

Yoga in the Classroom

Presented by:

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Objectives

- Participants will be able to identify the benefits of yoga practice for youth.
- Participants will be able to explain how yoga can cultivate a sense of community and build a less stressful and more mindful learning environment.
- Participants will be able to describe how yoga can help students manage emotions and develop positive social behaviors.

Agenda

- Start with Why
- Let's Have Fun – Yoga Practice
- Bringing Yoga to your Classroom
- Q & A
- Closing Meditation



What Research Says

- Physical Activity
- Mindfulness
- Yoga in Schools
- Yoga and Bullying Prevention



Physical Activity

- Students who are physically active tend to have better grades, school attendance, cognitive performance (e.g., memory), and classroom behaviors (e.g., on-task behavior).
- Higher physical activity and physical fitness levels are associated with improved cognitive performance (e.g., concentration, memory) among students.



<https://www.cdc.gov/healthyschools/physicalactivity/facts.htm>

Mindfulness (Being aware of our feelings, our emotions, and how they impact us)

- Mindfulness training in adults resulted in increased connectivity in areas of the brain associated with attention and executive control. (Biological Psychiatry, January 2016)
- Students who are taught to be in touch with their feelings do better academically. www.theatlantic.com/education/archive/2016/05/testing-mindfulness-in-the-early-years/483749
- Mindfulness therapy increased neural activity in part of the brain that processes cognitive and emotion information. (Journal of Child and Adolescent Psychopharmacology, 2016)
- Students who learned mindfulness techniques showed lower levels of depression, hostility, and other stress indicators (Journal Pediatrics, 2016)

Yoga

- Yoga has a significant effect on the emotion regulation capacities of adolescents. (Daly, et al, 2015)
- Yoga participants showed statistically significant differences over time relative to controls on measures of anger control, resilience, and fatigue/inertia. (Khlasa, et al, 2012)
- Integrating sport and mindfulness yoga was effective in making positive changes in self-esteem, resilience, and happiness among adolescents. (Yook, Kang, & Park, 2015)

Yoga In Schools

- The integration of mindful yoga into the existing ELA curricula for sixth graders was determined to be both feasible and effective for increasing self-regulation. (Bergen-Cico, Razza, & Timmins, 2014)
- Students who participated in a year long yoga program perceived the benefits of yoga as increased self-regulation, mindfulness, self-esteem, physical conditioning, academic performance, and stress reduction. (Wang & Hagins, 2016)
- 2nd and 3rd graders participating in a yoga program demonstrated perceived improvements in creativity, ability to be in control of behavior, and ability to manage anger. (Butzer, et. al. 2016)

Yoga and Bullying

Using Yoga to Reduce Stress and Bullying Behaviors among Urban Youth

- Significant reduction in stress and bullying behaviors among participants
 - Significant reduction in stress from pre-post among males, but not among females
 - Significant decrease in reported bullying among youth, regardless of age and gender
- Students reported improved focus, attentions, and reduced stress

Decrease in stress and bullying behaviors could have prolonged effects on the emotional and physical health of urban youth.

Reduction of bullying behaviors could have an overall impact on the school culture.

