



Yoga and Mindfulness in the School Setting

**Presented to you by
Andrea Willis &
Laurie LaComb**



Our Focus:

This session will focus on specific techniques that teachers can use to create a mindful, movement-based learning environment.



- Breakdown the Stress Response
- Define Mindfulness
- Introduce Yoga in the classroom

Objectives



- Be open to new learning
 - Take care of personal needs
 - Be 'mindful' of technology use
 - HAVE FUN!
- # Norms



Mindfulness is a state of active, open attention on the present.

When you're mindful, you observe your thoughts and feelings from a distance, **without judging them good or bad**. Instead of letting your life pass you by, **mindfulness** means living in the moment and awakening to experience.

~ Psychology Today

Mindfulness

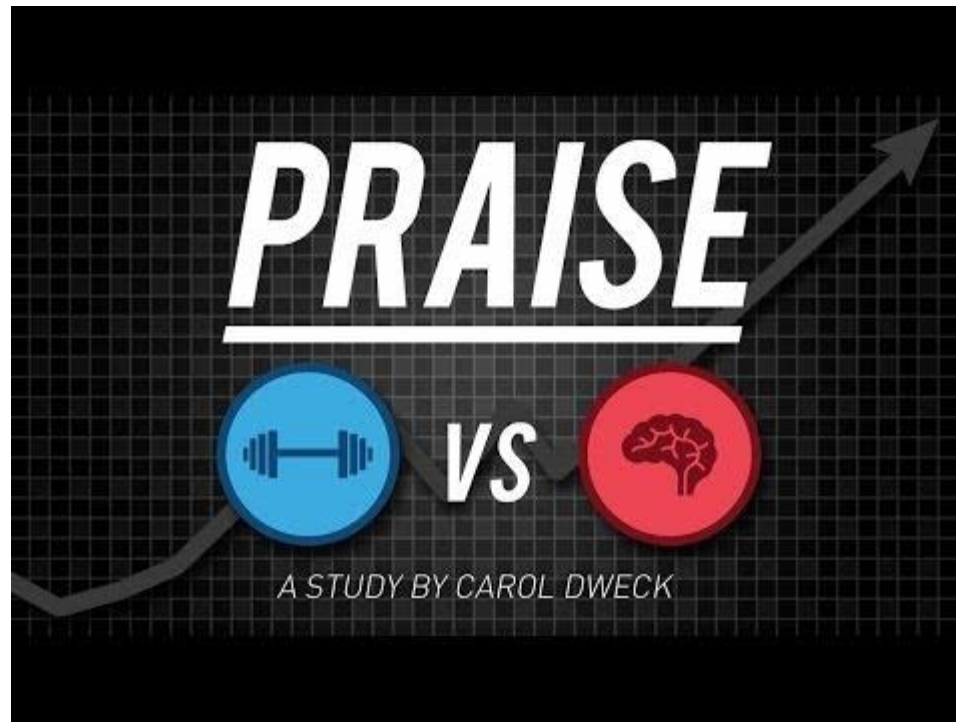


Bringing students to the present moment through

- Mindful listening
- Mindful seeing
- Mindful breathing
- Mindful dialogue

What does a mindful learning environment look like?





Growth Mindset & Mindful Word Choice

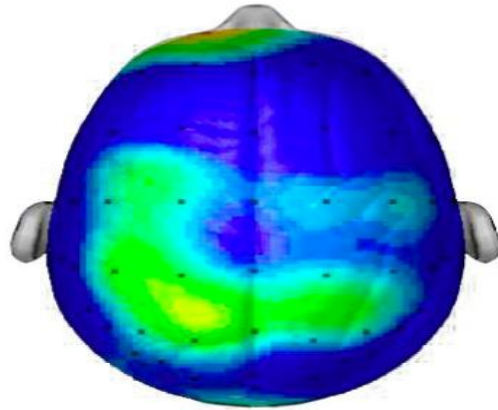




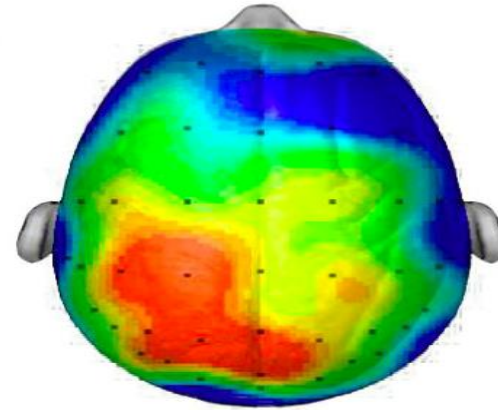
Mindfulness through Movement



Composite of 20 student brains taking the same test



After sitting quietly



After 20 minute walk

Research/Scan compliments of Dr. Chuck Hillman University of Illinois

Why Movement in the Classroom?



#1: Re-engages learner and refocuses attention

#2: Improves brain function by increasing blood flow & oxygen

#3: Reduces stress

Movement Improves Potential for Learning



#1: Highly effective classroom management strategies

#2: Innovative ways to manage students' energy levels

#3: Promotes higher self-esteem and confidence

Movement Helps the Teacher



- After 20 minutes of instruction
- When you see the GOL ("glazed over look")
- Transitions
- Sitting too long
- Prior to assessment
- Need a fresh start
- Before introducing a new idea
- Give the hippocampus, in part responsible for short term memory and navigation, time to process information

When to Pause for Yoga/Movement?





Let's Practice!



Breathe



App

Guided Meditation



- Journal writing is an escape to a place **without** judgment, rules and boundaries.
- It doesn't matter what paper or **ink** are used. In fact, the words you write don't even require a lot of care. Spelling, grammar, wordiness, none of it matters in the moment.
- The only limits are the ones we place on ourselves.
 - Writing is a place where a person can just be.

