

MEIO ERASMUS+

Our **OID**: E10049116



Course 5 – The power of Body Language and Relaxation Techniques in school context

ERASMUS + - Key Action 1: Learning Mobility of Individuals¹

The power of Body Language and Relaxation Techniques in school context

Sometimes the wrong word at the wrong time is the trigger to start a conflict.

We live in a complex, stressful and *fast* world with no time to stop and observe the other in anticipation, to avoid conflicts on a daily base.

School context is no exception for the occurrence of conflicts. In fact it is a very stressful environment and it is fundamental that adults are one step ahead of students.

This course aims to transmit to teachers, pedagogical counselors and other professionals some tools regarding non-verbal communication such as face reading emotions and body language as well as relaxing and meditative techniques that will bring anticipation in solving problems and avoid conflict.

Modules

- 1 – Micro Expressions and Face Emotions
- 2 – Body Language
- 3 – Approach to Lie behaviour
- 4 – Relaxation Techniques
- 5 – Meditation Techniques

¹ http://ec.europa.eu/programmes/erasmus-plus/documents/erasmus-plus-programme-guide_en.pdf (p. 30)

By participating on this course you can get the **Europass Mobility Certificate**.

www.europass.ie/europass/euro_mob.html

Course Organization

This is one-week course organized with educational and cultural activities.

Day 1

Icebreaking Activities

Presentation with audio-visual support

(1) Micro Expressions and Face Emotions

- The seven basic emotions reflected on the face (happiness, sadness, fear, anger, disgust, contempt and surprise)
- Behaviours related to each emotion
- Practical exercises

Day 2

Presentation with audio-visual support

(2) Body Language

- Body movements meanings (receptive, trust, interests, comfort, relationship quality):
 - Head & neck
 - Legs & Feet
 - Body
 - Hands & arms
- Role-play

Day 3

Presentation with audio-visual support

(3) Lies

- Why do people lie? Motivations and types of lies
- Beliefs and myths about lie behaviours

- What happen with the body while lying
- Role-Play (who is lying?)

Debate “How to deal with challenging behaviours in the school environment”

Day 4

Presentation with audio-visual support

(4) Deal with intolerant behaviours - Relaxation Techniques

- How to contribute to a better relationship between kids and adults in school
- The importance of breathing
- Breathing techniques
- Meditation techniques for busy people
- What is an Active Meditation
- Practice of an active meditation

Day 5

Presentation with audio-visual support

(5) Meditation for kids

- Meditation in different ages – what targets to be reached with meditation in each age?
- Meditation structure – 6 steps
- Meditation in the classroom – what are we able to do and how can we improve the students attitude in the school
- Group Exercise – creativity in meditation

Objectives

- To better understand the other while communicating: importance of The Body Language
- To improve interpersonal relations and create empathy to avoid conflicts
- To learn relaxation and meditation tools that both teachers and students can bring to their daily life
- To learn new approaches to implement in classroom, school playground and local community

Target

For schools that want to give their teachers and other educational staff the opportunities and incentives to acquire new competences linked to the needs of the school and local community.

Outcomes

- Improved competences, linked to their professional profiles;
- Better quality of their work and activities in favour of students, trainees, apprentices, pupils, learners, young people (...)
- Increased opportunities for professional and career development;
- Increased motivation and satisfaction in their daily work;
- ***Improve interpersonal relations in school***

Methodology

- Presentation with audio-visual support
- Debate
- Practical and pedagogical exercises
- Practice of meditation
- Role-play

Programme Package – Price

This program starts on **Sunday** and goes to **Saturday**

- Course fee (5 days – 70€ per day) 350€
- Program fee 180€
- Accommodation*(6 nights – 95€ each)..... 570€

Total per participant **1100 €**

**Accommodation in double shared rooms. If you prefer any other type of accommodation, please contact us.*

The accommodation place is an old house rebuilt where you have access to all the spaces such as: the garden, the living room and the terrace. The training center is in the same building as the house accommodation.

