

**Introduction to
Yoga and Mindfulness in the Classroom:
Tools to Improve Self-Regulation, Learning,
and Classroom Climate**

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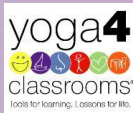
JEN GRIEST HAYES

- Spent 17 years as an Intervention Specialist
- RYT – 200, Nirvana Yoga, Richfield, Ohio
- RCYT – ChildLight Yoga, including Creative Relaxation: Yoga for Autism/Special Needs
- Owner, Afterlight Fitness & Educational Consulting
- Yoga 4 Classrooms® Trainer
- Director of Programs and Teacher Development, ZENworks Yoga, Cleveland, Ohio 501(c)(3) non-profit
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LISA FLYNN, E-RYT, RCYT

Founder and Director:



ChildLight Yoga and Yoga 4 Classrooms provide evidence-informed yoga and mindfulness education to youth and training for professionals who support their well-being. The simple and effective strategies we share promote resilience, positive perceptions, good health habits and mindful awareness, empowering children to excel at school, at home and in life. Our trainings and products have supported thousands of educators, parents, kids yoga teachers, therapists and others to share the transformative gifts of yoga and mindfulness in schools and communities worldwide.

LISA FLYNN

Author:

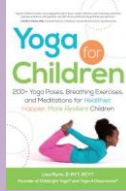
- ChildLight Yoga and Yoga 4 Classrooms Curricula
- Yoga 4 Classrooms® Card Deck
- Yoga for Children

Contributor:

- Research Repository: Yoga, Meditation and Mindfulness for Children, Adolescents and in Schools
- Best Practices for Yoga in Schools

Presenter:

Yoga in Schools Symposium, National Kids Yoga Conference, national and state level education, school counseling, OT association conferences, PESI, schools, social worker orgs

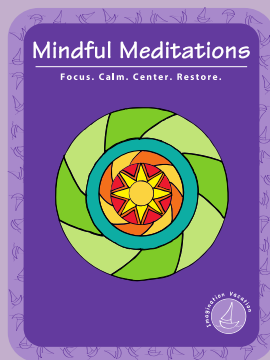


BEFORE WE BEGIN... LET'S GET READY TO LEARN

Sample "Morning Meeting" Sequence: Balancing/Community-Building

Chime Listening / Pass the Chime
Mountain (with Balloon Breath, Crescent Moon & Waterfall)
Washing Machine
King Dancer
Special Place

BEFORE WE BEGIN... LET'S GET READY TO LEARN



- here's an ideal**
- King Dancer Challenge**
Come into Dancin' as three kind, three feet into your friend and you bend forward at the hips. Turn your left hand palm side up and bring your arm into a gentle curve. Hold the pose for several breaths before switching sides.
- Hug and Release** While in King Dancer, my hugging implies while leaning to the side, backslaps and my hugging and turning the other way. In one side or direction easier than the other?
- Double Dancer** Face a friend. Connect one side fourths above. Both partners reach back to the outside hand. Look into each other's eyes. Try not to giggle! Support one another to balance and to move. Hold several breaths or count together by 1's, 2's, 3's, 4's.
- 



- Yoga means “to yoke” or “unite” – a system of connecting the whole self: body, mind, and spirit. We often refer to this as the “3 B’s” – Body, Brain, and Breath.
- Ancient system of holistic healthcare - designed to empower health, happiness and a greater sense of self
- Yoga today is practiced worldwide within many diverse cultures
- Involves mindful breathing, movement (*dynamic mindfulness*) and awareness-building and focusing activities

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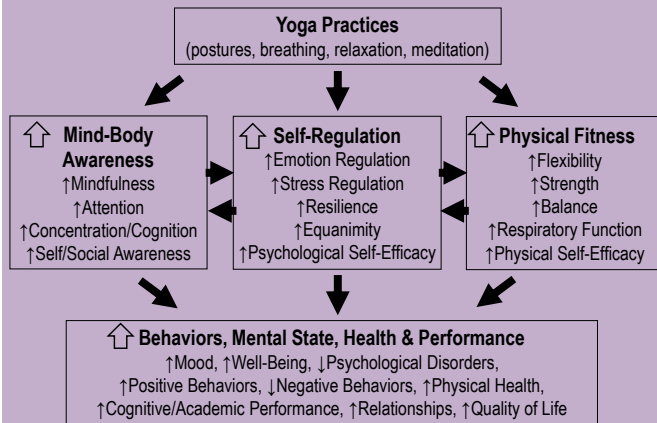
YOGA AND MINDFULNESS

Steeped in *Mindfulness*:

Mindfulness: an open, undivided, non-judgmental, non-reactive, present-centered attention to and awareness of what is happening within as well as around oneself.

Mindfulness practices improve a set of mental abilities to:

- adaptively and effectively shift attention when needed
- successfully self-regulate the feelings and stress
- concentrate deeply on an object, task or thought
- be open to experience
- free the mind from habitual, automatic thinking
- nurture and appreciate all subjective experiences



Butzer, B., Bury, D., Telles, S., & Khalsa, S. B. S. (in press). Implementing yoga within the school curriculum: A scientific rationale for improving social-emotional learning & positive student outcomes. *Journal of Children's Services*.

