

The image shows the flag of Iceland, which consists of a blue field with a red cross outlined in white. The cross is slightly offset towards the top and left. Overlaid on the right arm of the cross is the word "MINDFULNESS" in white, uppercase, sans-serif font. Below it, in the blue field, is the word "ISLANDIA" in white, uppercase, sans-serif font. At the bottom of the blue field is the name "Lorena Villarroya Bravo" in white, title case, sans-serif font.

MINDFULNESS

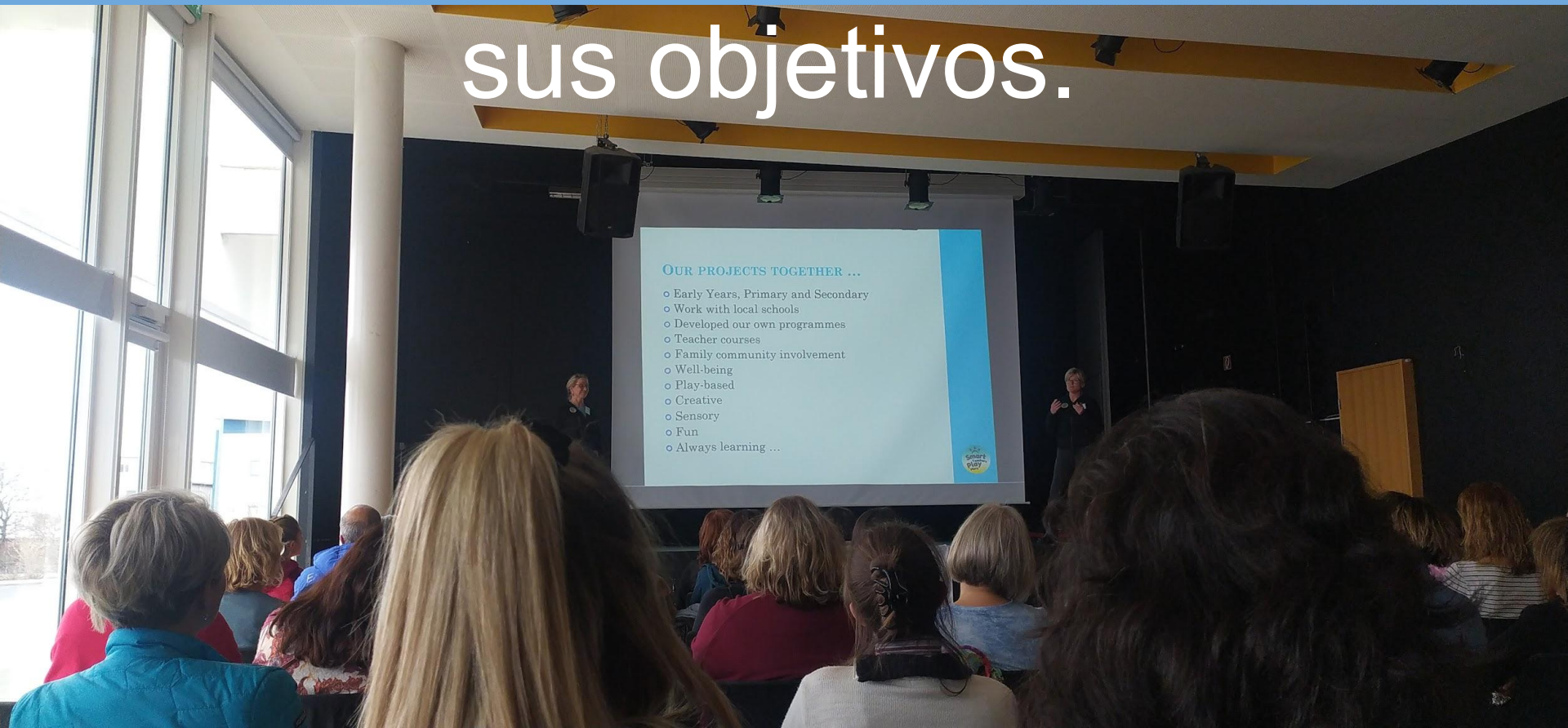
ISLANDIA

Lorena Villarroya Bravo





Nos reciben y nos explican sus objetivos.



