

## Introduction to Mindfulness and Reducing Anxiety in Children Level 2 Award

Study Mode: Part Time | Course Level: 2

### Is this course right for me?

The OCN NI Level 2 Award in Introduction to Mindfulness and Reducing Anxiety in Children qualification, has been designed to provide the practitioner or parent /carer with the skills and knowledge to help with stress reduction in children exhibiting anxiety through the use of mindfulness techniques.

### Entry Requirements

There are no formal entry requirements, however you are required to:

- Be 16 years old +or above
- Have English at Level 1 or above
- Commit to attend for the duration of the course

### What will I learn?

During this course you will learn:

- To be aware of the causes and effects of stress on children
- How a child's brain develops
- The benefits of mindfulness to a child's development
- How to apply mindfulness techniques to reduce stress and/or anxiety

### What skills will I gain?

By studying this course you will learn about stress reduction techniques to aid children who exhibit anxiety.

### How will I be assessed?

You will be required to create a portfolio of evidence, there is no exam.

### What can I do next?

The skills you will learn from this course will help you develop in an existing role such as a teaching assistant or learning support practitioner or help learners prepare to take on such a role. After you have successfully completed this course you can progress on to another one of our special needs short courses or Level 2 Award in Teaching Assistants or use it as a CPD opportunity.

## Why study with us?

We have a 95 % success rate for programmes delivered in the school of Education Studies and excellent feedback from our past students. In fact, some of our past students have gone on to become employed teaching assistants in mainstream and special schools.

## Delivery

**Location:** Wellington Road Campus, Paget Road Campus

**Start Date:** 31/10/2022

**Day:**

**Time:**

**Course Fee:**

**Course Code:** Q1425

**Study Mode:** Part Time

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