



6-Day Mindfulness Program for European Youth

Introduction. Mindfulness as a Transformative Tool for Youth

Mindfulness practice offers youth powerful tools to:

- Reduce stress and prevent burnout
- Enhance emotional regulation
- Improve focus and presence
- Develop mindful communication skills that foster trust, empathy, and effective dialogue in the classroom

This six-day intensive program is designed specifically for youth new to mindfulness, providing foundational practices that can be immediately integrated into daily life and, most importantly, adapted for classroom use with other students.

Program Overview

Format: Morning sessions, Monday to Saturday (9:00 AM - 1:00 PM)

Participants: 15 youth from various European countries

Level: Beginners (no previous mindfulness experience required)

Special feature: SUP (Stand Up Paddle) meditation session on water

Daily Schedule

Day 1 (Monday): Foundations - What is Mindfulness?

Day 2 (Tuesday): Embodied Awareness and Mindful Movement

Day 3 (Wednesday): Mindful Communication

Day 4 (Thursday): SUP Meditation and Balance

Day 5 (Friday): Working with Difficult Emotions and Compassion

Day 6 (Saturday): Integration and Bringing Mindfulness to the Classroom

Key Classroom Applications Covered

Throughout the program, youth will learn to:

- Use mindful transitions between activities
- Create rituals of mindful listening in class discussions
- Introduce "mindful moments" during tests to reduce anxiety
- Build a classroom culture of respect and awareness

Languages: English, Italian

Materials Provided

- Guided meditation audio recordings
- Handouts with core practices and scientific references