

ERASMUS+ Mindfulness in education

Course Ref:
ERASMUS+FLE
Entry Level: B1

Language of tuition: French

Daily Teaching Sessions
Morning: 4 x 45 minutes (3h15)
Afternoon: 2 x 45 minutes (1h30)

Total course contact hours:
1 week: 20 hours

Maximum class size: 14

Course provider:
NDI – KLF Bordeaux
Jardin de l'Ars
2 parvis Gattebourse
33800 Bordeaux

Training Manager



M-Hélène Cayre

An expert in therapeutic support and well-being practices, Marie-Hélène Cayre combines her nursing experience with a holistic approach to stress management and personal development.

As a sophrologist and yoga and Pilates instructor, she helps professionals to improve their well-being through workshops in meditation, sound relaxation and sophrology. Her expertise also extends to training, where she passes on practical tools for integrating mindfulness into education and everyday life, bringing tried and tested methods tailored to teachers, educators and support professionals.

The "Mindfulness in Education" course is typically designed for:

Educators & Teachers – Primary, secondary, and higher education teachers who want to integrate mindfulness into their teaching practices.

School Administrators & Leaders – Principals, school coordinators, and education policymakers interested in promoting well-being in schools.

Educational Researchers & Trainers – Individuals involved in studying and developing mindfulness-based education methods.

Objectives

Enhancing Educators' and school staff's Well-being

- Reduce stress and prevent burnout among teachers and school staff.
- Develop self-awareness and emotional regulation through mindfulness practices.

Improving Teaching and Classroom Management

- Foster a calm and focused learning environment.
- Enhance teachers' presence, attention, and responsiveness to students' needs.
- Develop compassionate and mindful communication skills.

Supporting Students' Mental Health and Learning

- Introduce mindfulness techniques to improve students' focus, resilience, and emotional regulation.
- Help students manage anxiety, stress, and distractions.
- Promote empathy, kindness, and positive relationships in the classroom.

Integrating Mindfulness into Educational Practices

- Learn practical mindfulness exercises for use in daily lessons.
- Develop structured mindfulness programs tailored for schools.
- Explore research and best practices in mindfulness-based education.

Preparation Pre-course Preparative Modalities:

- Needs Analysis
- Online resources for pre-course, arrival and cultural information

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Mindfulness Practices – Participants will learn and practice various mindfulness techniques, such as mindful breathing, meditation, and movement, to enhance focus and well-being.

Facilitation Skills – Participants will develop the ability to lead mindfulness exercises and seamlessly integrate mindfulness into lesson plans and teaching strategies.

Self-Care – Strategies for stress management and self-care will be taught, helping participants prioritize their well-being in both personal and professional settings.

Creativity – Participants will cultivate the ability to creatively apply mindfulness techniques in their teaching and professional practices.

Self-Reflection – Mindfulness Practices – Participants will learn and practice various mindfulness techniques, such as mindful breathing, meditation, and movement, to enhance focus and well-being.

Critical Thinking – The course will encourage analytical thinking, enabling participants to assess and adapt mindfulness practices effectively within educational settings.

- Online language level assessment

Practical arrangements Intra-Course Modalities offered by the Course Provider

- Course tutor
- Pedagogic learning materials included
- Setting of learning objectives
- Ongoing assessment and evaluation including feedback on progress
- Guidance and advice on homework exercises
- City orientation tour and welcome activity
- Access to school study and media centre
- *Accommodation service upon request*
- *Transfer service from airport upon request*

Follow up provided Post-Course Modalities

- A Certificate of Attendance and Achievement
- Europass Mobility
- End of course test and programme evaluation

Sample Programme

This is a sample of a schedule which can be adapted to suit the participants' needs.

One-Week Course

Total minimum number of course contact hours: 20 hours. See appendix A below

Outcomes

Improved Well-being & Stress Management – Participants develop mindfulness techniques to reduce stress, prevent burnout, and improve overall mental health.

Increased Emotional Intelligence – Enhanced self-awareness, emotional regulation, and empathy in interactions with students and colleagues.

Better Classroom Management – More patience, attentiveness, and presence in teaching, leading to a calmer and more engaged learning environment.

Practical Mindfulness Skills – Ability to incorporate mindfulness exercises (e.g., breathing techniques, body scans, mindful listening) into daily routines.

Awareness of Erasmus+ opportunities for professional growth.



Appendix: Sample Programme

Week 1	Day 1 : Foundations of Mindfulness in Education	Day 2 : Self-Care & Emotional Regulation	Day 3 : Mindful Teaching & Classroom Applications	Day 4 : Building Resilience & Self-Reflection	Day 5 : Implementation & Long-Term Practice
08:30 – 09:00	Welcome & Introduction – Course objectives & participant expectations.				
09:00 – 12:15	Yoga for Grounding – Basic postures & breathing techniques for presence. Introduction to Mindfulness – Definition, scientific benefits, and impact on learning & well-being. Mindful Breathing Practice – Breath awareness for focus and stress reduction. Mindfulness in the Classroom – How mindfulness improves attention and emotional regulation in students.	Morning Yoga Flow – Energizing movements to enhance focus and relaxation. Introduction to Sophrology – What it is and how it supports well-being. Sophrology Practice: Dynamic Relaxation – Breath control and visualization for emotional balance. Mindful Self-Care for Educators – Strategies to prevent burnout. Emotional Regulation Workshop – Techniques to manage stress and improve classroom interactions.	Gentle Yoga & Breathwork – Enhancing awareness and connection to self. Mindful Listening & Communication – Techniques for better teacher-student interactions. Leading a Mindfulness Exercise – Participants practice guiding mindful breathing.	Yoga for Emotional Balance – Movements and postures for stress relief. Mindfulness & Resilience – How to cultivate inner strength. Sophrology & Stress Management – Techniques to release anxiety and tension. Creating a Mindful School Culture – Encouraging mindfulness among students & staff.	Final Yoga & Meditation Session – Full-body relaxation & mindful breathing. Facilitating Mindfulness for Students – Leading a practice with peers. Action Planning – How to integrate mindfulness into daily teaching.
12:15 – 13:15	Break				
13h15 – 14h45	Guided Mindfulness Walk Connecting with the present moment through movement. Visit of the city	Body Scan Meditation – Deep relaxation practice to release tension. Group Reflection & Sharing – How to apply these techniques in daily life.	Creative Applications – Using storytelling, music, and art to teach mindfulness. Role-Playing Exercises – Practicing mindfulness-based conflict resolution.	Silent Reflection Walk – Practicing mindfulness in nature.	Sharing & Feedback Circle – Discussing insights and future applications. Certification & Closing Ceremony – Reflection, celebration, and next steps.

KLF

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