



			exercises to deepen self awareness and the ability of the child to communicate with others with empathy.		
Day 4	10 am to 3 pm	Novara Centre	To support participants learn the practices and become familiar with the methods of Mindfulness to be used in the Classroom, the playground, at home & in the environment to support and enhance positive behavior.	Workshop/Group Dialogue and dyads – modeling of exercises and techniques – practice by participants of methods and exercises.	Anne Twohig, Clodagh McCarthy, Bridie O’Grady, Primary School Teacher
Day 5	10 am to 3 pm	Novara Centre	To review fully the Course and Course Handbook. To process Questions and give details of recommended further support for participants ie Cds, Books, Videos. To set goal planning for inclusion of Mindful awareness in the school environment	Workshop/Discussion - Group and Dyad Discussion/Reflection/ Review of Handouts	Anne Twohig, Clodagh McCarthy & Bridie O’Grady