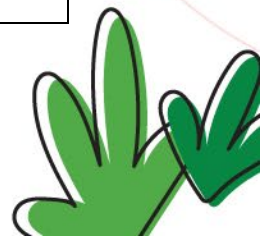




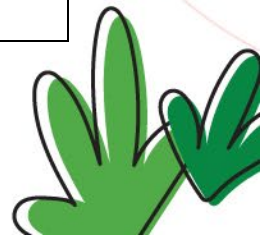
OUT OF YOUR HEAD, INTO YOUR BODY

<p>Introduction</p>	<ul style="list-style-type: none"> - To introduce young people to Mindfulness & Yoga: a way to contribute as a vital citizen to inner peace in times of busyness & stress both for yourself and with compassion towards fellow human beings - Do some mindfulness/meditation/yoga how can it contribute to a vital life and more attention and concentration. - Differences and similarities with religion vs. Mindfulness & meditation to explore - Introducing young people to social enterprises where they can practice mindfulness, yoga and meditation without religious motivations 									
<p>Objective / teachers' goal</p>	<p>Letting young people experience how mindfulness/meditation/yoga can contribute to a vital life and more attention and concentration</p>									
<p>Relation to competence framework INTRODUCTION TO THE VITALITY COMPETENCE FRAMEWORK copy (vitalityforthefuture.eu)</p>										
<p>Dimensions (check the dimensions and related aspects below) <input type="checkbox"/> Bodily functions <input checked="" type="checkbox"/> Mental wellbeing <input type="checkbox"/> Meaningfulness <input type="checkbox"/> Quality of life <input type="checkbox"/> Participation <input type="checkbox"/> Daily functioning</p>										
<p>Materials</p>	<p>Power point "Out of your head into your body" including all the instructions for the workshop teacher</p>									
<p>Approach</p>	<p>Components:</p> <ul style="list-style-type: none"> - Powerpoint incl. movies - Introduction theory - Assignments & movies - Group Assignment Location Research: where students are asked to observe with attention and then present what their findings and opinions are <table border="1" data-bbox="1131 1169 1845 1374"> <thead> <tr> <th colspan="3">Power Point Out of your head into your body</th> </tr> <tr> <th>Part</th> <th>Duration</th> <th>Learning form</th> </tr> </thead> <tbody> <tr> <td>Introductie</td> <td>5 minuten</td> <td>introducing + brainstorm thema</td> </tr> </tbody> </table>	Power Point Out of your head into your body			Part	Duration	Learning form	Introductie	5 minuten	introducing + brainstorm thema
Power Point Out of your head into your body										
Part	Duration	Learning form								
Introductie	5 minuten	introducing + brainstorm thema								





	Brainstorm	10 min	Klassikale brainstorm
	Vitaliteit, Concentration & Compassion	10 min	Theorie & video
	Group assignement	30 min	Groups brainstorm, letter game + mindfulness exercise Raisin -> class evaluation
	Mindfulness in daily life	15 min	video, Statement, comparison, Discussion
	BREAK	20 min	
	Final assignment "Research the location"	20 min	Research the location + presntation of the drawing
	Let's Practise	20 min	Yoga & or Guided meditation/ relaxation exercises
	Completion & Evaluation	10 min	Klassikaal & Socrative
	Type of activity (workshop, assignment, quiz, debat, presentation, etc.)	Workshop, presentation and experience	
Duration	1.50 hour		