Food restrictions, allergies and Intolerances:

In Meio we serve typical Portuguese dishes. The meals included on the course are part of the immersive experience by tasting the Portuguese flavors and dishes. Special diets or other food requests timely planned can be provided with additional costs. Contact us by email for further details.

We do not take any responsibility in what concerns participants to food intolerances. Nevertheless, we are open to help and support in finding a solution that fit your needs.

We kindly ask you to bring your devices.

This package includes:

- Course Certificate of Participation
- Mobility Pass Certificate
- Insurance for the participants
- 20 hours training
- Internet Access
- Daily Coffee Breaks
- Daily Breakfast, Lunch and Dinner
- Airport Transfers: Arrival and Departure from/to Lisbon Airport (*we provide one transfer for all the group. So the schedule of the transfer departure depends on all the flights participants. This means that the time will be the most suitable for all*)

- Visit to a local school
- Cultural and historical tours – four half day trips
 - One day tour to the city of Lisbon (lunch and monuments entrance not include)
 - Visit to city of Santarém
 - Visit the beach of Nazaré (the big waves beach)
 - Visit to the mediaeval village castle of Óbidos
- Farewell dinner

It also includes:

Tours with transportation to visit to the Natural Park of Serra de Aire and Candeeiros (could include visit the Algar do Pena Cave and to the dinosaur footprints in Valley of Meio), visit to the city of Santarem where you can taste the conventual sweets, visit to Nazaré Beach (opportunity to visit the world famous North Beach) with traditional lunch and visit to the town of Obidos with **ginjinha** drink in chocolate cup).

Extra-activities can be provided, such as: Tour to Fátima, tour to the city of Tomar with visit to Convent of Christ, and tour to the Monasteries (Batalha and Alcobaça). These activities are only organized for a minimum number of participants. Contact us for prices or other information's.

Course organization

Our weekly plan is usually organized according this structure. So, if you're ready to be creative and eager to learn something, came and join us.

Day 1	Day 2	Day 3	Day 4	Day 5
<p>Icebreaking Activities</p> <p><i>Presentation with audio-visual support</i></p> <p>Micro Expressions and Face Emotions</p> <ul style="list-style-type: none"> ➤ The seven basic face emotions (happiness, sadness, fear, anger, disgust, contempt and surprise) ➤ Behaviours related to each emotion <p><i>Practical exercises</i></p>	<p><i>Presentation with audio-visual support</i></p> <p>Body Language</p> <ul style="list-style-type: none"> ➤ Body movements meanings (receptiveness, trust, interests, comfort, relationship quality): <ul style="list-style-type: none"> - Head & neck - Legs & Feet - Body - Hands & arms <p><i>Role-Play</i></p>	<p><i>Presentation with audio-visual support</i></p> <p>Lies</p> <ul style="list-style-type: none"> ➤ Why do people lie? Motivations and types of lies ➤ Beliefs and myths about lie behaviours ➤ What happen with the body while lying <p><i>Role-Play (who is lying?)</i></p> <p><i>Debate "How to deal with challenging behaviours in the school environment"</i></p>	<p><i>Presentation with audio-visual support</i></p> <p>Deal with intolerant behaviours - Relaxation Techniques</p> <ul style="list-style-type: none"> ➤ How to contribute to a better relationship between kids and adults in school ➤ The importance of breathing ➤ Breathing techniques ➤ Meditation for busy people ➤ What is an Active Meditation <p><i>Practice - active meditation</i></p>	<p><i>Presentation with audio-visual support</i></p> <p>Meditation for kids</p> <ul style="list-style-type: none"> ➤ Meditation in different ages – what targets to be reached with meditation in each age? ➤ Meditation structure – 6 steps ➤ Meditation in the classroom – what are we able to do and how can we improve the students attitude in the school <p><i>Group Exercise – creativity in meditation</i></p>