

THE
OPEN CENTRE'S

mindful nest

CURIOUS MIND, BIG HEART



Programme Overview



The Open Centre's new initiative: **a life skills-based after school programme**



our story

As we approach our 7th year running, The Open Centre continues to pursue our mission in educating mindfulness and social-emotional learning to improve wellbeing of our children.

The Mindful Camp gave us a window to the lives of our children as they spend a short week, sometimes two, three, with us during a break from regular school schedule. We begin to think: how could we extend the fun we had at camp? Of course, more importantly, how could we reach them better, preparing them to be healthy and confident individuals? After all, our guiding principles are rooted in enabling them with tools for daily life.

**What do our children need to grow as
healthy, confident individuals?**

**How can we help nurture them with skill-
sets to be future ready?**



our philosophy

Critical Thinking Creativity & Emotional Intelligence

We present the Open Centre's Mindful Nest, an after-school programme dedicated to the growth and learning development of Primary School children.

A space embodying our philosophy for childhood development -

- where our children are active participants of their own learning and personal growth,
- where they learn to build relationships at home and in school,
- and where they cultivate creative confidence as well as learn to become critical thinkers.

Here we encourage **independence**, **responsible risk-taking**, **kindness** the **curiosity** that is inherent to a child's nature.

The Mindful Nest is developed with the purpose of supporting the community of people and environments essential to a child's growth; working to help them in developing emotional fluency and competence in social relationships, becoming **inquisitive** and **compassionate leaders of the world**.

our mission

With The Mindful Nest, we seek to create

**A nurturing environment that
invites bold exploration and
self-discovery**

our vision

A learning culture that supports

**Empowered children growing
as inquisitive and
compassionate leaders**

mindfulness & social-emotional learning

Mindfulness and Social-Emotional Learning (SEL) make up the foundation of our values and vision. Mindfulness and SEL are not determined by a programme or method that we employ, but rather a coordinating framework embedded into our centre's values and culture.

Mindfulness and SEL practice will be featured in each day's activity, and serves to provide a safe welcoming environment for everyone.



structure

- 2.30 pm - 3.15 pm Checking-in (SEL)
- 3.30 pm - 4.15 pm Homework / Self-directed Learning
- 4.30 pm - 5.30 pm Creative Projects / Field Trips

- *Checking-in*

Circle-time. Using the framework of SEL, one competency will be taught each term.

- *Self-awareness (Term 1 2019)
- *Self-Management (Term 2 2019)
- *Social Awareness (Term 3 2019)
- *Relationship Management (Term 1 2020)
- *Responsible Decision Making (Term 2 2020)

- *Homework / Self-Directed Learning*

Homework, if any

Or

Self-Directed Learning

Self-Directed Learning Objective – to encourage children to inquire, problem solve, be creative and responsible

Each child will have a folder at the beginning of the term. They will discuss and decide with the teacher on what knowledge, skill he/she would like to pursue for the term.

1. Work out at least 5 outcomes (targets) to achieve by end of term
2. Outline the processes, resources and systems that they need to master the knowledge/skill
3. Create infrastructure for self-direction, self-motivation and self-assessment. E.g. Portfolios, presentation, performance etc.

structure - cont.

- *Creative Projects*

Fostering creative expression through project based experiential learning

We aim to provide children the opportunities to -

- Immerse themselves in their creative expressions
- Experience failures and successes as part of our learning journey
- Learn to think critically; think creatively to problem-solve-- through trials, experiments and open dialogue with facilitators and other children

Each term is headed by a new theme, from creating our safe playground for learning to environmental issues where we can make a difference.

our values

Emotional and Physical Resilience

Empowering ourselves with *Grit!* We are determined to build up strength of character by training ourselves with skills in adaptability and flexibility. In face of adversity amidst real-world problems, we need courage and determination to persevere. More often than not, we can overcome our limits (and fears) by simply changing perspectives! We can work through present discomforts to focus on our end goals.

Autonomy

Empowering ourselves with *Responsibility!* We seek to cultivate personal accountability by training ourselves to have better self-awareness and self-management. With a sense of freedom for what we want to do, we can become motivated to engage in our own learning process; making better independent learners and supportive team players.

our values

Compassion

Empowering ourselves with *Empathy!* We learn as humans, to recognise the life experience of others that differ from ours; understand and share the feelings of the people around us. While we grow to walk in someone else's shoes, we build the awareness and respect for our self, others, and the earth - and extend a hand for them when needed.

Growth Mindset

Empowering ourselves with *Acceptance!* We examine and challenge our mindsets, in order to appreciate mistakes that help us learn and grow. We learn to take feedbacks constructively and learn from them, understanding changes and challenges as part of life.

our values

Community

Empowering ourselves with our *Tribe!* We seek to grow hand in hand with our community and our world by supporting our local families, schools as key learning environments in raising healthy children, as well as continuing to grow while “we’re all in this together!”

Fun and Enjoyment

Empowering ourselves with an appreciation for life! As much as we prioritise growth and learning, we recognise the importance of rest and play! As we learn to be grateful for what we have, we find more happiness in our mundane!

**Trust the process of growing; every
step is as invaluable as the next.**



**we welcome you to take a peek at
the lessons and activities we offer,
and, if you will, visit our humble
abode nestled in the heart of horse
city!**

<http://theopencentre.com.sg/social-emotional-learning-for-children/>

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