



ASSOCIAÇÃO PORTUGUESA
DE PROFESSORES DE INGLÊS

Mindful EFL Day

7th Edition

Speakers

Kieran Donaghy

Fran Seftel

Stefania Ballotto



20th September 2025

APPI Zoom Platform

Ação de Curta Duração: 3 horas

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Mindful EFL Day

7th Edition



On September 20th 2025, the APPI Mindful EFL SIG invites teachers to come together and reflect on themes that matter for our classrooms today: attention, empathy, wellbeing and playful learning.

We will explore how a multimodal approach can enrich language teaching in a world shaped by digital and visual communication, how grounding practices can support teacher wellbeing in demanding educational contexts, and how multi-sensory activities can help young learners thrive by giving them time and space to explore in age-appropriate ways.

Our aim is to provide a pause for reflection and connection while offering practical strategies that inspire teachers for the new school year and support more inclusive, balanced and engaging classrooms for everyone.

We hope these sessions spark your interest, and we look forward to seeing you online on the 20th of September!

The Mindful EFL Special Interest Group aims to provide firstly teachers with ways to include Mindfulness in their daily lives, thus improving their overall well-being and conscious awareness of themselves not only as professionals but fundamentally as human beings. This, in turn, can enrich the overall classroom experience for their students, adding mindful language learning inputs to the curriculum and thus enhancing successful acquisition and learner well-being.

The Mindful EFL SIG

José Moura Carvalho

Anna Pires

20th September 2025



9:00 – 9:15	OPENING SESSION Sónia Ferreirinha & Anna Pires
9:15 – 10:15	KIERAN DONAGHY Multimodality, language, attention and empathy Introduction and Q&A Moderation: Sónia Ferreirinha
10:15 – 11:15	FRAN SEFTEL The bees and the birds! - Supporting learning through observation and multi-sensory exploration Introduction and Q&A Moderation: Anna Pires
11:15 – 11:30	Break
11:30 – 12:30	STEFANIA BALLOTTO Wellbeing in practice: Grounding ourselves, Growing together Introduction and Q&A Moderation: Anna Pires
12:30–12:45	CLOSING SESSION

20th September 2025 | 9:00 – 12:30



9:00 – 9:15

Opening session – Sónia Ferreirinha & Anna Pires

9:15 – 10:15

KIERAN DONAGHY

Multimodality, language, attention and empathy (Introduction and Q&A Moderation: Sónia Ferreirinha)

In this webinar we will explore the Multimodal Approach in English Language Teaching, an innovative pedagogical framework designed to reflect the realities of communication in our digitally and visually mediated world. As learners increasingly engage with multimodal texts—such as short films, social media posts, podcasts and video essays—language education must evolve to integrate not only the traditional skills of listening, speaking, reading and writing, but also the equally essential skills of viewing and representing. Grounded in research from multimodal literacy, cognitive science and sociocultural theory, the approach draws on Vygotsky's social constructivism and Mayer's Cognitive Theory of Multimedia Learning to support deeper, more meaningful learning. Through a structured five-stage process—Expectation, Exploration, Evaluation, Enhancement and Expression—learners are guided to critically interpret multimodal texts and creatively produce their own, reinforcing vocabulary, developing linguistic competence, and fostering empathy.

The session will examine how The Multimodal Approach promotes attention, empathy, inclusion and accessibility, offering diverse learners multiple pathways to understanding and self-expression, and illustrate how the approach makes language learning more authentic and engaging—empowering learners not only to communicate effectively, but to connect emotionally, think critically and express their identities in an interconnected world.

10:15 – 11:15

FRAN SEFTEL

The bees and the birds! - Supporting learning through observation and multi-sensory exploration (Introduction and Q&A Moderation: Anna Pires)

Young learners at all levels are often part of educational programmes, at school and in other settings, which put pressure on them to learn an abundance of content without giving them time to assimilate concepts, develop skills or explore in child-appropriate ways. The session will explore how learning, attention and well-being can be enhanced by providing time for playful, multi-sensory activities, both structured and freer, which integrate different curricular areas.

11:15 – 11:30 – Break

11:30 – 12:30

STEFANIA BALLOTTO

Wellbeing in practice: Grounding ourselves, Growing together (Introduction and Q&A Moderation: Anna Pires)

In a demanding and ever-evolving educational landscape, teacher wellbeing is NOT a luxury - it's a necessity. Wellbeing is not the opposite of stress, just as health is not the opposite of sickness. In

promoting wellbeing, it is necessary to look beyond ways of coping with stress by reflecting on ways of focussing on the positives in life and learning to relish the daily “uplifts” that are part of day-to-day work.

This practical, reflective session offers space to pause, reconnect with your own needs, and explore how everyday strategies can support personal and collective wellbeing. We'll consider how small shifts in awareness and action can create lasting impact for ourselves and our communities.

12:30 – 12:45

Closing session

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A **Oferta de Formação** e o **Plano de Formação acreditada** para 2025/26 estão disponíveis no *website* da APPI: [APPI - CPD Programme & Registration](https://www.appi.pt/CPD/Programme&Registration)



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.

BIODATA



Kieran Donaghy

Kieran Donaghy is an award-winning writer, international conference speaker and trainer. He is the author of books for students and teachers of English as a foreign language. His publications include *Film in Action* (Delta Publishing), *Writing Activities for Film and Video* (ELT Teacher2Writer), *The Image in ELT* (ELT Council), *Films in Health Sciences Education* (Edicions de la Universitat de Barcelona), *Language Hub* (Macmillan) and *Multimodal Literacy In ELT* (Oxford University Press). He trains teachers in Barcelona and online at his specialist teacher development institute, The School for Training <https://theschoolfortraining.com/>. His independent publishing company Film English <http://film-english.com/> has won a British Council ELTons Award, an English Speaking Union Award and the MEDEA Award.



Fran Seftel

Fran Seftel is an EFL / CLIL teacher at IH Braga, with many years of experience at all levels. Her special interest is teaching young learners through a more holistic approach, integrating English in a range of areas like science, art, music, drama, PE and play. She has also coordinated three international Erasmus+ projects which promoted learning through stories, play and STE(A)M.



Stefania Bellotto

Stefania Ballotto is a teacher, teacher trainer, and a trainer of trainers. She is a Pilgrims teacher trainer and lectures at Udine University-Italy. She has almost 5 decades experience in the field. She presents at conferences and delivers workshops and courses worldwide. South-African born Italian and holds an M.A. degree in Applied Linguistics from the University of Cambridge -U.K.

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Escola Superior de Tecnologia e Gestão
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