



ASSOCIAÇÃO PORTUGUESA
DE PROFESSORES DE INGLÊS

Mindful EFL Day

5th Edition

Speakers

Ana Demitroff
Bárbara Monteiro
Chantelle Walsh
Susana Rocha



21st September 2024

APPI Zoom Platform

Ação de Curta Duração: 3 horas

appiforma



ASSOCIAÇÃO
PORTUGUESA
para o
MINDFULNESS

5th Edition



Join us for a transformative Mindful EFL Day exploring the power of mindfulness, kindness, and self-discovery in education!

In this event, we will explore the significance of fostering emotional intelligence and embracing our inner experiences through engaging sessions inspired by films, stories, practical activities, and personal growth practices.

Our lineup of insightful talks includes discussions on:

- Mindfulness as a tool for embracing emotions and enhancing self-awareness
- The transformative power of kindness and building empathy in the classroom
- Activating senses and developing language skills through observation
- Nurturing teacher well-being and enhancing the learning environment

Participants will gain valuable tools for the classroom, fostering connections, and promoting well-being for both students and teachers. Be a part of this enriching experience as we explore the potential of mindfulness, self-care, and positive communication to create a brighter future for education and cultivate emotional intelligence in our schools.

The Mindful EFL SIG

José Moura Carvalho
Anna Pires



21st September 2024

9:00 – 9:15	OPENING SESSION Sónia Ferreirinha, José Moura Carvalho & Anna Pires
9:15 – 10:15	BÁRBARA MONTEIRO Inside Out 2 & Mindfulness Introduction: Anna Pires; Q&A Moderation: José Moura Carvalho
10:15 – 11:15	CHANTELLE WALSH Social and Emotional Learning and EFL Introduction and Q&A Moderation: Anna Pires
11:15 – 11:30	Break
11:30 – 12:30	ANA DEMITROFF Mindfulness and CLIL Introduction and Q&A Moderation: Anna Pires
12:30–13:00	SUSANA ROCHA Teaching Mindfully Introduction: José Moura Carvalho
13:00–13:15	CLOSING SESSION

21st September | 9:00 – 13:15



9:00 – 9:15

Opening session – Sónia Ferreirinha, José Moura Carvalho & Anna Pires

9:15 – 10:15

BÁRBARA MONTEIRO

Inside Out 2 & Mindfulness (Introduction: Anna Pires; Q&A Moderation: José Moura Carvalho)

In this talk, we will navigate "Inside Out 2" and reflect on how mindfulness is a valuable process to deal with emotions, thoughts, and our internal and external lives. We will explore using awareness to welcome emotions and deal with them effectively. [This presentation will be in Portuguese].

10:15 – 11:15

CHANTELLE PAULINE WALSH

Kindness makes the world go round (Introduction and Q&A Moderation: Anna Pires)

Through the power of stories, we will look at the transformative power of kindness. We will discover how creating a culture of kindness in our classrooms enhances the relationships students have with themselves and others. This practical and fun session will give teachers activities for the classroom and a greater understanding of social-emotional learning.

11:15 – 11:30 – Break

11:30 – 12:30

ANA DEMITROFF

Soft CLIL Activities to Engage and Focus (Introduction and Q&A Moderation: Anna Pires)

Whatever the subject, our students need to activate their senses and focus on what they are seeing, hearing, feeling and even tasting or smelling. Indeed, Jane Johnston (2009) considers observation as a key skill in a school setting; she was referring to young learners. However, if their older brothers and sisters haven't learnt how to look, listen and think, they may also be unready to make descriptions or compare and contrast. The tried and tested activities introduced in this practical workshop are for language development, but they come from Art and Science.

12:30 – 13:00

SUSANA ROCHA

Teaching Mindfully (Introduction: José Moura Carvalho)

Teachers' intention to offer the best of themselves to their students is supported by caring for their own well-being. Cultivating presence allows to develop and nurture the best qualities that a teacher has to create a supportive and enriching learning environment for their students. Susana Rocha will facilitate a mindfulness practice that offers the opportunity to explore the inner resources that are available to all of us and that allow teachers to cultivate stability and to nurture well-being.

13:00 – 13:15 – Closing session

BIODATA



Ana Demitroff

In her 36-plus years of being in the classroom, **Ana Demitroff** has mostly worked in CLIL. She started with the Adult and Secondary sector in the UK and US, but moved to Young Learners in Spain. Over her 27 years in that country, she has collaborated with the same plurilingual schools and training entities. She holds a Master's from the Institute of Education (U. London) and is a co-tutor for modules the CLIL Master's at the University of Jaen. Her latest collaborative project is You First Education, which provides training and other services.



Bárbara Monteiro

Bárbara Monteiro is a Clinical Psychologist and member of the Ordem dos Psicólogos Portugueses. She completed a Master's degree in clinical psychology in 2016 at the Instituto Superior Miguel Torga and has been pursuing a PhD in Clinical and Health Psychology at the Faculty of Psychology and Education Sciences of the University of Coimbra since 2020. She has been an Assistant at the Instituto Superior Miguel Torga since 2016 and Secretary of the Board of the Portuguese Mindfulness Association. She is co-author of works presented at national and international scientific conferences, articles in peer-reviewed journals, and a book chapter and has been part of the organising committee for scientific events, co-supervised two Master's theses, and received an award for Best Poster. PhD scholarship holder of the Foundation for Science and Technology with the project "Be Present and Kind in Pandemic."



Chantelle Walsh

Chantelle Walsh is a Teacher and Teacher Trainer. Having started her career as a state schoolteacher, Chantelle has enjoyed training and working with teachers in both primary and secondary schools all over Italy and abroad for the past twenty years. She loves bringing creativity to the language classroom, looking at fresh ideas for teaching lexis and grammar as she believes we can always find new ways to engage all individuals in the learning process. Chantelle's main area of interest in recent years has been in mindfulness and well-being in education, for both teachers and students, and she has given many talks on this area. Chantelle also guides and works with many language schools in Italy as an educational school inspector for AISLi ((Associazione Italiana Scuola di Lingue).



Susana Rocha

Susana Rocha is the founder of Centro de Mindfulness para a Educação (Mindfulness Centre for Education). She is a Mindfulness-Based Cognitive Therapy Certified Teacher and has received training in the main international mindfulness curricula for education. For the last 9 years she has been helping children and adolescents develop foundational social and emotional skills through mindfulness, and has also been teaching mindfulness to adults.

APPIforma

A **Oferta de Formação** e o **Plano de Formação** **acreditada** para 2024/25 estão disponíveis no *website* da APPI: [APPI - CPD Programme & Registration](https://www.appi.pt).



Para contratualização, calendarização e localização de ações de formação e outro tipo de informação é favor contactar Sónia Ferreirinha, Diretora de APPIforma, para: appiforma@appi.pt ou Tlm: 96 957 0805.