



# Connected Kids

## PROFESSIONAL COURSE SYLLABUS

**DEVELOPING** MINDFULNESS AND MEDITATION TO SUPPORT AGE AND STAGE (FROM TODDLERS TO TEENS)

**HOW** TO TEACH NEURODIVERGENT CHILDREN MEDITATION

**LEARN** AND DEVELOP A 'MEDITATION TOOLKIT' TO STRUCTURE TEACHING SESSIONS WHICH INCLUDES:

USING MANDALAS TO GUIDE AND DEVELOP EMOTIONAL ENERGY

GROUNDING WITH MUDRAS AND MOVEMENT

EXPLORING LABYRINTHS TO HELP CHILDREN SELF-REGULATE THEIR ENERGY

WORKING WITH NATURE, STONES/CRYSTALS

USING THE SENSES, COLOUR AND DAY-TO-DAY MINDFULNESS

[WWW.TEACHCHILDRENMEDITATION.COM](http://WWW.TEACHCHILDRENMEDITATION.COM)



**HOW TO INTUITIVELY GUIDE MEDITATIONS  
TO MATCH CHILDREN'S NEEDS AND ENERGY**

**HOW TO MOTIVATE CHILDREN WHO DON'T  
WANT TO LEARN MEDITATION**

**USING THE ENERGY BODY TO DEVELOP  
MEDITATIONS THAT WORK EVERY TIME**

**LEARNING WHICH MINDFUL ACTIVITIES ARE  
SAFE TO USE WITH DIFFERENT NEEDS**

**HOW TO SUPPORT THE FAMILIES OF  
CHILDREN WITH SEN**

**HOW TO KEEP YOUNG PEOPLE SAFE  
DURING MEDITATION**

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**HOW TO SET UP A PROFESSIONAL MEDITATION TEACHING PRACTICE**

**TIPS** ON HOW TO RUN MEDITATION SESSIONS ONLINE TO COMPLETE YOUR FACE TO FACE TEACHING PRACTICE

**CERTIFICATION** TO GAIN INSURANCE TO TEACH MEDITATION PROFESSIONALLY

**ACCESS** TO ADVANCE TEACHING TO WORK ONLINE/WITH TRAUMA

**TEACHING** PRACTICE INSURANCE THROUGH IICT

**ACCREDITED** BY IMMA AND IICT

BOOK NOW >

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