certificate in the Creative Mindfulness Kids Method once they have completed all six training days as well as the course assignments.

The training is suitable for teachers, therapists, mental health professionals, parents and anyone interested in working in this area.

This training will enable participants to train as practitioners in the Creative Mindfulness Kids Method.

Level 1 training

- 6 face to face contact hours.
- 5 hours personal study

The Level 1 training is an introduction to teaching mindfulness and meditation to children with a focus on promoting positive mental health for children in fun and creative ways. We will explore how to teach children basic mindfulness techniques and how to help children understand and cope with difficult emotions. We will also explore how to help children develop self-kindness and self-compassion. A core part of this day will be developing our own mindfulness and self-compassion practice.

Course outline:

- Introduction to mindfulness and mindful self-compassion.
- Introduction to formal mindfulness practice.
- Introduction to informal mindfulness practice.
- Using an anchor for meditation.
- How to teach basic mindfulness practices to children using the anchor of the breath, sound, touch, taste and smell.
- Helping children deal with emotions mindfully.
- Teaching self-kindness and mindful self-compassion to children.
- Creative methods of teaching mindfulness to children.

Level 2 training

- 6 face to face contact hours
- 5 hours personal study

This training will focus on how to structure a mindfulness class, and write a lesson plan. We will also explore additional ideas for teaching children mindfulness and promoting their positive mental health with a focus on kindness, gratitude and friendship. We will explore how to work best with specific age groups from preschool to teens. We will also spend part of the day developing our own mindfulness and self-compassion practice.

Course outline:

- Developing personal mindfulness and self-compassion practice
- How to structure a mindfulness class
- How to structure a lesson plan
- Creative visualization for children
- Creative kindness activities for children
- Creative friendship activities for children
- Creative gratitude activities for children
- Mindfulness for different age groups of children

Level 3 training

- 6 face to face contact hours
- 5 hours personal study

This training will focus on how to use creative mindfulness techniques to help children deal with specific difficulties such as anxiety, behavioural difficulties and bullying. We will also explore how to introduce creative mindfulness techniques to children who have additional needs, ASD and ADHD. Throughout the day, we will continue to develop our own personal mindfulness and self-compassion practice.

Course Outline:

- Developing personal mindfulness and self-compassion practices
- Creative mindfulness for worry and anxiety
- Creative mindfulness for bullying
- Creative mindfulness for behavioural difficulties
- Creative mindfulness for children with additional needs
- Creative mindfulness for ASD
- Creative mindfulness for ADHD

Level 4 training

- 6 hours face to face contact
- 5 hours personal study

The training will focus on the practicalities of setting up your own creative mindfulness practice and giving workshops in schools. We will also explore working with our code of ethics and providing information workshops for parents and teachers. Throughout the day we will continue to develop our own mindfulness and self-compassion practices.

Course outline:

- Developing personal mindfulness and self-compassion practice.
- Setting up your creative mindfulness practice, key guidelines.
- Giving creative mindfulness classes in a school setting.
- Child protection.
- Ethical guidelines.
- Self-care and continued professional development.
- Importance of continued personal mindfulness practice.
- Giving information workshops for parents and teachers.

Level 5 training

- 2 days
- 14 hours face to face contact hours
- 10 hours personal study

Participants will be given complete instruction in how to deliver The Mindful Heart Curriculum, a series of 10 lesson plans and resources which can be adapted to suit children aged 4 to 12 years and are linked with the Irish Primary Schools SPHE Curriculum.

On completion of the Level 5 training participants will be awarded a Practitioner Certificate in the Creative Mindfulness Children program.

All participants will also receive the “Mindful Heart” curriculum.

Course outlines:

- Delivering the Mindful Heart Curriculum, key guidelines.
- Delivering lesson 1
- Delivering lesson 2
- Delivering lesson 3
- Delivering lesson 4
- Delivering lesson 5
- Delivering lesson 6
- Delivering lesson 7
- Delivering lesson 8
- Delivering lesson 9
- Delivering lesson 10

Assessments:

- Attendance on full six training days.
- 500 words reflection on personal mindfulness and self-compassion practice.
- Design four creative mindfulness lesson plans.
- Deliver four creative mindfulness classes and write a case study on each.

Other requirements:

- Copy of Garda Vetting Clearance.
- Copy of Child Protection Training certificate