

Social Emotional Learning & Mindfulness

“Our emotions need to be as educated as our intellect. It is important to know how to feel, how to respond, and how to let life in so that it can touch you.”

In this workshop we hope to inspire you to implement more activities that contribute to student’s self-awareness, social skills & emotional resilience towards others and attention control. **Date: Friday 8 november, afternoon.** You will receive the exact time from Temba.

The workshop

- ✓ lets you experience very practical, fun and educational activities
- ✓ will give you hands-on, easy to do yourself lessons that help improve individual wellbeing as well as classroom atmosphere and learning outcomes

The very next day you will be able to teach children to

- ✓ be kind and mindful towards their own feelings and the feelings of others
- ✓ stand up for themselves in a friendly way
- ✓ concentrate on their own tasks and learning goals better
- ✓ Days after the workshop (sunday- and monday morning), we will show you how to give the lessons in your own class!



Workshop leaders are: Manon and Brenda



Manon is a primary school teacher, specialized in social emotional learning & development

Brenda is a teacher in environmental education and owner of MindKindz Coaching & Training, specialised in mindfulness & attention awareness



Please, express your interest to Temba before the 25th of october

Cooperative and active learning!

In this workshop:

- You will experience yourself how it feels to learn in a cooperative/ active way
- You will get tools to apply cooperative learning directly into your classroom
- You will learn about the benefits of cooperative learning
- You will learn how to convert your lessons into active lessons
- You will learn how to activate your students
- You will learn how to teach your students to be responsible for their own personal development
- You will get a reader with more ways to teach cooperative
- Days after the workshop (sunday- and monday morning), we will show you how to give the lessons in your own class!

Date: Friday 8 november, in the afternoon. You will receive the exact time from Temba.

Workshop leaders: Karin, Marion & Ilona, all teachers from the Netherlands.

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We're looking forward to meet you!

