

## Final note – school project

In January 2019, we started a project at a school in Vestfold. The purpose of the project was to gain experience with the use of the program “Qualified for the future” in school, so that we gain more knowledge about how to work goal-oriented with mental health and life mastery skills in primary school.

The project was carried out over a period of 1 1/2 years. Teachers and assistants from two classes at the middle level participated in twice in the basic course in DB-System® (formerly known as Consciousness Training™). Their goals with the project were: "A safe and inclusive class environment".

First and foremost, this involves focusing on the teacher's presence of mind and calmness in every situation. When we are present with inner calmness, we are in a better position to give the child an experience of being seen, heard and understood.

This requires that the teachers first and foremost take care of themselves (self-care) so that they can take care of the students, their colleagues and parents. While being able to make choices in unique situations that arises at any given time. Often at a short notice. This places great demands on self-management.

The techniques learned on the course can be used for both self-care and self-management. Following the project, the teachers stated that they found the techniques useful for doing just this. It also gave them greater peace of mind in demanding situations.

Following the course for teachers and assistants, the students were allowed to attend the course. The course took place as a combination of conversations, blackboard teaching, mental exercises and drawing and writing tasks.

There were varied opinions about the project among parents and the student group. Some students expressed that they found it exciting to learn about different emotions and how they arise, others found it boring to be in a mental exercise. Some said it was good to learn relaxation so they could use "their inner room". Some parents thought it was somewhat unnecessary to spend time on this at school. Others told about their children who had attended a course and learned not to be afraid of the dark. So now they dared to sleep away from home without being afraid.

An important conclusion for us at Unique Mind ESP is that the pedagogues who work at the school are the ones who know the student group, the parent group and the school's organization best. That is why it is the teachers after they attending the course are the once who must include it into their teaching.

An important result of this project is that we decided to create a "teacher certification". There, both kindergarten teachers, school teachers and other pedagogues will have the opportunity to take a certification. This is now in the planning phase. We will come back with more information.