



PH-GS 001 B

Stillsitzen wie ein Frosch – Großer Frosch – Achtsamkeits- und Konzentrationsübungen für die 3. – 4. Klasse

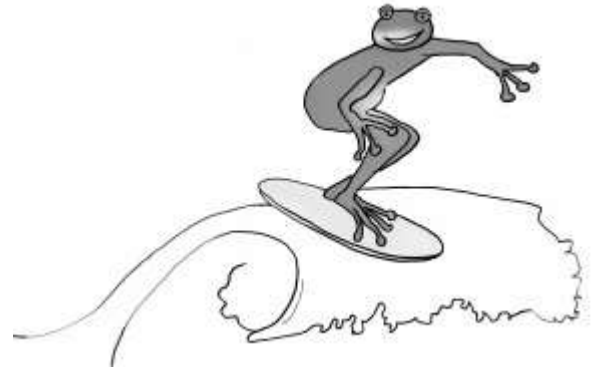


DEUTSCHE INTERNATIONALE SCHULE JOHANNESBURG

Sitting still like a frog - Big Frog – Mindfulness and Concentration Exercises for Grade 3 – 4

Anbieter / Facilitator: Katja Fleck (Diplom-Psychologin, Mindful Coach, Management Phoenix Centre)

Many children and adolescents have difficulty concentrating. They do not sleep well, worry and have concerns. They also find it difficult to relax, or to simply switch off and do nothing. And they are continually online. Their head is too full, the triggers too many. They are told to so many things. By themselves, by school, by society. How do you teach a child to relax, to stop worrying, to trust in their own qualities and stay afloat in this demanding 21st century?



“You can’t stop the waves in your life, but you can learn to surf”

For children in primary school...

A peaceful mind is created by teaching children at a young age to calm their attention, to stabilise and to focus. An ‘un-stressed’ mind learns better, finds different solutions for the same problems and reacts less impulsively from automatic pilot. More aware and from a place of calm. And that really makes a difference.

For parents...

Parents are encouraged to try out the exercises at home with their children.

Um an der Gruppe teilzunehmen, füllen Sie bitte die Anmeldung unten aus und senden sie an das Förderzentrum.
To rsvp for your child please complete form below and send it back to the Phoenix Centre.

Dauer des Kurses/ Duration of course: 2 Quartale, einmal wöchentlich/ 2 terms, once a week

Zeit/ time: Mittwoch, 13.00 – 13.40 Uhr / Wednesday, 13h00 – 13h40

Sprache/ language: Deutsch/ German

Raum/ room: tba

Teilnehmerzahl / number of participants: 4 – 10

Für diesen Kurs fallen keine Gebühren an. / This course is free of charge.

✂-----Please cut along the dotted line.-----

Anmeldung an das Förderzentrum Phönix – Enrolment to the Phoenix Centre

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Datum / Date

Name des Kindes/ Name of child

Klasse/ Grade **Tel. No. der Eltern/ Cell or Tel. no. of parents**

E-Mail

Unterschrift Eltern/ Signature parent