



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



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

WWW.TEACHCHILDRENMEDITATION.COM



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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