



ASSOCIAÇÃO PORTUGUESA
DE PROFESSORES DE INGLÊS

Mindful EFL Day

3rd Edition

Speakers

João Palma

Stephen Dubrofsky

Sónia Mendes

Anna Pires

Tânia Castilho



30th September 2023

APPI Zoom Platform

Ação de Curta Duração: 3 horas

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Mindful EFL Day

3rd edition



The 3rd Mindful EFL Day fills us with joy and promises to be a deep dive into Mindfulness as a rich approach to teaching, learning and living.

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

Tânia Castilho



30th September 2023



9:00 – 9:15	OPENING SESSION Sónia Ferreirinha & José Moura Carvalho
9:15 – 10:00	STEPHEN DUBROFSKY The Inward Journey of a Teacher
10:00 – 11:00	KEYNOTE – JOÃO PALMA Mindfulness – IAA
11:00 – 11:15	Break
11:15 – 11:45	SÓNIA MENDES Being Mindful in the EFL Classroom
11:45 – 12:05	TÂNIA CASTILHO Awakening the Senses
12:05 – 12:25	ANNA PIRES Do you sense what I mean? – A Mindful Approach to Vocabulary
12:25 – 12:50	MOVING FORWARD
12:50 – 13:00	CLOSING SESSION

30th September | 9:00 – 13:00



9:00 – 9:15

Opening session – Sónia Ferreirinha & José Moura Carvalho

9:15 – 10:00

Stephen Dubrofsky

The Inward Journey of a Teacher

The nature/beliefs of a teacher play a critical role in the development of our children.

The Inward Journey of a teacher is about:

- The power of reflection
- Developing our practice of Listening and Observing
- Leadership from Within.
- The Heart/Mind Connection to Learning

10:00 – 11:00

João Palma | Budadharma

Mindfulness – IAA

Nesta sessão vamos identificar, explorar e desenvolver os três principais componentes da prática de mindfulness, a intenção, a atenção e a atitude, de forma a vivermos uma vida com maior serenidade, clareza e sabedoria. A sessão consistirá de uma primeira parte teórica, uma segunda parte prática de meditação guiada e uma terceira, com espaço para partilha de grupo (perguntas e respostas).

11:00 – 11:15 – Break

11:15 – 11:45

Sónia Mendes

Being Mindful in the EFL Classroom

In the last few years, we have witnessed more and more students struggling to cope with anxiety and frustration inside the classroom as their inability to handle challenging tasks or obstacles seems to take on huge proportions. The use of Mindfulness techniques in the English class may prove beneficial as long as teachers provide their students with sufficient opportunities to practice. In this short talk we will explore those benefits and hopefully spark teachers' curiosity for trying them out.

11:45 – 12:10

Tânia Castilho

Awakening the Senses

This is a Conscious Breath practice that can be used as a classroom activity to improve attention and focus. It can be broken down and used in chunks or as a whole and English language inputs can be added prior and after the experience or experiences provided through this journey of Awakening the Senses. The aim in this particular session, however, is for you as a person to enjoy its benefits yourself.

12:10 – 12:30

Anna Pires

Do you sense what I mean? – A Mindful Approach to Vocabulary

In this practical session, we'll be looking at different ways of dealing with vocabulary using a mindful approach based on the five senses. Paying attention to what the senses are telling us, helps us acquire and remember vocabulary more easily. So let's have a look at some practical and enjoyable activities that we can use with our students in the classroom. Don't forget to bring your "senses" with you to this session!

12:30 – 12:50

Moving Forward

12:50 – 13:00

Closing session



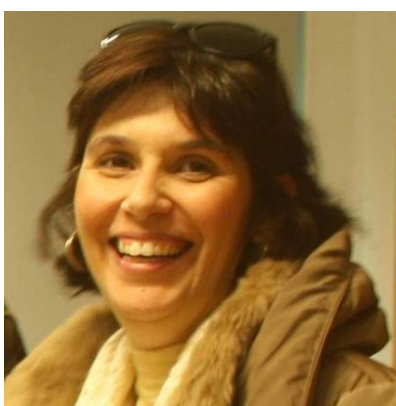
BIODATA



Anna Pires is from the beautiful city of Toronto and has been an EFL teacher in Portugal for over 25 years. She has worked for International House Braga for over 20 years and is a coursebook writer for Porto Editora. Anna loves the challenges of working with tweens and teens. She's been practising Mindfulness since attending the course MindKindful, and has been implementing what she's learned in her classes.



João Palma é praticante de meditação desde 2004 e instrutor de mindfulness desde 2008 no Budadharma. É instrutor certificado de MBSR – Mindfulness Based Stress Reduction, pela UCSD Center for Mindfulness e por CMRP Bangor University, e desde 2018 é também mentor de novos instrutores. É também instrutor certificado da Breathworks – Mindfulness for Health pela Breathworks CIC. É seu desejo que os seus cursos, workshops e retiros sejam úteis a quem neles participar. Que promovam a compreensão de quem somos e do nosso lugar no mundo.



Sónia Mendes | (APPI-B-3184). English Teacher since 1995. Currently working at Escola Secundária dos Carvalhos, in Vila Nova de Gaia. Interests include PBL, Reiki, Mindfulness & Meditation.



Stephen Dubrofsky | My academic experience is extensive and focuses not only on the needs of the special needs child but also a holistic view on how to create a balance between the home and the school. My Masters in Learning Disabilities focused on children with special needs. My Masters in Education Administration focused on Leadership and how teachers may strive to be exemplary role models to their students and fellow teachers.

stephen@stepforwardlearningcenter.com

mrd-theeducationspecialist.com



Tânia Castilho has been involved in EFL for 40 years, be it as a student, a language school creative director or teacher. Her InPassion Coaching project is now her sole dedication. Through it she shares mindfulness through Conscious Breath, is an inspirational international author (T. C. Aeelah) and speaker and provides mentorship around living a sustainable and fulfilling life in the Here and Now.

APPIForma

The graphic features a dark green background. At the top left, the word 'APPIForma' is written in a white, cursive font. To its right is a blue graduation cap icon. Below this, the words 'CONTINUOUS PROFESSIONAL DEVELOPMENT' are written in a bold, white, distressed font. At the bottom right of the text area, the year '2023' is written in a large, white, distressed font. In the center, there is a circular inset photograph of a diverse group of people in a meeting, with their hands raised in a huddle. At the bottom of the graphic, the text 'www.appi.pt' is displayed in a white box with a magnifying glass icon to its right, and the word 'appiforma' is written in a white, lowercase, cursive font.

A Oferta de Formação e o Plano de Formação **acreditada** para 2023 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.