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>Hello, everyone!</i>	<i>Let's get started!</i>	<i>Keep up the good work!</i>	<i>Sharing is caring!</i>	<i>Enjoy Iceland and party time!</i>	<i>Smart vision!</i>	<i>Relax and reflect!</i>
8:30-10:30		<p>Session 1 Introduction to meditation and mindfulness</p> <p>What is mindfulness?</p> <p>How can it be trained and practised?</p> <p>Different ways to "train" your mind are introduced.</p> <p>Short mindfulness meditation practices.</p>	<p>Session 3 The group will be split into two for these sessions.</p> <p>Mindful walk and moving meditations to use and explore all our senses.</p> <p>Breathing and relaxation techniques.</p> <p>Mantra meditation.</p>	<p>Session 5 Sharing good practice</p> <p>We would love to be inspired by your favourite activity at school!</p>	<p>9:00 Leave course centre 9:30 Educational visit. Visit to Helgafellsskoli in Mosfellsbaer. A school from Kindergarten to Secondary. Due to the Easter holidays there will be no students but we will have access to look around the whole school and ask questions.</p>	<p>Session 7 9:30- 11:00 Yoga, meditation, and body scan relaxation.</p> <p>Exploring simple yoga and mindfulness meditation techniques and how they can help you decrease stress.</p> <p>Positivity and gratitude practice</p>	<p>Starting time decided by the group:</p> <p>Visit to the local swimming pool and hot tubs.</p>
10:30		BREAK	BREAK	BREAK		BREAK	
11:00-13:00		<p>Session 2 Introduction to Now Minutes</p> <p>"Now minutes" is a special approach that is being used in Icelandic schools to implement mindfulness and meditation as a part of everyday school activities involving both teachers and students.</p>	<p>Session 4 Play to learn more - Carpet time games and mindful activities</p> <p>How academic and personal and social objectives can be taught and reviewed through "quiet" and mindful games.</p> <p>Positive communication and active listening techniques.</p>	<p>Session 6 Pilates for you and your students.</p> <p>Introduction to basic pilates and well-being with a focus on looking after your body.</p>		<p>Session 8 11:30 – 13:00 Session 8 Evaluation and vision planning.</p>	
13:00		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
After noon Activity	<p>17.00 Arrival at course centre & registration. 17.30 STPM introduction and games. 19.00 social activity</p>			<p>14:15 Presentation: Icelandic school system You will see how outdoors, sport and practical subjects, are given the same priority as academic subjects at all stages of education. Latest developments and community projects. Find a partner - project presentations (if appropriate) 18:00 Cultural evening.</p>			<p>Please note: this programme is a guide, timings and activities may vary.</p>



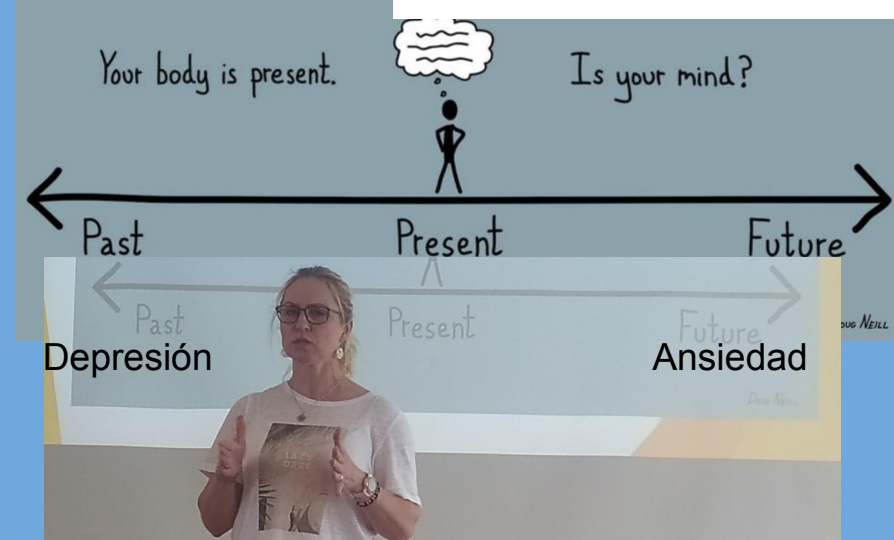
Tenemos la posibilidad de visitar un colegio donde podemos ver diferentes aulas, taller de costura, pintura,...



