



## Creating a Conscious Classroom

### Course Outline

#### Session One 'Identifying Your School Journey' Includes:

- *Identifying your school journey*
- *6 keys to connection*

#### Session Two 'Mindfulness' Includes:

- *7 days to transformation*
- *Mindfulness booklet*
- *The wheel of awareness*
- *Two wolves hand out (to print)*

#### Session Three 'Student Happiness' Includes:

- *The conscious compass*
- *Happiness lessons for students*
- *Mindfulness for students*
- *The love tree image (to print for students)*
- *The thumbprint gallery (to print for students)*

#### Session Four 'Students With Learning Differences Includes:

- *My needs, values and beliefs*
- *Iceberg posters*
- *C.A.T process*
- *Tolerance lessons for students*

#### Session Five 'Introducing Play' Includes:

- *Transforming your anger*
- *Unity lessons for students*
- *Introducing play to the classroom*

#### Programme Summary Includes:

- *Beginning of year checklist*
- *Preventative workbook*
- *Breaking the cycle of misbehaviour work book*
- *P.A.U.S.E*
- *Heart Centred Teaching checklist*