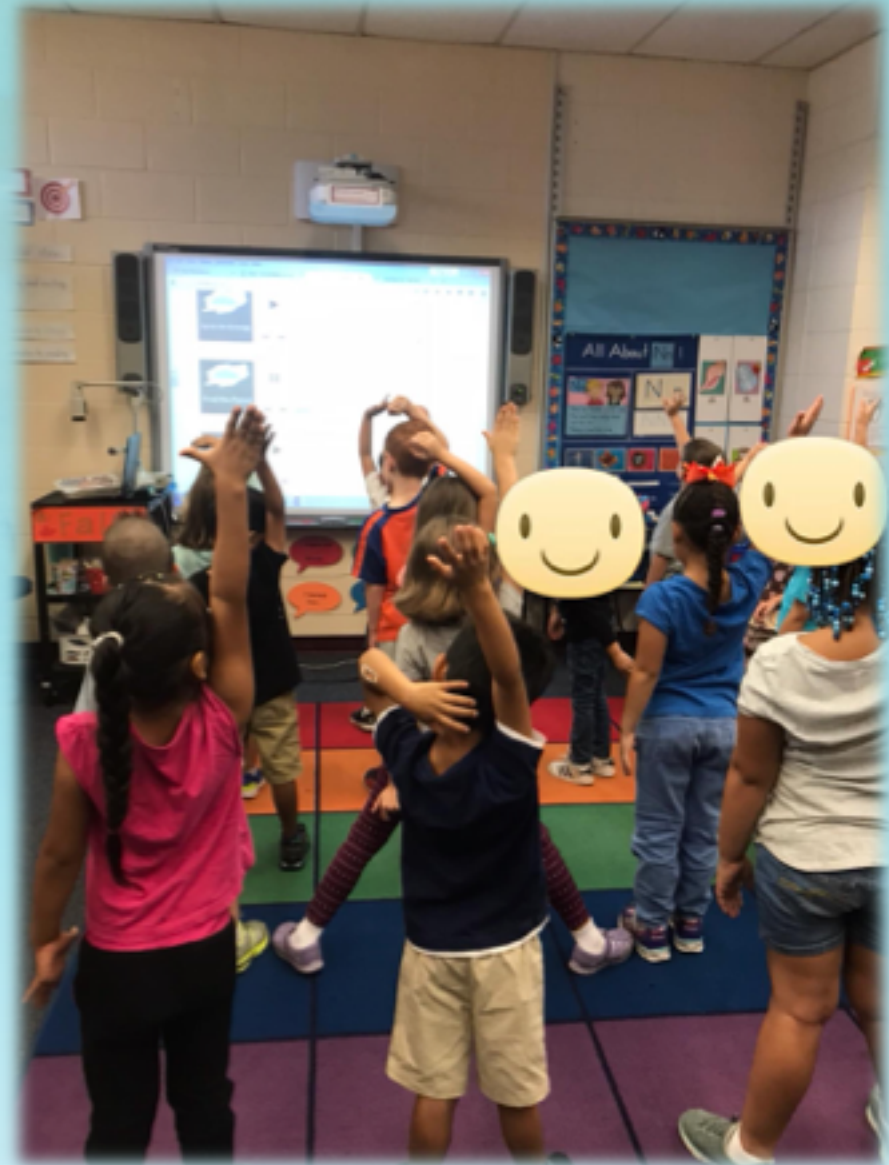
Yoga ➤ Mind Body Training

SEL ➤ Cognitive, Educational Approach

School-based yoga programs show promise for fostering social emotional learning competencies and improving student outcomes.

Additional rigorous, randomized control studies are needed.

Yoga Practice



Building a Sense of Community

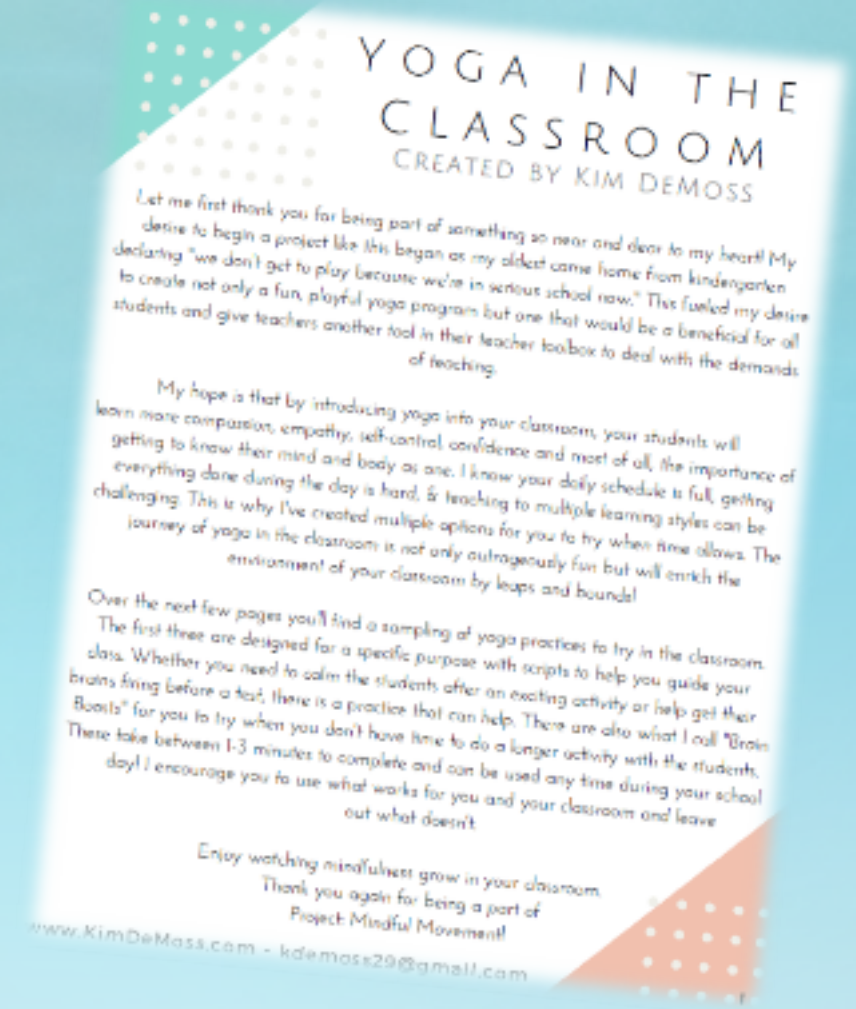
Students in schools with a strong sense of community are more likely to:

