



# 'Method Eline Snel'®



Attention training for children aged 4-19

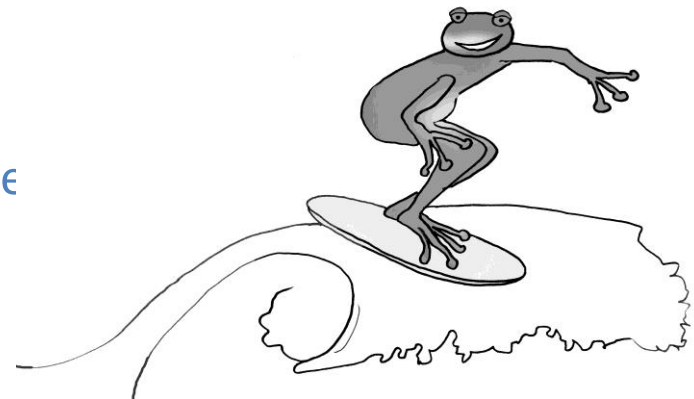


## Program workshop

- What is mindfulness?
- Why in schools and other institutes?
- The story of the frog
- Themes in the training course M&M
- Effects
- Another exercise
- Who gives 'Mindfulness matters' training courses?
- Research until now
- Time for questions

Core idea:

- You cannot hold back the wave  
But you can learn to surf





## Method Eline Snel

- Mindfulness method for children developed by Eline Snel, author of 'Sitting still like a frog' (distributed in 39 countries)
- Based on scientifically researched training course for adults (MBSR)
- More than 10000 children have followed this training course in schools, private practices, mental health centres, rehabilitation centers
- Made-to-measure training courses for 4 age groups from 4 -19 year-olds



MINDFULNESS FOR CHILDREN  
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## What is mindfulness?



The ability of every person and child to be attentive in a special way: to be conscious and present in a friendly way, in every moment, without judgment, conscious of the urge to react





## The exercise: sitting still like a frog

### The story of the frog







## Themes in the training course

- observing and concentrating
- attention to your body
- tasting, smelling, hearing, seeing and feeling
- patience, having confidence and letting go
- feeling emotions and allowing them to exist
- becoming familiar with dealing with thoughts
- being nice is fun
- the secret of happiness
  
- **For teenagers**
  - extra themes: dealing with (exam) stress and the art of listening





## Another exercise





## Who are giving 'Mindfulness Matters' training courses?

Teachers, child psychologists/psychiatrists, orthopedics, special needs teachers, children's coaches and other professionals who work with children trained at the AMT (Academy for Mindful Teaching)

Each year the frog certificate is renewed, when the child trainer has done a refresher course, which keeps every children's trainer up-to-date.



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## Effects

- concentration increases, impulsive behavior is reduced
- negative thoughts and worrying disappear
- relaxation, calm, and good sleep increase
- Fears and depression decrease
- Friendliness and respect towards yourself and others increases, more confidence
- Less reactionary behavior to stress or the behavior of others



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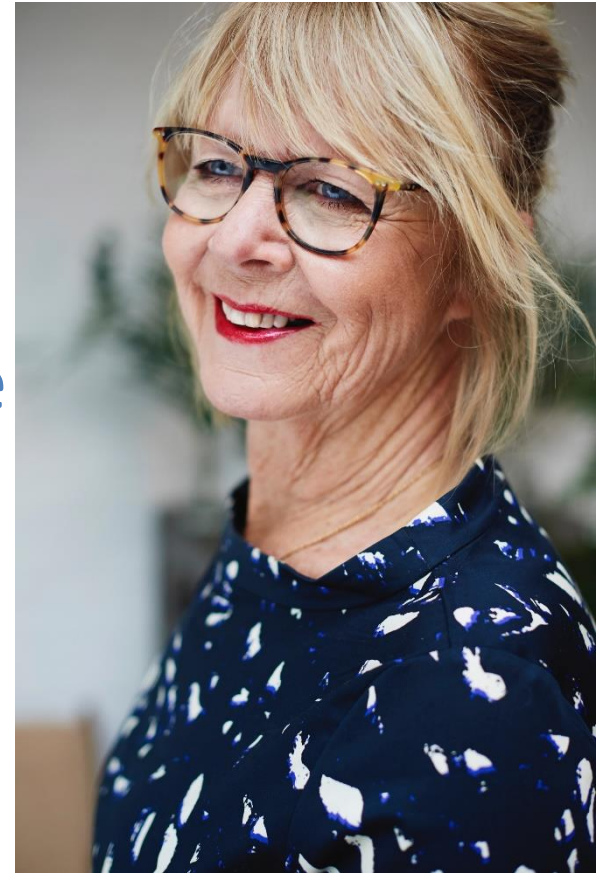


## Time for questions





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