Journaling/Reflection





Gratitude=Happiness



**IF THE
BUM
IS NUMB,
THE
BRAIN
IS THE
SAME.**



Share a Goal!



Printed Resources
Websites
Competitions Between Classrooms
Dancing
Walking Meetings
Mindful Movement/Processing

Games and Movement Resources



Mindfulness & Yoga Resources

Yoga

- YogaFit Cards: Pose and Game Deck
- Hot Spots Yoga Spots (floor dots)
- Yoga Stories for the classroom
- Yoga Calm for Children: Educating Heart, Mind and Body by Lynea Gillen, MS RYT and Jim Gillen, RYT
- Yoga Games for Children by Danielle Bersma and Marjoke Visscher
- Yoga for Teens Cards (Based on Breathe: Yoga for Teens by Mary Kaye Chryssicas)
- Storytime Yoga: Teaching Yoga to Children through Story by Sydney Solis, RYT
- Cosmic Kids Yoga website <http://www.cosmickids.com/>
- Yogakids.com

Mindfulness

- Sitting Still Like a Frog by Eline Snel (Simple mindfulness practices to help your child (ages 5-12) deal with anxiety, improve concentration, and handle difficult emotions. Includes a 60-minute audio CD of guided exercises read by Myla Kabat-Zinn)
- Breathe App: Guided Meditations



Mindfulness & Yoga Resources

General Mindfulness and Movement Related

- Brain Rules by John Medina
- SPARK by John Ratey
- Take a Break! Teacher Toolbox (CEI: Colorado Education Initiative)
- Mindful Life Program www.mindfullifetoday.com

Video Links

- Dr. Siegel's The Handy Model: <https://www.youtube.com/watch?v=gm9CIJ74Oxw>
- A Study on Praise and Mindsets <https://www.youtube.com/watch?v=NWv1VdDeoRY>



Contact Information

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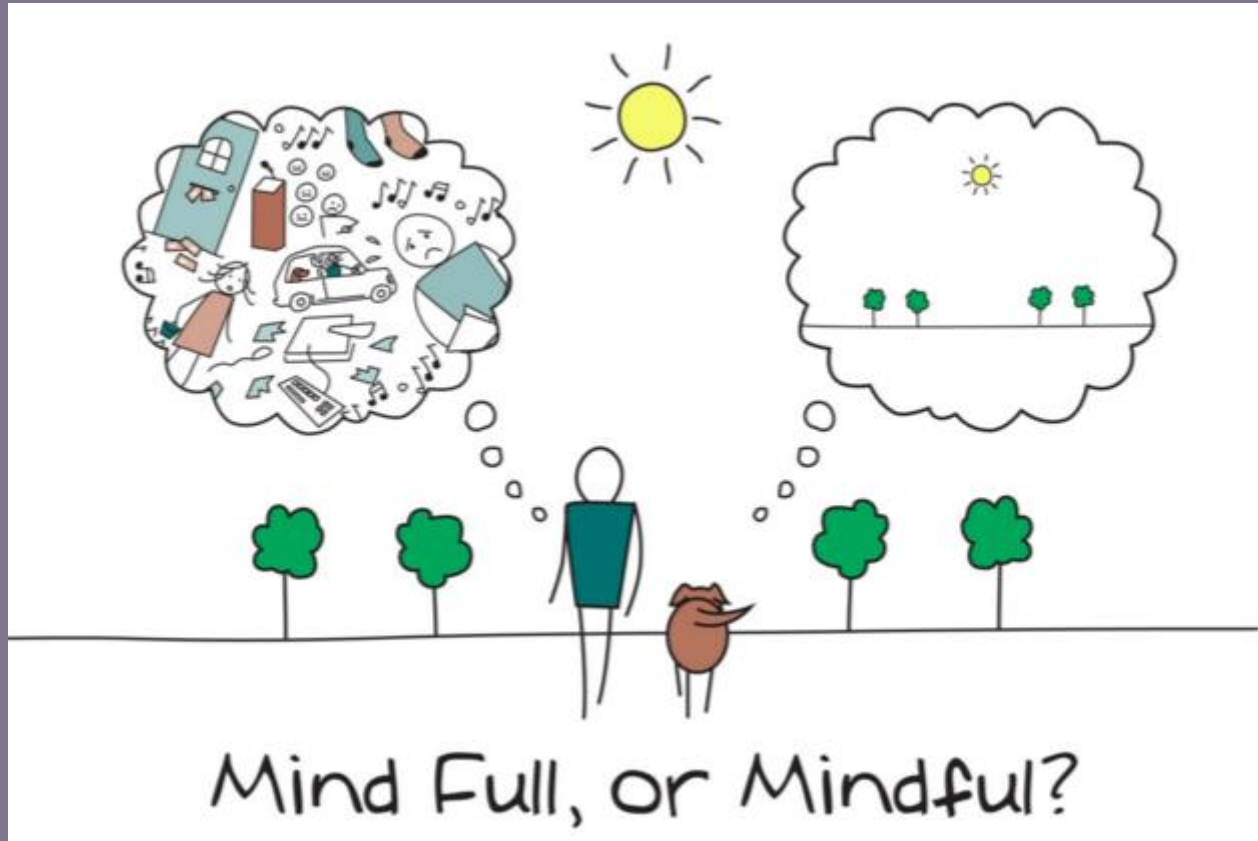
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Have a Mindful Weekend



Mindful Journal Reflection

In reflecting on today's presentation on the stress response and mindfulness, what is your biggest takeaway?

What is one mindful activity you can incorporate next week with your students, families, or yourself?

What is one goal or intention that you have walking away today? For example, a yoga pose you can practice with your students, on your own, or in your office next week?

