



**Creating Healthy Schools
and Communities**

Making the healthy choice the easy choice!

Wellness Wednesdays Virtual Training Series

Yoga and Mindfulness for Students

The word "AGENDA" is written in a stylized font where each letter is contained within a colorful speech bubble. The letters are: A (blue), G (orange), E (green), N (pink), D (blue), and A (orange). The speech bubbles have a slight 3D effect with shadows.

AGENDA

Please put name and school district into the chat

Definitions

What are the benefits of yoga and mindfulness?

What programs are available to schools?

Yoga

1: a Hindu theistic philosophy teaching the suppression of all activity of body, mind, and will in order that the self may realize its distinction from them and attain liberation (Merriam-Webster)

2: a type of exercise in which you move your body into various positions in order to become more fit or flexible, to improve your breathing, and to relax your mind. (Collins Dictionary)



Benefits of Yoga

Physical Benefits

- Increased flexibility
- Increased muscle strength and tone
- Increased longevity
- Improved respiration, energy and vitality
- Maintaining a balanced metabolism
- Weight reduction
- Cardio and circulatory health
- Improved athletic performance
- Protection from injury



Mental Benefits

- Relieves stress and anxiety
- Sharpens concentration and focus
- Improves mood
- Increases mindfulness

Mindfulness

1: the quality or state of being mindful

2: the practice of maintaining a nonjudgmental state of heightened or complete awareness of one's thoughts, emotions, or experiences on a moment-to-moment basis



From Merriam-Webster



Mindfulness is **paying attention...**

- On purpose,
- And without judgment

We can be mindful of our **senses**, and of our inner world of **thoughts** and **emotions**.

It helps us to **respond**, not **react**.





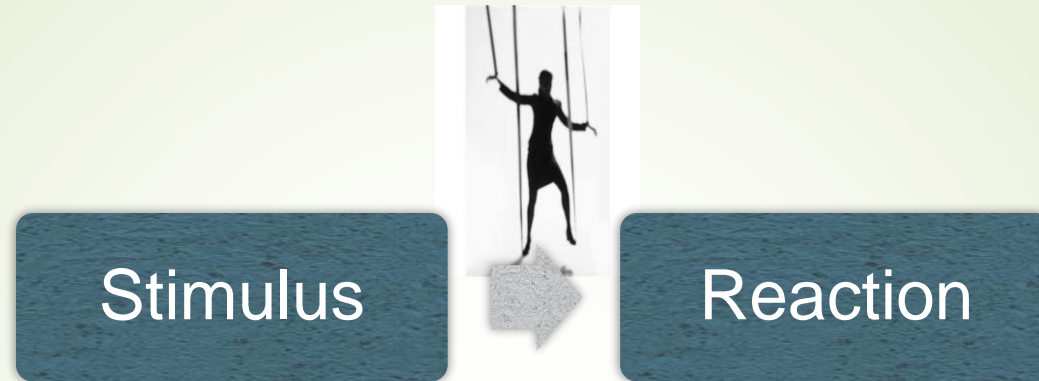
WHAT IS MINDFULNESS?

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

Victor Frankl



Without Mindfulness:



With Mindfulness:





Personal Practice

- A daily practice can consist of intentional moments for:
 - Mindful **breathing**
 - Mindful **listening**
 - **Body Scan** practice
 - **Mindful moments** throughout the day (where is my attention?)
 - While washing dishes, driving to work, eating breakfast, etc.
- Free audio guide downloads available from the [UCSD Center for Mindfulness:](#)



THE BENEFITS OF MINDFULNESS

- Higher brain functioning;
- Increased immune function;
- Lowered blood pressure and heart rate;
- Increased emotional regulation
- Increased attention and focus;
- Increased clarity in thinking and perception;
- Lowered anxiety levels;
- Experience of being calm and internally still;
- Experience of feeling connected.



Five Core Social Emotional Learning Competencies

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision Making





Yoga and Mindfulness Programs/products

Yoga 4
Classrooms

Kidding
Around
Yoga

Cosmic Kids
Yoga

OPEN
PhysEd

Pure Edge

Go Noodle

The 5 Program Pillars

1. Simplicity

Empower school communities with mindful strategies that are easy to learn and implement in a few minutes or less in a typical classroom space – no mat or experience required

3. Inclusivity

Provide a trauma-informed, Tier 1 intervention designed to be inclusive of, and accessible to, the entire school community.

