

**NeuroHeart Education
Foundation**
2024

The background of the entire page is a close-up photograph of a young girl with light brown hair. She has colorful paint (red, teal, blue, yellow) applied to her hands and face, mimicking a human brain's structure. She is smiling slightly. The text is overlaid on this image.

COURSE PORTFOLIO :
3.1 **EMOTIONAL
MANAGEMENT FOR
CHILDREN**

3.1 EMOTIONAL MANAGEMENT FOR CHILDREN - MARHÍA JOSÉ CALVO POVEDANO

ABSTRACT

Thanks to our capacity for learning we have been able to evolve, although currently the changes are so rapid that they make it difficult for us to adapt. The information arrives in a massive way and we do not have the time to manage it or the ability to channel and express it. Nowadays there is an excess of information and poor management of emotions, triggering stress that affects both a personal and psycho-social level, all linked to a set of communication problems (Minimal Village Theory and the Global Village).

In this emotional well-being support program, we will provide and teach means for the management and transformation of challenges and difficulties that we need to face in our daily lives, with acceptance and without judging what happens. At the same time we will accompany them in raising awareness of suffering, kindness and promoting compassion, connection and kindness towards oneself and others.

We will work with the students to help them in situations of tension, suffering, anguish, stress, and live with more calm and inner peace to have the ability to act skillfully, thanks to the different emotional management techniques: Mindfulness, Emotional Intelligence, Kinesiology Educational and Chi Kung.

COURSE CONTENT

The contents to work on are:

- Respect, Acceptance, Ecology GLOBAL ENVIRONMENTAL SOCIAL
- Communication: Assertiveness, Empathy, PHYSICAL MENTAL EMOTIONAL
Self-esteem, Resilience, Love, Body Awareness, Breathing, Relaxation, Inner
peace, Joy
- Academic performance: assimilation and understanding

General objectives

- From a pedagogical and therapeutic indication, offer tools for moments of stress, dispersion, anguish and at the same time be able to plant seeds to cultivate gratitude, kindness and joy.





Specific objectives

- Improve attention and the ability to live in the present.
- Promote active listening.
- Develop the ability to identify, recognize and manage emotions.
- Promote self-esteem, confidence and self-acceptance.
- Promote empathy and sympathy towards others and avoid bullying, promote emotional responsibility and manage difficulties in relationships.
- Resolve conflicts: anger management/irritability, defiant attitude, aggressiveness and impulsivity.
- Enhance concentration, learning and school performance: attention, concentration, test anxiety and motivation for studies.
- Become familiar with states of relaxation and conscious breathing



ABOUT MARHÍA

For more than 20 years I have been guiding other people in their personal growth, helping them achieve greater physical and emotional well-being, and improving their quality of life. Currently I provide training in Emotional Management for teachers and students at educational centers, as well as for health professionals and hold weekly Qigong (Chi Kung) classes.

I am a qualified Social Worker, Holistic Therapist (SEND Method), Emotional Therapist (Emotional Intelligence) and Facilitator of Applied Mindfulness in Education, as well as a Qigong (Chi Kung) instructor.

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