Presentaciones individuales y actividades de reflexión sobre en qué ponemos nuestra atención.

People do not remember what you said to them ... they remember how you made them feel!

What gives me energy at work? What can I do to experience more of that?	What gives me energy outside work? What can I do to experience more of that?
What drains my energy at work? What can I do to experience less of that?	What drains my energy outside work? What can I do to experience less of that?



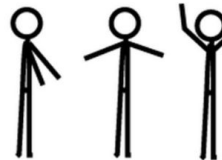
Ejercicios de concentración, atención y estar presente.



Actividades para incrementar la energía en clase.



Breathing to increase energy.



Front - Side - Up - Ha!
Inhale - Inhale - Inhale - Exhale



Entrenar el silencio.



Escucha activa: Adivina cuánto dura. Cita con una pasa.

Active listening

Pay attention and listen without judging or giving advice.

- ▶ A: Talks for 2 minutes.
- ▶ B: Listens actively.

Then:

- ▶ A: Listens for 1 minute.
- ▶ B: „I heard that you said ...“ Repeats what he/she heard A say.

REPEAT THE ACTIVITY CHANGING ROLES.

Guess the time



Actividades de concentración.

Concentration activity - work in pairs

A. COUNTING

1. Participants take turns in counting 1 - 2 - 3
2. Participants take turns clap - 2 - 3
3. Participants take turns Clap - touch shoulders - 3
4. Participants take turns Clap - touch shoulders, touch thigh.

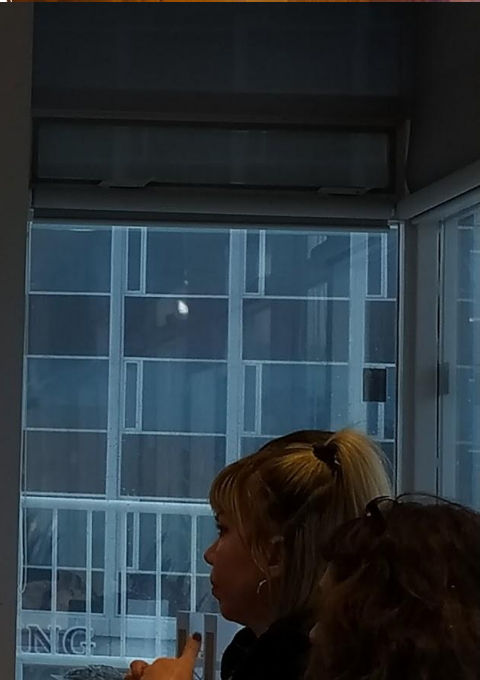
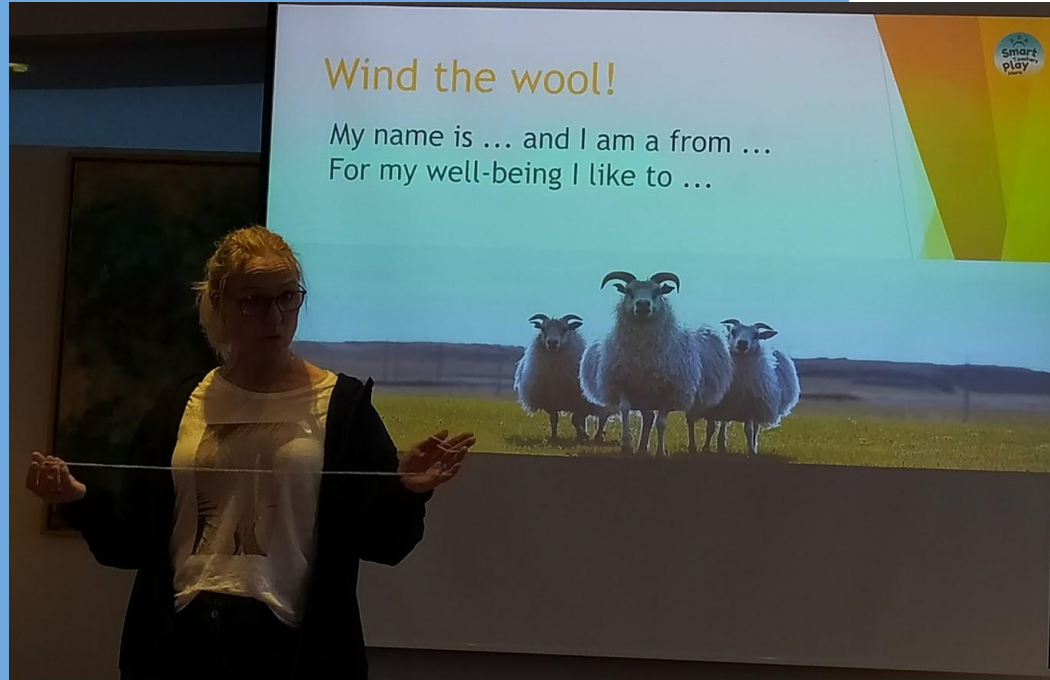
B. VERBS WITH ACTIONS