2. Impact

Demonstrate positive outcomes in the areas of focus and attention, social and emotional learning, behavior, academic success, teacher resilience and effectiveness, classroom climate, and more.

4. Cost-effectiveness

Ensure an exceptional value with minimal investment.

5. Sustainability

Provide a program delivery model that encourages internal leadership development to ensure sustainable, schoolwide implementation.



- Designed for grades K-6
- Online virtual training for \$149 (Self-paced or Live)
- Offer IMPLEMENT Leader Training for \$525 to help develop a school-wide program.
- In-person workshops are also available.



yoga 4
classrooms



Kidding Around Yoga

- Infant through teenagers
- School and community
- Prices vary between \$15 - \$1,800
- Virtual and in-person options

A blue-tinted photograph of a classroom with several people standing and talking.

Educator Workshops

A pink-tinted photograph of a group of people holding certificates.

Certification Courses

A purple-tinted photograph of people in a virtual meeting.

Virtual Mini Workshops

A solid orange background with a faint image of people.

Specialty Courses



KAY-C

Classroom Kids Yoga

Includes 6 non-contact CEU hours

\$95



KAY4ALL

A resource guide for inclusivity and social justice

Includes 6 non-contact CEU hours

FREE



Teen KAY

Yoga for Teenagers

Includes 6 non-contact CEU hours

\$95



We're on a mission
to make yoga and mindfulness fun!

Every week, millions of kids do our yoga and mindfulness sessions on video in class and at home. And thousands of teachers that we've trained lead classes in their own communities. We're doing what we can to make yoga and mindfulness fun for kids - so they can enjoy the physical, mental and emotional benefits early.

Designed for Elementary School

VIEW VIDEO BY:

Length

Energy

Category



Under 10 min



Under 15 min



Above 15 min



Calm



Focus



Active



Mindfulness



Yoga



Relaxation



Dance



Stories

Free Crash Course

Here's what I cover:



The Universe of Postures

- How to **breathe life into the postures.**
- How to **demo poses safely.**
- How to instruct so kids will follow.



How to use your energy to mesmerise!

- How to use your **energy** to bring kids with you
- How to use your **voice** to keep the kids focused
- How to start learning to be a **professional** teacher



How to tell stories that inspire!

- Learn to **use the power of story**
- **Tell a story** so the kids want to know how it ends.
- Download our **free 'storyometer'!**

Cosmic Kids also offers certification for \$297



Teaching Yoga and mindfulness (K-5)

Free curriculum designed for Physical education

Believe In You SEL Curriculum (3-12)

- Multi level curriculum designed for K-12
- Doesn't use words "yoga" or "meditation"
- Free





Curriculum: Pure Power

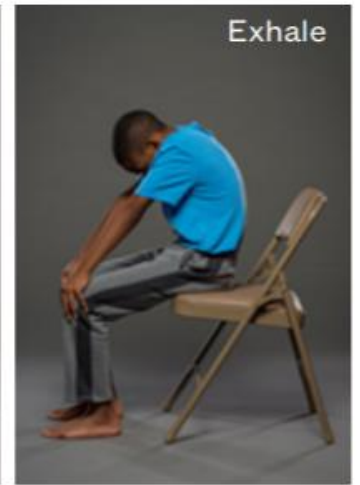
Pure Power is our full curriculum, offered at grade levels K-2, 3-5 and 6-12. The curriculum covers a variety of SEL content areas and includes mindful movement and breathing exercises that promote self-regulation.



Curriculum: Pure Brain Breaks

Pure Brain Breaks are simple and effective strategies to alleviate stress and to calm over-stimulated minds. The exercises, 1 to 5 minutes in length, are designed for easy classroom implementation. Participants can perform these seated or standing, at desks or on the floor.

