



## MINDFULNESS PROGRAMME | 4 to 12 y/o

### *Attentive like Charly the Frog King!*



This programme trains **attention**. This is also known as **mindfulness**. It teaches children to stabilise, focus and shift their attention with a friendly and alert attitude.

It helps children to improve **concentration, patience, kindness, empathy** and **tolerance**. They learn how to **trust themselves** and each other, which will be very useful in their daily life: at school, at home...

But above all, children improve their **self-confidence** and learn to be **kind**, both to others and themselves.



**-Concentration:** attention training starts with the breath, something you always feel right now; learning how to focus and be more present in the moment.

**-Emotional intelligence:** learn how to identify, recognise, verbalise and kindly accept emotions.

**-Body intelligence:** learn how to listen to our body, recognise its signals and verbalise our feelings with movement exercises.

This programme is based on the Eline Snel method (author of "Sitting still like a frog") **implemented in 2009** in Holland national education program.



During the whole programme, we will learn a lot from **Charly the Frog King!** Indeed, Charly is the king of staying focused and calm for a very long time... He will share his secrets and technique with us!




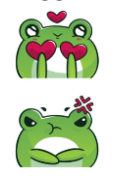


## DETAILS



**Duration:** the whole programme takes 8 weeks, with 1 weekly lesson of 45 min.

It is also possible to organise “discovery” lessons on demand.

**Languages:** English, French, or bilingual FR/EN.

**Program structure:**

<p>Week 1</p> 	<p><b>Lesson 1: attention starts with breathing!</b> Training our “attention muscle” is a funny way to learn how to deal with stress: at school and home...</p> <p><i>8 to 12 y/o: help children to identify their flow of thoughts, to express their feelings, understand their reactions...</i></p>
<p>Week 2</p> 	<p><b>Lesson 2: our body!</b> It is very important to become aware of the body we are living inside of every day! Our body is talking to us: when we are tired, happy or angry...</p> <p><i>8 to 12 y/o: Get to know our body, learn how to trust it and recognise our limits...</i></p>
<p>Week 3</p> 	<p><b>Lesson 3: the feelings!</b> Taste, smell, hearing, sight and touch! Thanks to our senses, we can experience many things and we can learn how to observe without any judgement... What a great feeling!</p>
<p>Week 4</p> 	<p><b>Lesson 4: the emotions!</b> The heart of the program: detect, recognise, and kindly accept emotions! We don't have to hide our emotions. We can simply pay attention to them. Then, we can recognise and appreciate them as part of ourselves. Better we know our emotions, better we can manage them...</p> <p><i>8 to 12 y/o: learn that we are not our emotions! We are not angry, we are feeling an emotion of anger...</i></p>
<p>Week 5</p> 	<p><b>Lesson 5: accept the emotions!</b> Acceptance means recognising things as they are. Children learn to pay attention to pleasant and unpleasant emotions. Then they try to manage them...</p> <p><i>8 to 12 y/o: work also on patience, self-confidence, release...</i></p>
<p>Week 6</p> 	<p><b>Lesson 6: body and awareness!</b> When body and awareness are working well together, we observe and recognise many things: what we can do, what is exceeding our limits... By knowing our body better, we improve our self-confidence.</p>

<p>Week 7</p> 	<p><b>Lesson 7: imagination is a strength!</b></p> <p>Imagination is the capability to mentally create inner images. It allows us to creatively manage sensitive situation.</p> <p>Imagination trains us to understand using sight rather than thought. It develops another very important capability: our intuition!</p> <p><i>8 to 12 y/o: get familiar with the world of our thoughts, realise that we keep creating thoughts, opinions, judgments... Learn how to develop peace of mind, be more focused...</i></p>
<p>Week 8</p> 	<p><b>Lesson 8: being kind is really nice!</b></p> <p>Kindness is one of the most valuable qualities of human beings: it does not judge, it does not exclude anyone, and it goes straight to the heart!</p> <p><i>8 to 12 y/o: the secret of happiness!</i></p> <p><i>Happiness... What is it? Sometimes, we can find happiness in little things: a smell, a sound, an emotion... Maybe the secret is just to be fully aware of all these moments, being completely attentive to what is happening right here, right now...</i></p>

At the end:

Each learner receives a tips summary and an attentive diploma from Charly the Frog King. The instructor provides a feedback to the pedagogical team / parents.

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