Today’s Speakers

Kristina Shelton
Field Coordinator
Action for Healthy Kids
200 RYT Yoga Instructor

Tracy Heilers
Regional Director of Outreach, Inner Explorer
Mindfulness and Yoga Instructor
Glenbard North High School, IL
200 RYT Yoga Instructor

Shannon Ashcroft
Massachusetts State Coordinator
Action for Healthy Kids
200 RYT Yoga Instructor
• Telephone or speakers
• Everyone is muted
• Submit a question
• This call is being recorded
• Link to recording and handouts will be sent out following the call
AFHK’s vision is a world in which every kid is healthy, active and ready to learn.

Action for Healthy Kids works to mobilize school professionals, families and communities to take actions that lead to healthy eating, physical activity and healthier schools where kids thrive.
Get Your Game On

Game On supports America’s schools, their staff, students, and families to incorporate healthy food choices and physical activity into their daily lives and school environment, with the ultimate goal of getting nationally recognized as a health-promoting school.

http://www.actionforhealthykids.org/game-on
Game On

Step 1: Gather Your Team

Step 2: Assess & Track Progress

Step 3: Create & Implement an Action Plan

Step 4: Find Activities

Step 5: Engage Families & Community

Step 6: Receive Recognition

Step 4: Find Activities
Yoga into the Classroom

• **Learn**
  • Best practices to enhance wellness, learning and student engagement

• **Act**
  • Tips and tricks to integrating mindfulness and yoga into the classroom

• **Transform**
  • Create a positive and supportive learning environment and school culture
Tracy Heilers

Regional Director of Outreach, Inner Explorer
Mindfulness and Yoga Instructor
Glenbard North High School, IL
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A Mindful and Yogic Approach to Social Emotional Learning

Great Resources:
- The CASEL Guide contains several MY-SEL programs
- Yoga and Mindfulness in Schools: A Guide for Teachers and Practitioners
- The Way of Mindful Education: Cultivating Well-Being in Teachers and Students

Mindfulness is paying attention in a particular way:
- on purpose (noticing when you are in autopilot)
- in the present moment (using breath as anchor)
- nonjudgmentally (being curious and kind)

Yoga is Mindful Movement

Core Practice: Taking a Mindful Moment

Mindfulness practices are simple, but not always easy.
Mindful Moment/Mindful Check-In (1 minute - 10 minutes)
Shark fin as reminder of expectations and mindful posture
5 S’s—sitting straight, still, silent, soft breathing, shut eyes
Mindful listening: ringing of a bell, chime, or vibratone
Weather Check of body sensations, thoughts, and emotions

Anchor Breathing (your superpower)
Hot Cocoa Breath, Spiderman Breath
Sunburst Breath, Butterfly Breath

Inner Explorer
90 audio tracks following MBSR progressions; 4 age groups
No lesson plan to lead, teachers practice alongside students
Mindful Movement
Arch/round, up/down, side/side, twist/twist
Easy yoga: yoga decks, books, search ‘kids yoga poses’
Slow motion hand movements, alone and with partner
Across the Room - mindful walking

Most Important: Teacher Self-Care
• Visualize you as Translucent Mountain
• Ground your nervous system with your own practice and you will create a safe, grounded container for your whole class to thrive.
Shannon Ashcroft
Massachusetts State Coordinator
Action for Healthy Kids
200 RYT Yoga Instructor
Determine Your Goal

Elementary Ages

• Increase interest
• Calm down
• Release energy
• Energize minds
• Indoor active play
• Creative play and imagination
Tweens & Teens
• Cope with stress
• Increase focus
• Boost confidence
• Increase strength
• Body awareness
• Posture alignment
• Release tension in chest/shoulders, low back and hips
• Team and community building
Getting Started

- Designate a time
- Start with short 3-5 minute practices
- Set the stage
- Start with only 2-3 poses
- Don’t re-create the wheel
- Demonstrate poses and be inclusive of all students
- Make it fun for all – give choices
Elementary Age Strategies

• Include yoga poses as part of lessons (animals, nature, shapes, etc.)
• Have students create their own poses and demonstrate
• Freeze Dance – when the music stops, freeze in a pose
• Pair up and mirror each other
• Coloring activities
• Personalized class deck
• Use as reward
GARDEN YOGA FOR KIDS

Pretend to be a tree
Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.

Pretend to be a frog
Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.

Pretend to be a seed
Child’s Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.

Pretend to be a butterfly
Cobbler’s Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.

Pretend to be a flower
Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.
Strategies for Tweens & Teens

• Teach techniques and autonomy
• Create a classroom deck or circuit
• Partner and small group activities
• Teach before or after exams
• Include challenges with balance poses
• Teach posture alignment
• Play music
• Use as reward
• Role model programs
Seated Poses for Tweens & Teens

- Side Stretch
- Seated Cobra
- Seated Twist
- Seated Figure 4
- Forward Fold
Standing Poses for Tweens & Teens

- Forward Fold
- Chair Pose
- Lunge
- Warrior 2
- Warrior 3
- Eagle
Make it Inclusive
Tools & Resources

• Yoga deck cards
• Yoga for Children by Lisa Flynn
• Yogajournal.com – library of poses and cueing instructions
• Yogakids.com - emails with free classroom brain break ideas
• Namastekid.com
• Thekidsyogaresource.com
• Yoga4foster.org
Comprehensive School Physical Activity Programs (CSPAP)

Physical activity = anything that gets your body moving

- Fitness breaks
- Classroom learning that incorporates movement
- P.E.
- Recess
- Field trips
- Before and after school activities
- Walk and bike to school programs
2018-2019 School Grants for Healthy Kids

• Game On
  • $500 or $1,000 grants to support K-12 school-based physical activity and nutrition initiatives.

• Parents for Healthy Kids
  • Up to $1,000 grants for parents or parent groups to implement physical activity and nutrition initiatives in K-12 schools. Schools and school parent groups are welcome to apply.

• School Breakfast
  • $2,000 or $3,000 to support increased breakfast participation with new alternative breakfast programs, including breakfast in the classroom or grab and go.

Application deadline: April 6th!!
http://www.actionforhealthykids.org/tools-for-schools/apply-for-grants
“Students seem calmer and more focused after leaving the movement room. We also discuss control and being aware of their physical bodies as well as any stress or anxiety they are feeling. From there we practice ways of relieving the negative feelings. This is both for myself and my students. Another area we have worked on is focusing attention and energy on one thing and blocking out distractions. I myself find I am calmer and can draw on this calmness throughout the day.”

Linda Mettelka, 4th Grade Teacher
Doty Elementary School, Green Bay, WI
Questions?

Action for Healthy Kids
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Stay up to date on Success Stories, health tips, physical activity games, fun recipes, volunteer opportunities, and ideas for action!