Chair Opening A, pg. 16



Chair Twist

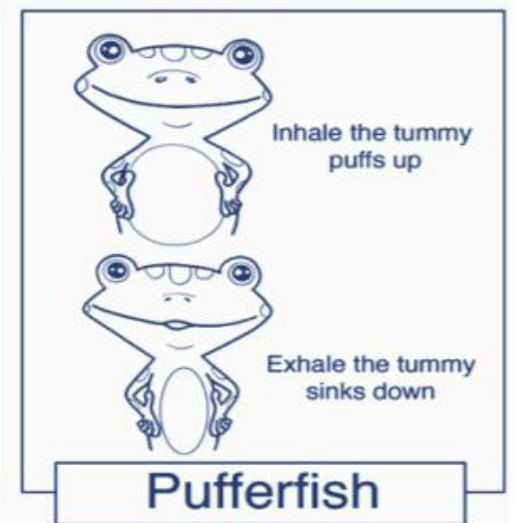
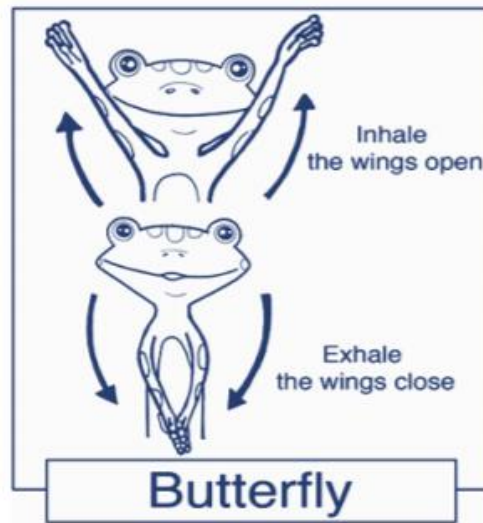
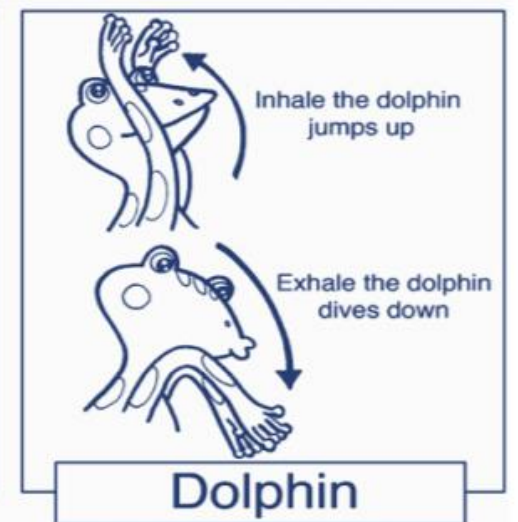
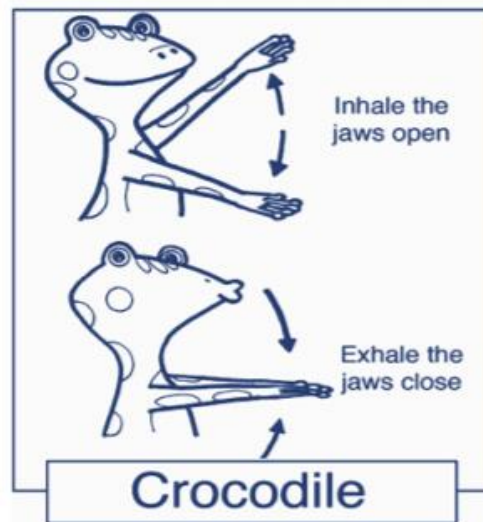