Final goal (learning outcome)	Better vital life by mindfulness, yoga and meditation, and were to go
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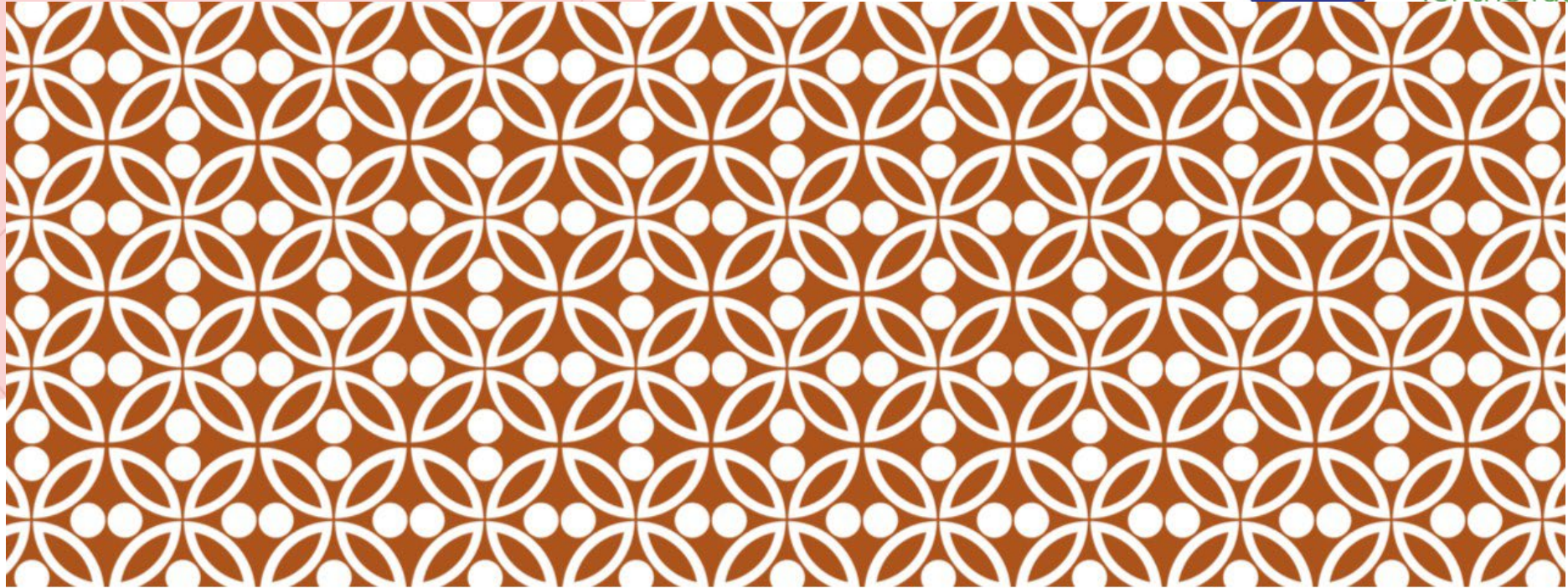
Spiderweb Positive health

Dimension/Aspects							
Bodily functions	Feeling healthy	Fitness	Complaints and pain	Sleep	Food	Condition	Exercise
Mental well-being	Remember	Concentrate	Communicating	Being cheerful	Accepting yourself	Dealing with change	Sense of control
Quality of life	Enjoy	Being happy	Balance	Feeling safe	How you live	Get by with your money	Feeling comfortable with yourself
Social participation	Social contact	Be taken seriously	Doing fun things together	Belonging	Doing meaningful things together	Support from others	Interest in society
Daily functioning	Taking care of yourself	Knowing your limits	Knowledge of health	Dealing with time	Dealing with money	Being able to work	Being able to ask for help
Meaning	Meaningful life	Zest of life	Wanting to achieve deals	Have confidence	Accept	Gratitude	Keep learning





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OUT OF YOUR HEAD, INTO YOUR BODY

