

Pathways to Peace Timetables

Plan the pace of this course to suit the needs of your school.

Module 1: Introduction

Term	Week	Activities	Time	Completed
		Watch Course Navigation video	45m	<input type="checkbox"/>
		Complete Welcome and Introduction activities		<input type="checkbox"/>

Total time for module: 45m

Module 2: Learning About Stress

Term	Week	Activities	Time	Completed
		Review Your Course Intention	27m	<input type="checkbox"/>
		Watch Videos 1, 2 & 3 and complete activities		<input type="checkbox"/>
		Watch Video 4 & 5 and complete activities	35m	<input type="checkbox"/>
		Watch Video 6 & 7 and complete activities	44m	<input type="checkbox"/>
		* Watch Video 8 & complete activities	24m	<input type="checkbox"/>
		Reflection and Review		<input type="checkbox"/>

Total time for module: 2h 10m

* Some activities in this module require a full week for implementation

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Module 3: Be With Your Breath

Term	Week	Activities	Time	Completed
		Review Your Course Intention	32m	<input type="checkbox"/>
		Section 1 - Breathing Benefits		<input type="checkbox"/>
		* Section 2 - Breathing Techniques	55m	<input type="checkbox"/>
		* Section 3 - Box Breathing	1h 18m	<input type="checkbox"/>
		* Section 4 - Alternate Nostril Breathing	1h 25m	<input type="checkbox"/>
		Section 5 - Meditation	40m	<input type="checkbox"/>
		Reflection and Review		<input type="checkbox"/>

Total time for module: 4h 50m

* Some activities in this module require a full week for implementation

Module 4: Mindfulness & Meditation

Term	Week	Activities	Time	Completed
		Review Your Course Intention	7m	<input type="checkbox"/>
		Introduction Activities		<input type="checkbox"/>
		Watch Video 1 and complete activities	1h 9m	<input type="checkbox"/>
		Download the meditation PDF and complete activities	37m	<input type="checkbox"/>
		* Watch Video 2 and complete activities	1h 25m	<input type="checkbox"/>
		Watch Video 3 and complete activities	1h 34m	<input type="checkbox"/>
		* Explore and Experience	1h 8m	<input type="checkbox"/>
		Reflection and Review		<input type="checkbox"/>

Total time for module: 6h

* Some activities in this module require a full week for implementation

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Module 5: Healthy Habits

Term	Week	Activities	Time	Completed
		Review Your Course Intention	1h 12m	<input type="checkbox"/>
		Watch Videos 1-3 and complete activities		<input type="checkbox"/>
		* Watch Video 4 and complete activities	48m	<input type="checkbox"/>
		Reflection and Review		<input type="checkbox"/>

Total time for module: 2h

* Some activities in this module require a full week for implementation

Module 6: Morning Routines Module

Term	Week	Activities	Time	Completed
		Review Your Course Intention	25m	<input type="checkbox"/>
		* Watch Video 1 and complete activities		<input type="checkbox"/>
		Reflection and Review	15m	<input type="checkbox"/>

Total time for module: 40min

* Some activities in this module require a full week for implementation

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Module 7: Quotes Module

Term	Week	Activities	Time	Completed
		Review Your Course Intention		<input type="checkbox"/>
		* Watch Video 1 and complete activities	1h	<input type="checkbox"/>
		Reflection and Review		<input type="checkbox"/>

Total time for module: 1hr

* Some activities in this module require a full week for implementation

Module 8: Closing Module

Term	Week	Activities	Time	Completed
		Watch Video 1 and complete activities	35m	<input type="checkbox"/>

Total time for module: 35min

Total hours of Professional Development for course: 18hrs