

Horizon to the Future -project, Getting to know me and my possibilities -workshop

DIDACTIC PLAN

TASK FOR TEACHERS: MONITORING ONES OWN WELLBEING AND STRESS

Task for teachers: Teachers in the project are asked to do mindfulness/relaxation exercise by using headspace -application. Headspace is a ten-step program to practice better concentration and relaxation skills. Headspace -application can be uploaded to iphone or android or it can be used by computer online. After registration exercises can be done free of charge. The purpose is to do 1-2 exercise in a day, so 5-10 days are needed to finish the program. The program has 10 exercises, which are called ten steps.

Every teacher is asked to make notes about his/her progress, thoughts and feelings. The most important thing is stop and listen your body and mind. Notes can be for example: What happened in me during the exercise? How easy was it to concentrate? Did the ability to concentrate get better or worse during the program? Did the exercises have any kind of effect on me? Did I feel more tired/more energetic after one exercise than I felt before it? Did it matter which time of the day I did the exercise? Please write short notes of every exercise of the ten step program. There are no right or wrong answers or feelings, just listen to yourself :) In Joutsa teachers will discuss about their experiences of this task.