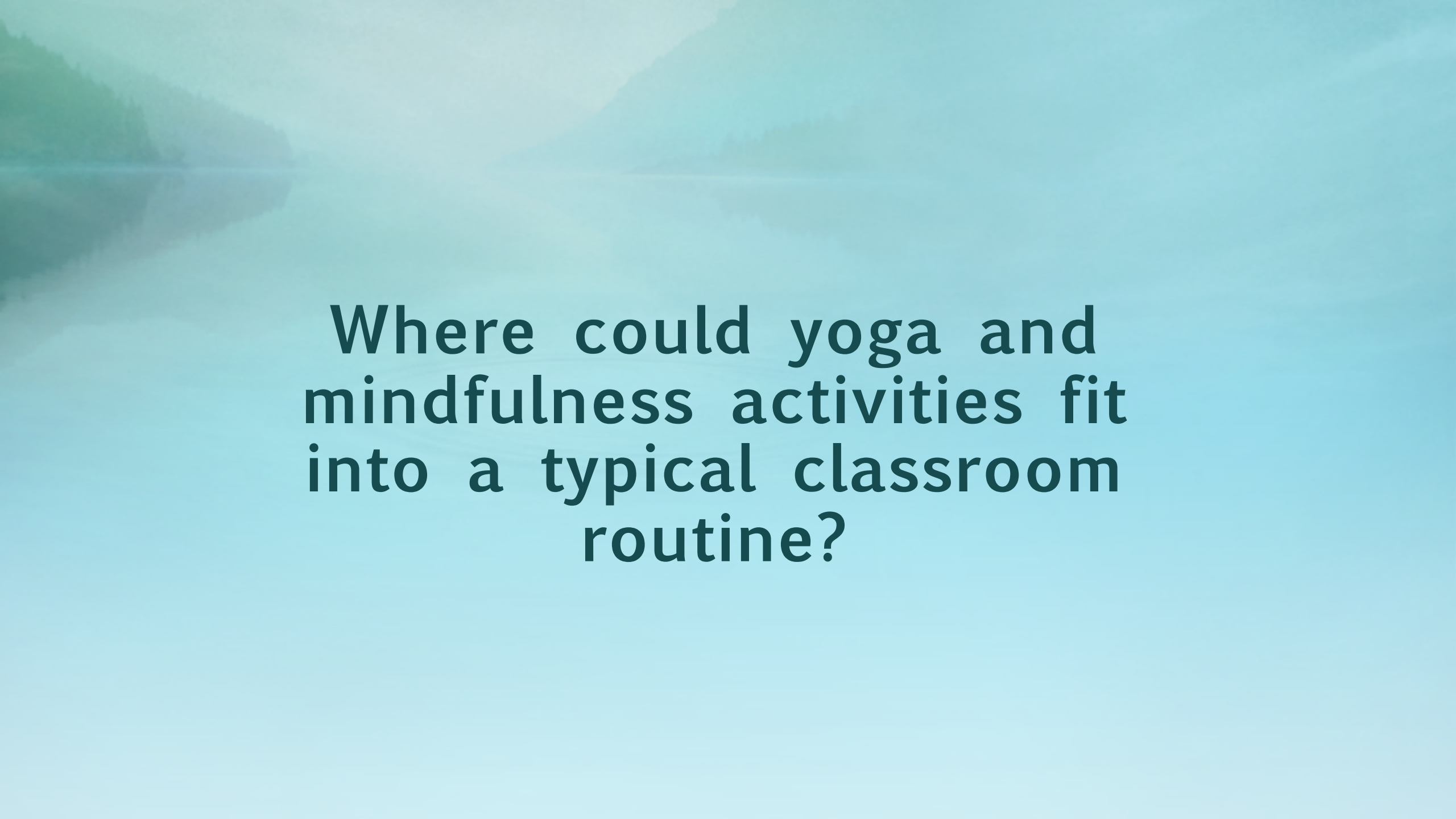
- Commit to school's norms, values, and goals
- Be academically motivated
- Develop social and emotional competencies
- Avoid problem behaviors



Bringing Yoga to Your Classroom

Visit
www.ProjectMindfulMovement.com





Where could yoga and mindfulness activities fit into a typical classroom routine?

Examples

- Mindful Moment with Mrs. ABC
- Teacher Guided Practice
- Quick 1 – 2 minute practices (e.g.. Brain boost, breathing techniques, meditation minute)
- Pose of the day
- Yoga Club - before or after school
- Enrichment Pod
- P.E. Curriculum
- Cross Training for sports teams
- Classes for teachers (stress reduction)

Contact Information

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