









English Teacher Training

Mindfulness in the Classroom

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
9.30-11.00	<p align="center"><u>General English Skills Revision with focus on C.L.I.L</u></p> <p>Update and Refresh your English language skills while focusing on C.L.I.L. (Content and language Integrated Learning). We target content, communication, cognition, and culture.</p> <p>- revision of grammatical areas, updating on contemporary developments, buzz words, media, trends & common mistakes. Skills focus: speaking, listening, reading & writing English language revision and refreshment. Dovetailing both the teachers' needs and those of their students.</p>					<p align="center"><u>Optional Saturday Excursion</u></p>  <p align="center">Visit to Sherkin Island</p>
11.00-11.30	Coffee Break with continued English language practice with your colleagues and Atlantic SEAL staff					
11.30-13.00	<p align="center"><u>Mindfulness in the classroom</u></p> <p>By learning to place their attention on the present moment, the learners develop techniques that help them stay engaged and reduce the negative effects of stress.</p> <p>This helps to keep the learner centered academically and helps them to deal with thoughts and emotions that can develop into classroom behavioral problems.</p> <p>The mindfulness training teaches the teacher to become aware of the learners' needs on a more emotional level, developing a stronger teacher-student bond, resulting in less stress for the teacher, and a calmer and focused classroom.</p>					 <p align="center">Visit and tour of Cork City</p>
13.00-14.00	Lunch Break					
14:00-16:30	<p align="center"><u>Environment, Lifestyle & Cultural Appreciation Afternoon</u> (Linked to project work)</p> <p>Afternoons can Include</p> <ul style="list-style-type: none"> • Excursion by boat or car • Visits to places of historical/cultural interest and natural beauty • Guest Speakers 	<p align="center"><u>Mindfulness: Practice</u></p> <p>Learn mindfulness practices for preventing stress and coping with burnout in everyday life and in the classroom.</p> 	<p align="center"><u>Environment, Lifestyle & Cultural Appreciation Afternoon</u> (Linked to project work)</p> <p>Afternoons can Include</p> <ul style="list-style-type: none"> • Excursion by boat or car • Visits to places of historical/cultural interest and natural beauty • Guest Speakers 	<p align="center"><u>Mindfulness: Skill Building</u></p> <p>Develop more awareness and understanding of the self with kindness and compassion and how this will benefit the classroom environment.</p> 	<p align="center"><u>Environment, Lifestyle & Cultural Appreciation Afternoon</u> (Linked to project work)</p> <p>Afternoons can Include</p> <ul style="list-style-type: none"> • Excursion by boat or car • Visits to places of historical/cultural interest and natural beauty • Guest Speakers 	 <p align="center">Whale Watching</p>