7-Day Course

WELL-BEING AND MINDFULNESS IN THE CLASSROOM
Creating A Positive Learning Climate

Dublin (IRELAND)

WHO IS THIS COURSE FOR?

This course has been designed for teachers looking for a holistic perspective on education and a space for experience, inspiration, exchange, and connection. Teachers play a crucial role in helping students discover their identities and find meaning in the world around them. Through a variety of integrated practices encompassing the connection between mind and body, attention to the present moment, emotional awareness, self-compassion; and self-expression, participants will learn first-hand how to address their students' emotional, social, and ethical needs, going beyond academic-focused goals.

Language of communication: **English**

Minimum Level of English required: **B2**

COURSE DESCRIPTION

A positive school climate is home to respectful relationships and a safe and supportive learning environment. The Council of Europe describes well-being as the *'experience of health and happiness'*, including mental and physical health, emotional safety, a feeling of belonging, and sense of purpose, achievement, and success.

Making your classroom mindful means making it a space where reflection, compassion, empathy, and attentive awareness can take place without fear of judgement. Integrating a selection of tools (relaxation, visualisation, artistic expression, grounding techniques, etc.) and connecting to the different dimensions of well-being fosters a respectful and safe learning environment that is fundamental for learning to take place.

Objectives:

- Explore dimensions of well-being and their role in creating a positive classroom climate.
- Consider the potential of a mindful approach to teaching and learning including effective strategies and tools which foster reflection, compassion, and empathy.
- Find opportunities to bridge the gap between student well-being and learning by creating and adapting classroom resources.
- Provide opportunities to interact with colleagues of other nationalities, and exchange ideas and experiences.
- Motivate participants to develop their communication skills through participation in the course and as preparation for their involvement in future European experiences.

Methodology:

Participants will explore different dimensions of well-being (mental and physical health, emotional safety, a feeling of belonging, and a sense of purpose, achievement, and success) and their importance in education. The programme will connect cognition and creativity through a holistic approach to education using a variety of training styles (e.g., workshops, group discussion, task-based learning, field learning projects 'Contexts4Content', etc.).

In a safe and open-minded space participants will appreciate how the cumulative effect of small changes influences and improves students' sense of well-being and overall sense of achievement.
Assessment will be carried out prior to the course by means of analysis of participants' interests. During the course, oral and written reports will be completed to enhance participants' learning. After the course, prospective partnerships might develop from the themes raised by the programme.

LOCATION OF THE COURSE: Dublin (IRELAND)

Dublin, IRELAND, is an old medieval Viking city that displays a fascinating panorama on its streets through a pleasant mix of historic buildings and sites, monuments and street art. Trinity College and the unique Book of Kells, Christ Church Cathedral, Dublin's Viking Castle, the remarkable Chester Beatty Library, or the Samuel Becket Bridge, can be discovered at the same time as the Sweny's pharmacy (immortalized in Joyce's Ulysses), where a surprising mix of second-hand books and the famous lemon-scented soap can be found together.

There is no question that **Dublin** is also a warm and welcoming city. Its enjoyable "craic" has attracted visitors for centuries. Traditional music is extremely popular in Ireland and is so easy to find a pub where a band is playing some good drinking music while customers happily join in the chorus.

DURATION OF THE COURSE

7-day course: **40 hours.**

Our **7-day course**, starting on Sunday and finishing on Saturday, is a very efficient way to implement your mobility by integrating your learning while saving time and expenses. The **40 hours** duration of the course is applied on average considering all training days of the course, for the implementation of the objectives and lessons, in connection with the "Quality standards for courses under Erasmus+ KA1".

CERTIFICATION AWARDED

Certification of learning outcomes in connection with the "Quality standards for courses under Erasmus+ KA1": Europass and Certificate of Attendance which include the name of the participant, description of the course and its learning outcomes, dates, venues, the name of the host organisation and course director.

DATES

Well-being and Mindfulness in the classroom: Creating a positive learning climate
Country of Destination**: Dublin, IRELAND**
Duration (days): **7 training days (from Sunday to Saturday)**
Language of communication: **English**

Dates in 2026	Dates in 2027
15-21 February · 7 training days	28 February - 06 March · 7 training days
17-23 May · 7 training days	23 - 29 May · 7 training days
21-27 June · 7 training days	20 - 26 June · 7 training days
05-11 July · 7 training days	04 - 10 July · 7 training days
12-18 July · 7 training days	11 - 17 July · 7 training days
08 - 14 November · 7 training days	24 - 30 October · 7 training days

Note: The information included in this document might be subject to amendment. You should check our website www.englishmatters.org for any updated information about our programmes.

Reference programme of the 7-day Course:

Well-being and Mindfulness in the classroom: Creating a positive learning climate

7-day Course in Ireland
(from Sunday to Saturday)

Sunday
Registration.
Fundamentals: principles, structure, framework
Tools for reflection on learning & Professional Development
Field learning "Contexts4Content" approach
European Dimension

Monday
A dimensional approach to well-being
Well-being at school: a challenge or an opportunity?
Field Learning Project “Contexts4Content”

Tuesday
Positive School Climate: Constructive, Collaborative and Cohesive
Social and Emotional Learning

Wednesday
Cultivating Mindfulness
Field Learning Project “Contexts4Content”

Thursday
Integrating Mindfulness
Sustaining a mindful culture in the classroom

Friday
Well-being and the Outdoors
Field Learning Project “Contexts4Content”

Saturday
Presentation of participants' learning portfolios
Final reflection on learning acquired
Reflection about Dissemination Strategies
Evaluation of the programme

NOTE: These Reference programmes may be subject to amendment. Such amendment, if necessary, would be kept to a minimum, consistent with the quality and balance of the programme.