



Module 1 – What is kids/teen's meditation?



Module 2 – How to get started creating meditations your kids will love



Module 3 – How to create a meditation that keeps children connected



Module 4 – Expanding your ideas that meet age and stage.



Module 5 – The family benefits of teaching children meditation



Module 6 – your 'peace pioneer' skills – helping you work with the challenges of teaching meditation professionally



Module 7 – energy awareness for teaching meditation – to accommodate contraindications.



Module 8 – teaching with the intuitive heart to deliver meditations with compassion and fully understanding the child's needs.



Module 9 – child development and special needs – our speciality! What we love to teach.



Module 10 – enhancing your teaching meditation skills – stretching your abilities so you can realise your true potential.



Module 11 – developing your teaching mindfulness toolkit to ensure you can reach children of all ages and abilities.



Module 12 – teaching advanced, mindful activity tools for children with challenging behaviours/trauma.



Module 13 – developing bespoke meditation programmes to meet the needs of your organisation or community



Additional online resources – mentoring tips for teaching through Zoom



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