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<https://uptous.nl/>



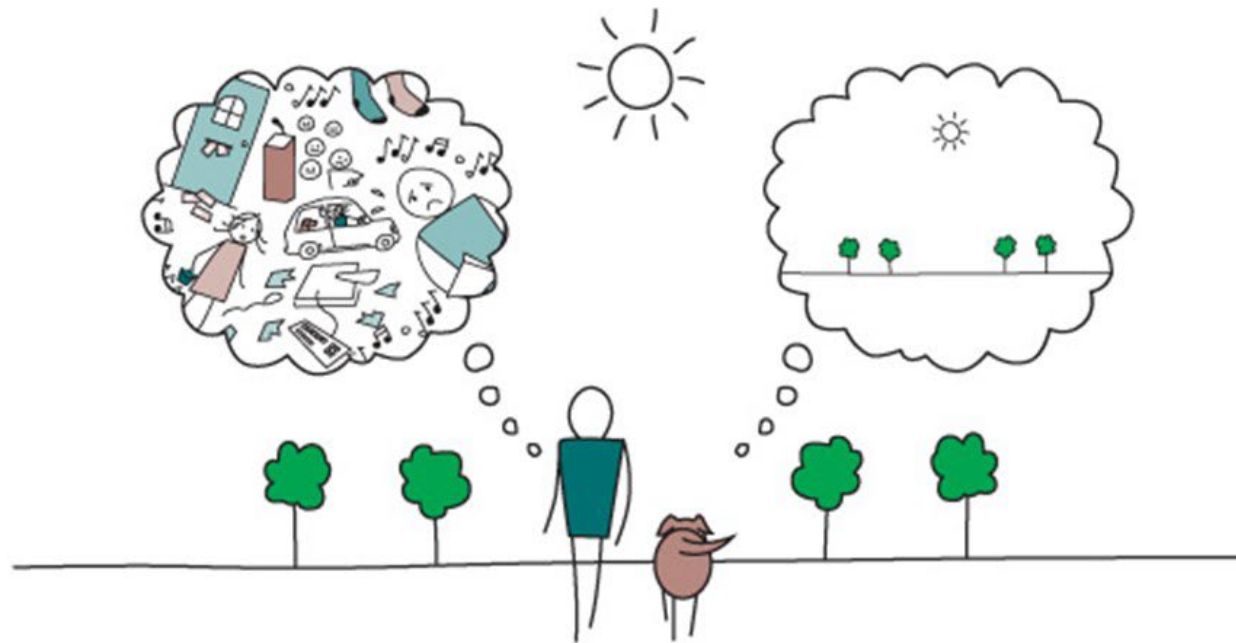
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Mind Full, or Mindful?



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“MINDFUL” OR “MIND FULL?”

Programma

- Vitality & Attention
- Concentration incl groups assignement
- Mindfulness
- Mindful Live
- BREAK
- Practice:
 - Research location
 - Relaxe & Meditate!



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UIT JE HOOFD, IN JE LIJF

Vitaal Burgerschap



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WHAT IS COMPASSION?

A. Taking of others



B. Passion for computers



C. Take care of yourself





GROUP ASSIGNMENT: WHAT IS CONCENTRATION?

PART 1: Brainstorm with your group about "What is concentration?" - formulate in 1 sentence! (without using google!)

PART 2: spell out word backwards (clockwise)

Everyone comes up with 1 4-letter word and 1 7-letter word
(keep to yourself)

ROUND 1: - letter word

ROUND 2: 7-letter word

▪ RONDE 3: 9-letter word

HOLD TEMPO in it! Try to spell faster and faster?

▪ PART 3: Preview Mindfulness





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MINDFULNESS – WHAT AND HOW?



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STELLING

Mindfulness & meditation is yet another trend and it will blow over again”””

Agree or disagree?



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MINDFUL LIFE —SCIENTIFICALLY PROVEN BENEFITS

1. Reduces stress
2. Increases your focus and concentration
3. Increases empathy and compassion
4. Helps you to be less guided by your emotions (ups and downs)
5. Helps reduce worry and anxiety
6. Makes you more creative
7. Relieves pain
8. Improves mood



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MINDFULNESS VERSUS MEDITATIE

MEDITATION VERSUS PRAYINGN

MEDITATIE VERSUS YOGA



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OUT OF YOUR HEAD INTO YOUR BODY: IN DAILY LIFE

Practice: with full attention with all your senses

Brushing your teeth, eating or

For example cycling!!!



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PAUZE!

Take a break



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MINDFUL-SPOT: YOGA UNDER CONSTRUCTION



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YOGA UNDER CONSTRUCTION

GROUP ASSIGNMENT:
RESEARCH THE LOCATION

(without google, note details
in space!)

Draw a picture:

Big heart in the middle

What is the purpose & core business of YUC?

How are they trying to achieve this? (What can customers do here? What activities?)

What factors help contribute to this?)

Would you come here yourself now or in the future? Why or why not?

PRESENT YOUR DRAWING

- no stress!!!



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**ARE YOU
READY??**

LET'S PRACTISE!





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Invullen Evaluatie

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GRONINGEN
[HTTPS://UPTOUS.NL](https://uptous.nl)

How relaxed are you now ?



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