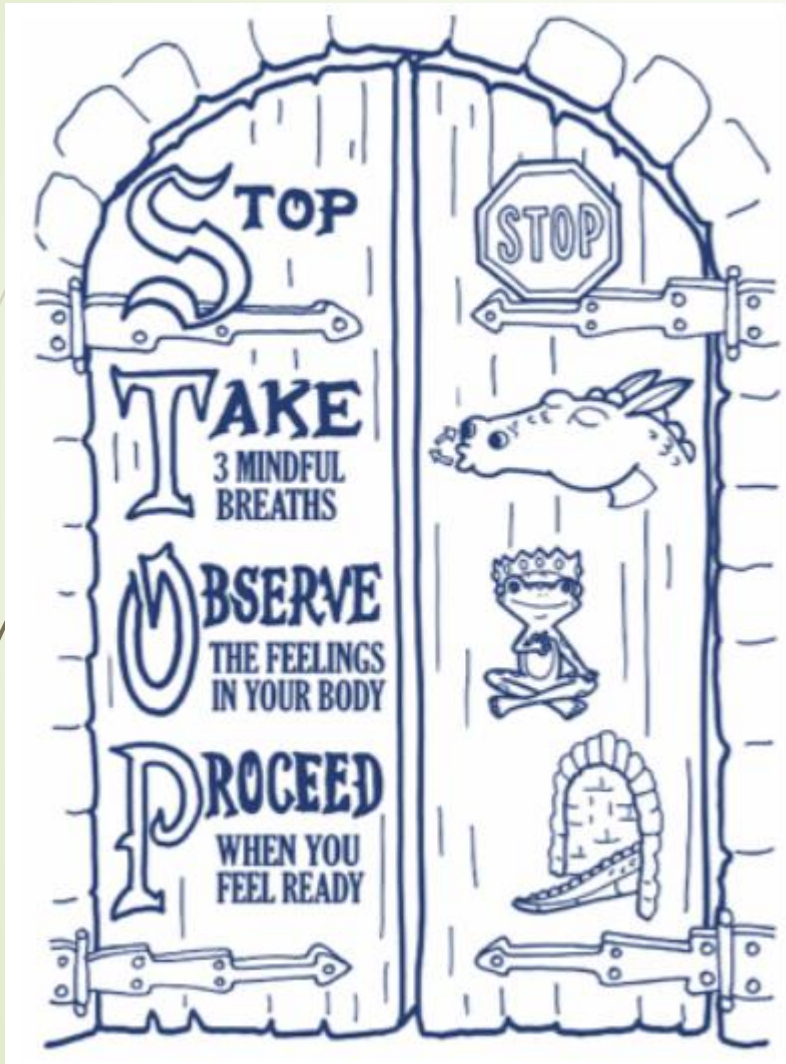
1. Sit in Seated Mountain.
2. Inhale, sit up tall.
3. Exhale, touch your right knee with your left hand and put your right hand on your hip (or the back of the chair).
4. Inhale, sit up tall.
5. Exhale, look over your right shoulder.
6. Stay still and take 3 relaxed breaths.
7. Inhale, come back to Seated Mountain.
8. Exhale, repeat to other side.

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- In both Chair Twist and Chair Sunrise Twist, as you twist to one side notice what happens to your knees. Try to keep the knees even with each other and pointing straight ahead.



ANIMAL ARMS





STOP


is designed to help learners practice self-regulation when they are experiencing strong emotions.

www.GoNoodle.com



MANAGE FRUSTRATION


Manage Frustration ⌚ 3:49

 Stretch

This video thumbnail features a woman in a purple tank top and black leggings running on a path. The background is a soft-focus teal and green bokeh. The title 'MANAGE FRUSTRATION' is centered in white. Below the video frame, the title 'Manage Frustration' is repeated in bold black text, followed by a clock icon and the duration '3:49'. At the bottom left, there is a small icon of a person stretching and the word 'Stretch'.

RELIEVE ANXIETY


Relieve Anxiety ⌚ 3:40

 Breathe

This video thumbnail shows a man in a blue patterned shirt and black pants standing with his arms outstretched. A blue and white neural network or circuitry overlay is visible on his torso. The background is a soft-focus teal and green bokeh. The title 'RELIEVE ANXIETY' is centered in white. Below the video frame, the title 'Relieve Anxiety' is repeated in bold black text, followed by a clock icon and the duration '3:40'. At the bottom left, there is a small icon of a person breathing and the word 'Breathe'.

BE KIND TO YOURSELF


Be Kind To Yourself ⌚ 4:23

 Breathe

This video thumbnail features a woman in a purple tank top and black leggings in a squatting pose. The background is a soft-focus teal and green bokeh. The title 'BE KIND TO YOURSELF' is centered in white. Below the video frame, the title 'Be Kind To Yourself' is repeated in bold black text, followed by a clock icon and the duration '4:23'. At the bottom left, there is a small icon of a person breathing and the word 'Breathe'.

OWN YOUR POWER

Own Your Power ⌚ 3:11

 Stretch

This video thumbnail shows a woman in a grey tank top and grey leggings in a wide squatting pose. The background is a soft-focus teal and green bokeh. The title 'OWN YOUR POWER' is centered in white. Below the video frame, the title 'Own Your Power' is repeated in bold black text, followed by a clock icon and the duration '3:11'. At the bottom left, there is a small icon of a person stretching and the word 'Stretch'.

3 Major Considerations for yoga practices

- ▶ Every movement is *intentional*
- ▶ Moves are practiced *slowly*
- ▶ *Never force a movement*



Tips to implement yoga in school



Use a Yoga Card Deck or Videos to Show Poses



Join in With Your Students



Make Yoga Part of Your Routine



Offer Yoga as a Break



Weave Yoga Into Your Existing Units



Get Support From Online Yoga Resources



■ Questions?