SCIENTIFIC EVIDENCE: YOGA AND MINDFULNESS FOR SCHOOLCHILDREN

- Empirical research suggests that yoga and mindfulness practices at school may have a number of positive effects on student **health, behavior, attention and performance** (Butzer et al., 2016; Felver et al., 2015; Ferreira-Vorkapic et al., 2015; Khalsa & Butzer, 2016; Maynard et al., 2017; Serwacki & Cook-Cottone, 2012; Zenner et al., 2014).
- Addresses the whole child, thus maximizing the development of **academic, social and emotional learning competencies** in addition to providing **benefits for teachers** and supporting **classroom and overall school climate**.
- View meta-analysis and download the:
Research Repository: Yoga, Meditation and Mindfulness for Children, Adolescents and In Schools

www.yoga4classrooms.com/supporting-research

VIDEO STORY: EDMUNDS ELEMENTARY

Yoga improves self-regulation and academic a...



Edmunds Elementary, Des Moines, IA

Sustainable, School-Wide Implementation
of Yoga 4 Classrooms®

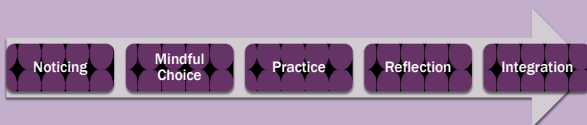
YOGA 4 CLASSROOMS® OVERVIEW

Y4C is a simple, accessible, sustainable whole child health and wellness program:

- 67 yoga and mindfulness based activities
- 6 color-coded categories
- sub-activities, discussion points and educational tie-ins
- more than 200 beneficial classroom practices



Y4C APPROACH TO INTEGRATED SELF-REGULATION



Noticing: Through mindfulness practices students learn to observe their current state of being without judgment.

Mindful Choice & Practice: Students make a mindful choice about what tool or tools might be helpful and then practice it to assist with self-regulation.

Reflection & Integration: Through modeling, encouragement and discussion, students reflect upon and then integrate what they've learned for future application.

YOGA AND MINDFULNESS IN SCHOOLS

- Supports RTI and PBIS initiatives
- Supports educational standards
 - Common Core State Standards (learning readiness)
 - National School Climate Standards
 - Goals set forth in the National Standards for Students (ASCA)
 - National standards set forth by National Association for Sport and Physical Education (NASPE) and the CDC's National Health Education Standards (NHES)
- Targets the five social and emotional learning competencies espoused by Collaborative for Academic, Social and Emotional Learning (CASEL)
- Supports the focus of the ESSA (Every Students Succeeds Act)

PERSONAL/SOCIAL DEVELOPMENT

Contributes to the following student skill set:

- Understanding the "self" in self control and personal responsibility
- Developing effective coping skills and problem solving to manage life's stressors
- Adopting a structured, healthy lifestyle
- Encourages a sense of personal worthiness which includes a respect for individual differences of others

SOCIAL AND EMOTIONAL LEARNING COMPETENCIES



IN THE CLASSROOM

Yoga movement and stretching activities, breathing and mindfulness can be used as stand alone lessons (as in the Classroom Residency) and/or ultimately simply integrated as part of the normal class day:



First grade students and classroom teacher practice Balloon Breathing during a Y4C Residency lesson.

- Morning Meeting
- Transitions
- Pre-testing or testing break
- Writing preparation or break
- After recess or lunch
- When students are tired/drained
- When students need a confidence boost
- To alleviate negativity
- While waiting in line
- When focus and attention diminish
- Community building or celebration
- Close of day

IN THE CLASSROOM

Throughout the day/week, classroom teachers can use tools from the manual and card deck, eventually developing short sequences that work for the particular make-up and moment to moment needs of their classroom. As they build self-awareness and receive modeling and encouragement from their teacher, students begin to proactively assist with this process. This repetition and reinforcement promotes integration *and* sustainability.



TEACHERS AND STAFF

Teachers and staff benefit much the same way as students. Opportunities for yoga and mindfulness breaks during the day provide a structured, beneficial "time in" for self-care and recovery from classroom rigors leading to more mindful, compassionate teaching and learning.



School staff centering at the start of a staff meeting.

HELPFUL RESOURCES

Use your phone to sign up to receive a list of resources and helpful links:

- 1) Text Y4CINTRO to 44222
- 2) You will receive a text requesting your email address. Enter ONLY your email address. Note: School servers are often firewalled – you may wish to provide your personal email to ensure receipt.
- 3) Expect an email from us with a helpful list of resources and links.
- 4) Add lisa@childlightyoga.com to your address book to ensure the email is received in your inbox vs. spam folder.

Q & A



JOIN OUR COMMUNITY

Visit the Yoga 4 Classrooms Website and Blog and sign up for our e-newsletter:

- Additional training and leadership opportunities
- Information and tips on integrating contemplative education at school
- Ensuring sustainability
- Relevant research summaries
- How yoga and mindfulness support teacher resilience
- How school yoga supports SEL
- How yoga promotes executive functioning
- Addressing the “religion question”
- Upcoming conferences and other PD opps
- and much more...

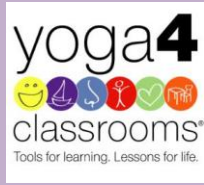
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