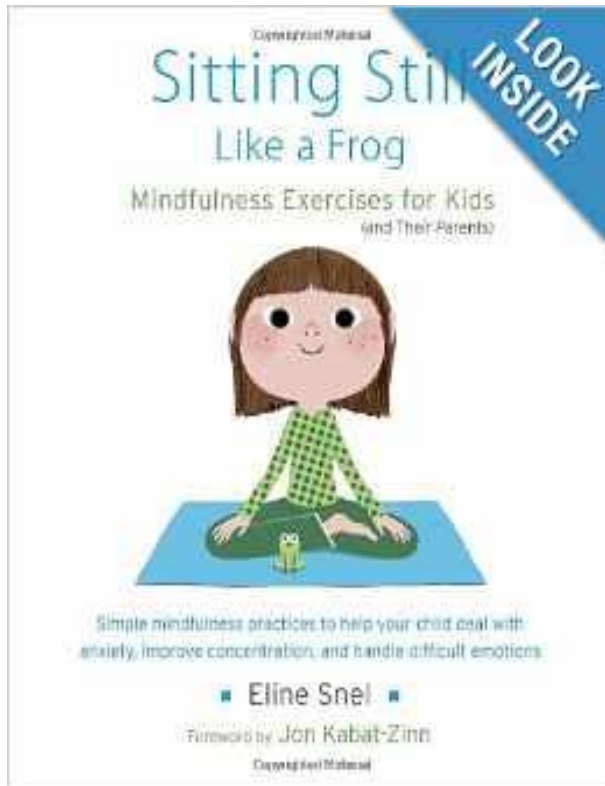


Sitting Still Like a Frog



Stillsitzen wie
ein Frosch



They come into this world



And look so cute and adorable



Then they start growing up



and give a lot of pleasure and happiness



Most children listen to their parents
and follow their lead



Some of them has a mind of their own.
They are strong willed and want to experience
life in their own way

Other children may have a disease or serious problems. Anxieties or anger, fears or disorders that can manifest as maladaptive behaviour



These children need often, besides mindfulness exercises, special treatment or specialised therapy

Mindfulness

can offer an alternative way to experience inner calmness and (self) compassion



Mindfulness is not a therapy



but a way we relate to thoughts,
feelings, emotions and actions.

It's a training of the mind

History

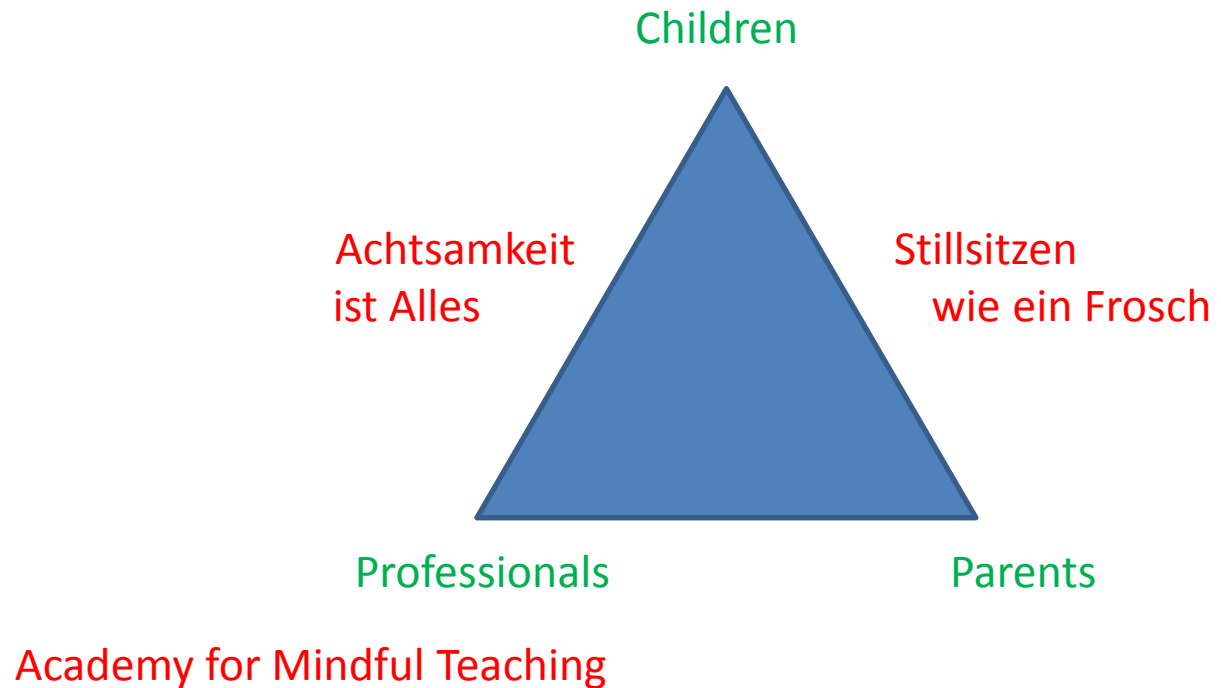
- 35 yrs ago: starting mindfulness based courses for adults
- 22 yrs ago: mindfulness exercises for my daughter (ADD):

If my body wants to sleep, but my head doesn't



- 7 yrs ago: developing a fruitful frog triangle

- 4 manuals 'Achtsamkeit ist Alles' for professionals working with children (4-19)
- 'Sitting still like a frog' for parents and their children, age 5-12
- The Academy for Mindful Teaching



Why the frog?

- Frogs can sit very still and only move when they are hungry , or when there is danger.
- They can also make enormous jumps (like our mind)
- They breath very visible
- Frogs can transform into a prince
- Frogs are champions in observing of what is happening right now. They are awake, alert and calm
- Frogs don't judge, but accept what is here in now, in this moment , without pushing anything away.



Content

- First part: How to concentrate and observe?
- Middle part: What can I do with what I observe?
- Last part: Selfcompassion and compassion

Awareness starts with

attention with the breath (frog meditation) What did you notice? Children can learn this very easily from the frog

Reported effects

1. Increase of concentration
2. Less reacting but responding on impulses
3. Having influence on what happens in the inner and outer world



4. Recognising that thoughts and feelings are “just thoughts and feelings”
5. The experience of inner calmness, selfconfidence and selfcompassion, and compassion for others, less bullying
6. An unstressed mind learns better, behaves different and finds more creative solutions for problems

*Exercise:
the conveyor belt
of worries*



The Academy for Mindful Teaching

a 6- 8 day education in training mindfulness to children and adolescents by using the method 'Mindfulness Matters' ('Achtsamkeit ist Alles')



Mindfulness Matters - Achtsamkeit ist Alles

- 8-10 week training for children (5-19 yrs)
- Based on Jon Kabat Zinn's MBSR training for adults
- Tried out in 15 pilots in schools, mental care institutes and private practices.
- Exercises on CD voiced by Myla Kabat-Zinn
- Suitable for children with and without a diagnosis
- Research:
Radboud University Nijmegen
and Hong Kong University



Thank you for your attention !



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