



# Certificate in Mindfulness & Wellbeing for Children



## Module 4 - Practicum Information

### Required practicum hours

In this module students engage in professional practice of facilitating or co-facilitating a minimum of three, 8-week Peaceful Kids intervention programs with a small group of children (4 to 12 years of age) which equates to a minimum of 24 face to face teaching hours. An additional 48 hours is allocated to preparation and reflections for each lesson or group session. (Participants can also gain their practicum hours with Parents delivering the Peaceful Parents program). Alternatively, students can facilitate Mindfulness lessons and meditations – the 'Chill Out' sessions, in a group environment such as a classroom for the same number of hours.



### Prerequisite

Completion of Modules 1, 2 & 3 of the Certificate in Mindfulness and Wellbeing for Children.

### Mentor

For your placement you will have a Peaceful Kids Mentor, to gain supervision, for 4 zoom or phone sessions to guide you along the way. Your Peaceful Kids mentor is Karen Hall. Karen is our co-facilitator for the Peaceful Kids and Peaceful Parents training and comes with a wealth of experience and training. She can be contacted via email on [info@yourinnercompass.com.au](mailto:info@yourinnercompass.com.au). Please make contact with her to organise times for your 4 zoom sessions. These times are to be organised between the two of you. The cost of these mentor sessions has already been covered within your Module 4 payment so no extra payment is required. These sessions are designed to give you support and guidance over your time delivering the Peaceful Kids program.

Depending on your location, there is the opportunity to work more closely with a Mentor in co-facilitating the Peaceful Kids program and gain supervision in this way. If you would prefer this option, please contact us to see if this would be suitable for you.

## Assessment

Assessment requirements is completion of all 4 modules, completion of the placement register outlining your placement and hours, signed by a school or organisational leader, 4 zoom supervision sessions (or sitting in on Peaceful Kids program run by another facilitator) self-reflections and pre and post surveys filled out by your students. Please find attached the pre and post surveys. Once assessments are submitted and assessed, you will receive your certificate.

## Insurance

Facilitators are required to have professional indemnity and public liability insurance to conduct their practicum. It is up to individuals to have a conversation with their insurer to make sure they are aware of what work you are doing so you have the right cover. You will be able to get 'student' insurance with IICT (Please see attached document).

Once you have completed the whole Certificate in Mindfulness & Wellbeing for Children, then you can apply for Provisional Membership with Meditation Australia. Once you become a member, then you then be eligible to apply for insurance through their partner insurance company. Students will need to contact [Meditation Australia](#) independently to organise this as this is not organised by Wellbeing For Kids. Alternatively, students can get both membership and insurance with [IICT](#).

## Register for Module 4 or apply for RPL

Students will need to register and pay for Module 4 before beginning or organising their practical placement. You can register using the link below if you have not already registered.

[Register here](#)



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