

CPD Summer Course for Teachers

DES approved for EPVs

Natural Connections

Nurturing Physical, Emotional and Mental Health



Face to face 20 hour course
July 3-7 and July 10-14
Ballin Temple, Ardattin, Co. Carlow
10am – 2:30pm including lunch break

This course aims to give teachers the skills and knowledge to use techniques that develop the whole person and enhance the learning environment.

- Yoga-based movement and simple mindfulness techniques, adapted for the classroom.
- Appreciate humans within nature, biomimicry, and “different but the same”.
- Relevance of SPHE in learning, school culture and life goals. Ways of communicating benefits of emotional intelligence and health to pupils.
- Critical and parallel thinking and how to develop it in pupils.
- Differentiate between hierarchy and holarchy and gain confidence in applying open techniques in the classroom.

thinking science
SPHE nature geography
garden explore yoga
connections mindfulness
relaxation reflection Green-Schools teamwork
fun outdoors

Course fee: €125
Information and booking: www.Astraea.net
info@astraea.net
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