1. Go
2. Went
3. Gone



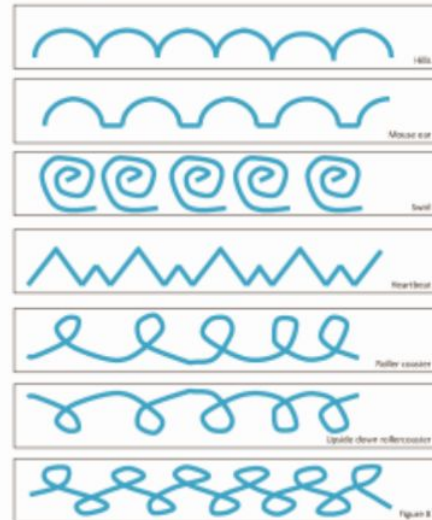
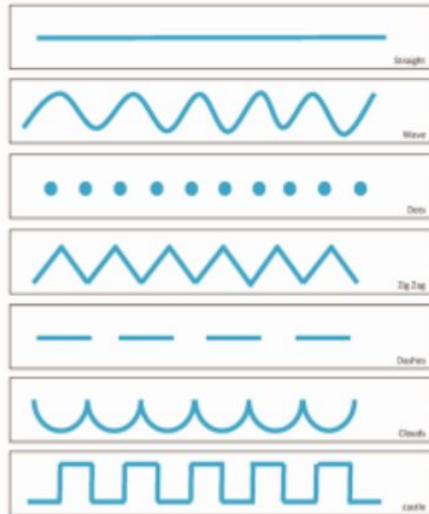
El kit de objetos para la calma en clase.

The calming kit



Seguir patrones con los dedos,
con la mirada... para calmarnos.

Calming patterns



Para unir al grupo y conocerse. Contacto visual.

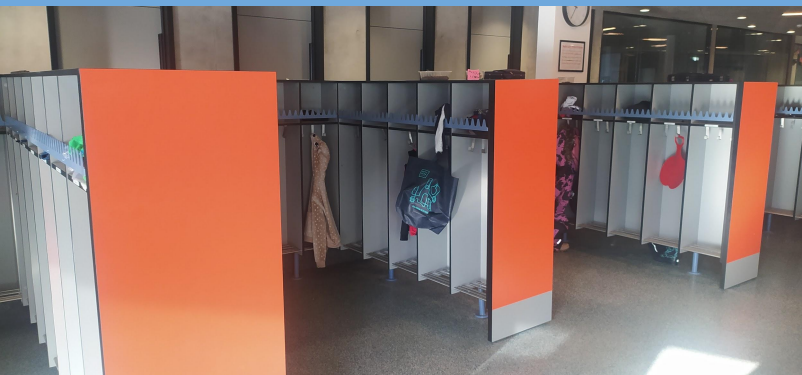


The power of eye contact!

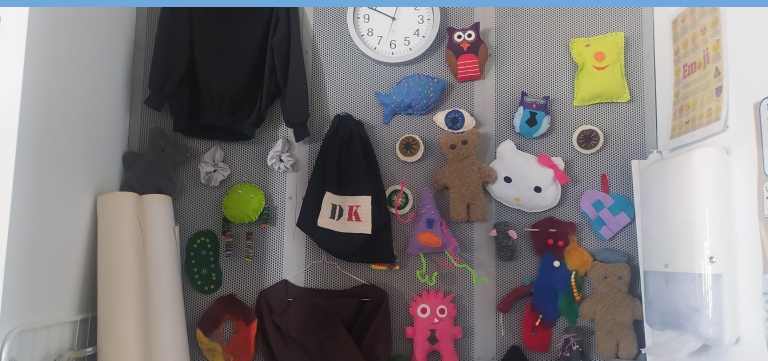
Look to your left!

