



Mindful Teen Training Course: Nurturing Mindfulness and Well-being

Day 1: Introduction to Mindfulness

Session 1:

- ❖ Welcome and icebreaker activity to foster a positive and inclusive environment.
- ❖ Course introduction, objectives, and the importance of mindfulness for teens.
- ❖ Understanding the basics of mindfulness: definition, benefits, and misconceptions.
- ❖ Guided meditation: Mindful breathing exercise (focusing on the breath and body sensations).
- ❖ Interactive game: Mindful senses exercise to heighten awareness of the present moment.

Session 2:

- ❖ The science behind mindfulness: How it affects the brain and promotes well-being.
- ❖ Introduction to mindfulness meditation and its benefits.
- ❖ Recognizing the distractions and challenges faced by teens in maintaining mindfulness.
- ❖ Mindful listening exercise: Enhancing awareness of sounds and developing focused attention.
- ❖ Group discussion on the experience and benefits of mindful listening.

Session 3:

- ❖ Cultivating self-compassion: Understanding the importance of self-care and self-kindness.
- ❖ Guided meditation: Cultivating self-compassion and acceptance.
- ❖ Interactive game: Positive affirmations and gratitude exercise.
- ❖ Group discussion on the impact of self-compassion and gratitude on well-being.

Day 2: Self-awareness, Emotional Regulation and Resilience

Session 1:

- ❖ Recap of the previous day's concepts and experiences.
- ❖ Exploring self-awareness: Emotions, thoughts, and sensations.
- ❖ Recognizing and understanding emotions: Emotion identification and labeling.
- ❖ Interactive game: Emotion charades or emotion word association activity.
- ❖ Group discussion on emotional regulation and its significance for resilience.



Session 2:

- ❖ Mindfulness for stress reduction: Techniques to manage and cope with stress.
- ❖ Guided meditation: Progressive muscle relaxation and breath awareness.
- ❖ Interactive game: Mindful storytelling or journaling activity to express emotions.
- ❖ Sharing personal experiences and insights from the mindful storytelling/journaling activity.

Session 3:

- ❖ Building resilience through mindfulness: Developing inner strength and adaptability.
- ❖ Interactive game: Resilience-building team activity or problem-solving exercise.
- ❖ Group discussion on the role of mindfulness in building resilience and overcoming challenges.

Day 3: Mindful Communication and Relationships

Session 1:

- ❖ Recap of previous sessions and their connection to mindful communication.
- ❖ Mindful listening and effective communication: Active listening techniques.
- ❖ Interactive game: Mindful conversation pairs activity.
- ❖ Group discussion on the importance of mindful communication in building positive relationships.

Session 2:

- ❖ Empathy and understanding: Practicing perspective-taking through mindfulness.
- ❖ Guided meditation: Cultivating compassion for self and others.
- ❖ Interactive game: Empathy-building role play or empathy circles.
- ❖ Sharing personal insights and reflections from the empathy-building activity.

Session 3:

- ❖ Setting boundaries and cultivating healthy relationships: Mindfulness-based practices.
- ❖ Interactive game: Boundary-setting scenarios and problem-solving activity.
- ❖ Group discussion on the role of mindfulness in maintaining healthy boundaries and fostering positive relationships.

Day 4: Mindfulness for Academic Performance

Session 1:



- ❖ Recap of previous sessions and their relevance to academic success.
- ❖ Mindful studying: Techniques for focused attention and concentration.
- ❖ Interactive game: Mindful study session with a timer and mindful breaks.
- ❖ Group discussion on the benefits of mindfulness for academic performance.

Session 2:

- ❖ Managing exam stress: Mindfulness-based strategies for test anxiety.
- ❖ Guided meditation: Cultivating calmness and mental clarity.
- ❖ Interactive game: Mindful exam simulation or stress-reduction puzzle-solving activity.
- ❖ Sharing personal experiences and insights from the stress-reduction activity.

Session 3:

- ❖ Enhancing creativity and problem-solving skills through mindfulness.
- ❖ Interactive game: Mindful brainstorming or creative expression activity.
- ❖ Group discussion on the role of mindfulness in enhancing creativity and finding innovative solutions.

Day 5: Self-Care and Well-being

Session 1:

- ❖ Recap of previous sessions and their connection to self-care and well-being.
- ❖ Exploring self-care practices: Physical, emotional, and mental well-being.
- ❖ Interactive game: Mindful self-care activity stations (e.g., coloring, gentle movement, self-reflection).
- ❖ Group discussion on the importance of self-care and sharing favorite self-care practices.

Session 2:

- ❖ Mindful eating: Bringing awareness to food choices and eating habits.
- ❖ Guided mindful eating exercise: Engaging all senses during a small meal or snack.
- ❖ Interactive game: Mindful taste test or healthy recipe creation activity.
- ❖ Sharing personal experiences and insights from the mindful eating exercise.

Session 3:

- ❖ Creating a personal mindfulness plan: Setting goals and integrating mindfulness into daily life.



- ❖ Interactive game: Mindfulness vision board creation or goal-setting exercise.
- ❖ Group discussion on personal mindfulness plans and mutual support for continued practice.

Day 6: Integration and Celebration (Almat Farm, Kuje)

Session 1:

- ❖ Reflecting on the entire training course journey and its impact on participants.
- ❖ Interactive game: Mindfulness-themed trivia or quiz to review key concepts.
- ❖ Group discussion and sharing of personal highlights and growth throughout the course.

Session 2:

- ❖ Mindfulness in action: Applying mindfulness to various areas of life (e.g., academics, relationships, self-care).
- ❖ Interactive game: Mindful problem-solving or decision-making activity.
- ❖ Sharing personal experiences and insights gained from the mindfulness application activity.

Session 3:

- ❖ Course completion ceremony: Certificate distribution and celebration of achievements.
- ❖ Final group discussion: Sharing intentions for continued mindfulness practice and supporting each other.
- ❖ Closing remarks, gratitude, and farewell.