



Kids And Teens English

Mindfulness





Intermediate-Advanced Kids And Teens Course Outline

UNIT 1

Self-Discovery And Personal Growth

Lesson 1 - Exploring Emotions.

Lesson 2 - Let's Talk About Feelings.

Lesson 3 - Practising Empathy.

Lesson 4 - Setting Goals.

Lesson 5 - Self-Reflection.

UNIT 2

Mindfulness And Well-being

Lesson 6 - Healthy Living.

Lesson 7 - Coping With Stress.

Lesson 8 - Practising Gratitude.

Lesson 9 - Practising Mindfulness.

Lesson 10 - Self-Reflection.

UNIT 3

Creativity And Expression

Lesson 11 - Positive Affirmations.

Lesson 12 - Acts Of Generosity.

Lesson 13 - Exploring Passions.

Lesson 14 - Creative Problem-Solving.

Lesson 15 - Self-Reflection.



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UNIT 4

Celebrating Differences

Lesson 16 - Being Mindful Of Others.

Lesson 17 - Respecting Differences.

Lesson 18 - Exploring Cultural Diversity.

Lesson 19 - Spreading Positivity.

Lesson 20 - Self-Reflection.

UNIT 5

Overcoming Challenges

Lesson 21 - Facing Fears.

Lesson 22 - Building Confidence.

Lesson 23 - Building Resilience.

Lesson 24 - Learning From Mistakes.

Lesson 25 - Self-Reflection.