JOB SHADOWING

MINDFULNESS FOR TEACHERS

The Job shadowing will help the participants to:

- Promote knowledge or skills related to the five groups of competences (Self-awareness, Self-management, Social awareness, Relationship skills, Taking responsibility decisions)
- Create a positive learning environment that is safe, caring and engaging
- Understand and implement aspects of the MINDFULNESS integrated framework;
- Gain greater emotional and social literacy;
- Experience an MINDFULNESS environment and classroom activities first-hand;
- Implement strategies for effective communication, Mindfulness, and collaboration in a tailor-made program to bring home;
- Immerse themselves in an environment of empowerment that will enable participants to continue generating a culture of MINDFULNESS in their own schools. Improving students' attitudes and beliefs about themselves, others and the school as an institution.

Day 1
Introduction to Fjölbrautaskóli Suðurlands partner school and the external week activities;
Icebreaker activities with Spanish and Icelandic teachers;
Thingvellir – study visit

Day 2
Mindfulness and Communication
The GRIT framework;
Self-awareness tools and strategies – practical activities;
Class visits – Yoga classes with Ragnheiður Eiríksdóttir

Day 3
Group MINDFULNESS activities;
Class visits – Philosophy classes with Ragnheiður Eiríksdóttir
Reykjadalur – study visit

Day 4
Mindfulness in Schools, healthy boundaries for better relationships;
Facilitating constructive conflict management.
Class visits – Social studies classes with Ragnheiður Eiríksdóttir and Guðmundur Björgvin Gylfason

Day 5
Job shadowing Closure & Evaluation: round-up of acquired competencies, feedback, and discussion;
Closing activities for groups.
Awarding of the Job shadowing Certificates of Attendance;
Excursion and other external cultural activities.