- Children are standing in a circle.
- Everyone looks to the next person on their left for 1 sek, then the person next to him/her for 1 sek, and then next person and so on....
- Eventually two people will make eye contact and then they swop places.
- They start again to look to the left at one person at a time until they make and eye contact with someone – and then they swop places.



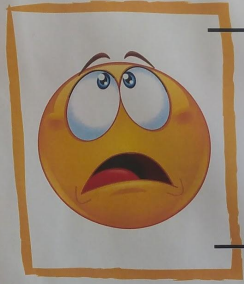


Como es otra escuela.





BESTA LEHDIN



AMORTIGUADORES

Cuenta
adelante/atrás



Buenos
recuerdos



Respiración profunda



Sal de la
situación



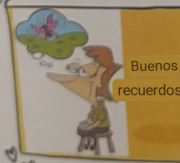
Contar hacia adelante/
hacia atrás



Respiración profunda



Buenos
recuerdos



Pensamientos/
frases que
me pueden ayudar

1. me voy
a callar

2. ¿Qué debo
hacer para
solucionar este
problema?

3. Puedo elegir
alejarme. ¡Se acabó
el tiempo!

4. No necesito
estar enojado,
uso
supresores de ira

Encender

Algo sucede que está
fuera de nuestro control.

Apagador

Aquí podemos controlar
cómo reaccionamos.
Si elegimos un
camino que tenga buenas
consecuencias para
nosotros, es el verde.

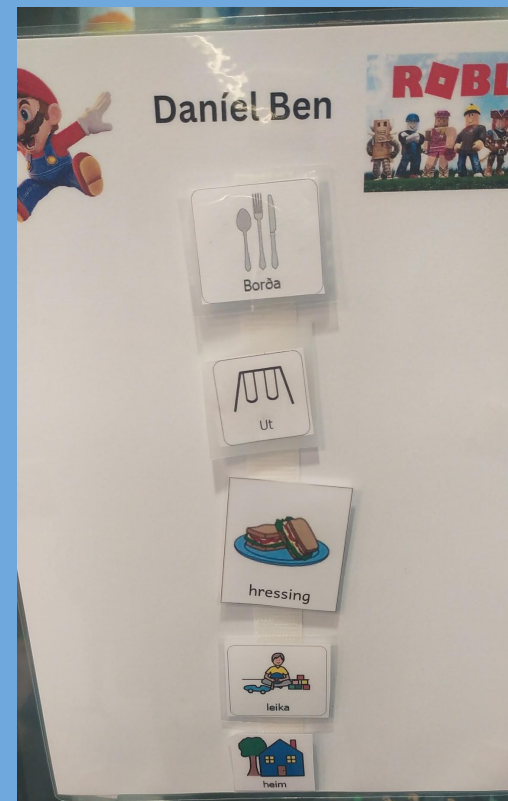
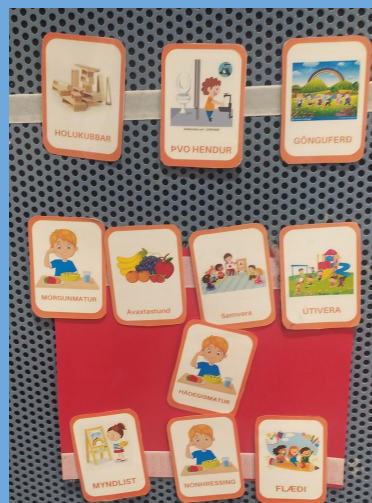
Aquí controlamos cómo
reaccionamos porque
elegimos un camino donde
tomamos nuestra venganza o
usamos la violencia o el mal.

Consecuencia

Si elegimos un buen
camino, tendrá buenas
consecuencias para nosotros y el asunto
terminará rápidamente.

Si elegimos pasar por la
línea roja, generalmente
tiene consecuencias para
nosotros. Malo sigue y la mayoría
de las veces hay que solucionar
lo sucedido

Cartelería para la calma...



... y rutinas.

Sesión de despedida, compartir experiencias y diplomas.

