



Mindfulness for Children and Adolescents

The Mindfulness Matters! method, developed by Eline Snel, provides children and young people with tools to become aware of their emotions, thoughts, and physical sensations. This scientifically based training helps children focus better, increase self-confidence, and be kinder to themselves and others. The training is suitable for use at home, in school, and in private practice.



Eline Snel is the author of the best selling book "Sitting Still Like a Frog"

Why Mindfulness for Children?

Just like adults, children are often overwhelmed. Many sleep poorly, find it difficult to concentrate, and are often restless or experience stress. The "on" button always seems to work, but where is the "stop" button? By coming into contact with mindfulness at a young age, children learn to observe better, concentrate, connect with their bodies, and find calmness.



Effects

- ✓ Improved concentration and academic performance
- ✓ Reduced anxiety and stress
- ✓ Better self-regulation and body awareness
- ✓ Increased self-confidence and resilience
- ✓ Kindness toward oneself and others
- ✓ Helps children find calm in a chaotic world

Train with us at the Academy for Mindful Teaching Asia

Certification program to teach Method Eline Snel – Mindfulness for Children

This teacher training course is designed for those who would like to teach mindfulness to children aged 4 to 12, using the Method Eline Snel program (Mindfulness Matters!) in schools, institutions, or private practice. The 6-day AMT Basic Course will be conducted in English over three weekends, and will be led by Angie Bucu

During the teacher training course with AMT Asia, you'll learn to teach the eight-week Mindfulness Matters course to children, and you'll also learn to teach yourself. The Method Eline Snel has been developed with much compassion and dedication in practice for and with children. The Method is well known and taught worldwide!



Dates : March 22, 23, 29, 30
April 4, 5
Times: HKT 14:00-19:00

Location : Online on Zoom

Trainer: Angie Bucu

Investment: HK\$11,000

Early Bird: HK\$9,500 until Feb 24

Subscribe: asia@academyformindfulteaching.com



Conditions for participation

- Completion of an 8-week MBSR, MBCT or equivalent training with a certified trainer
- Work with children aged 4-12 in schools, private practice, healthcare, or after-school care



To complete certification

- Full attendance at all training sessions
- Prepare and conduct one 8-week pilot course for your own target group
- 1 x supervision meeting
- A report reflecting your experiences of the pilot course

Your Investment includes

- ✓ 2 x Trainer's Handbook for ages 4-8 and 8-12 (Chinese translations available)
- ✓ 1 x Supervision
- ✓ Supporting material to assist you in teaching the 8-week Method Eline Snel mindfulness course
- ✓ Experiential and playful learning

Your Trainer - Angie Bucu

Angie is our AMT Asia partner and teacher trainer in the region. She is a mindfulness instructor for children and adolescents, as well as teaching MBSR with parents and teachers. She has a Master of Wellness and has trained in MBSR, MBCT, CEB, children's yoga.



Contact

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To learn more, visit: www.academyformindfulteaching.com