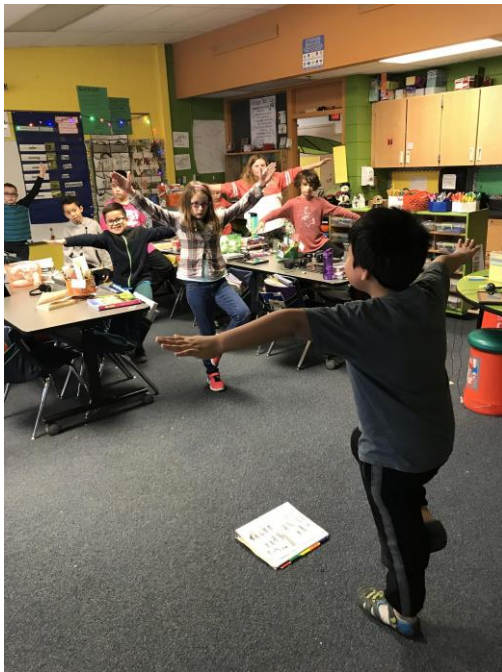


Yoga in the Classroom

Wellness Wednesday Webinar Series

March 14, 2018



Today's Speakers



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



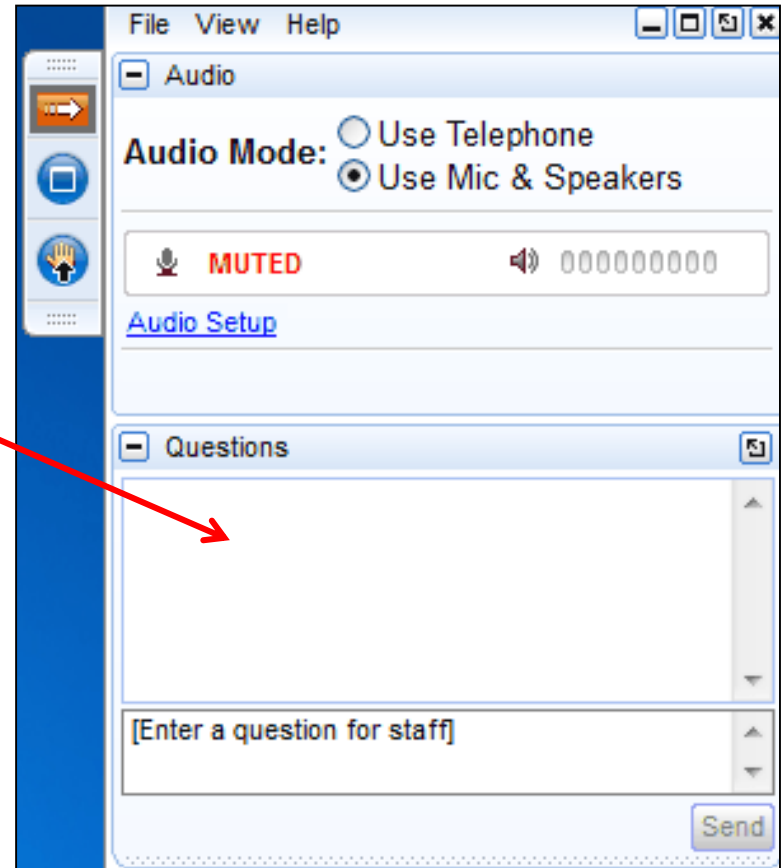
Tracy Heilers
Regional Director of Outreach, Inner Explorer
Mindfulness and Yoga Instructor
Glenbard North High School, IL
200 RYT Yoga Instructor



Shannon Ashcroft
Massachusetts State Coordinator
Action for Healthy Kids
200 RYT Yoga Instructor

Logistics

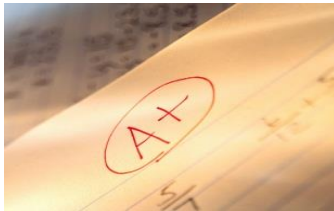
- Telephone or speakers
- Everyone is muted
- Submit a question
- This call is being recorded
- Link to recording and handouts will be sent out following the call



Who Are We?



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 4: Find Activities



Step 6: Receive Recognition

Step 1: Gather Your Team

Step 5: Engage Families & Community

Step 2: Assess & Track Progress

Step 4: Find Activities

Step 3: Create & Implement an Action Plan

Today's Webinar

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
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MY-SEL

- 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.



Simple MY-SEL Starters

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

Simple MY-SEL Starters

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



Determine Your Goal

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



Elementary Yoga Poses

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.



printable yoga poster

CALM DOWN YOGA FOR KIDS



I am strong.

Use your strength to catch tricky waves



I am kind.

Stretch high and spread kindness all around.



I am brave.

Be brave and fearless as you fly down the ski run.



I am friendly.

Stretch like a dog wagging its tail.



I am wise.

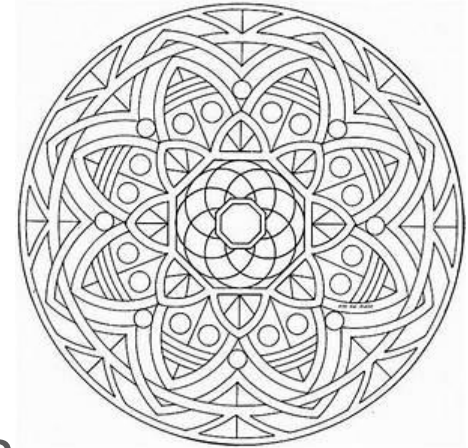
Be a wise owl perched on a tree branch.



Childhood 101 & Kids Yoga Stories

Strategies for Tweens & Teens

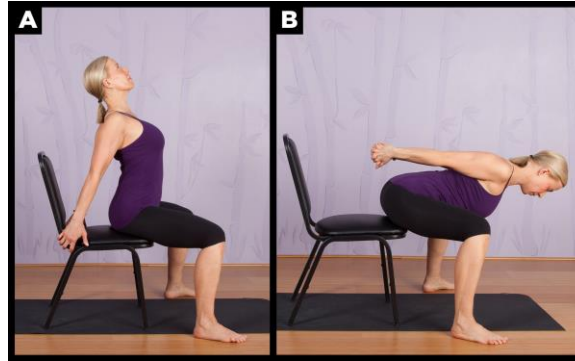
- Teach techniques and autonomy
- Create a classroom deck or circuit
- Partner and small group activities
- Teach before or after exams
- Include challenges with balance poses
- Teach posture alignment
- Play music
- Use as reward
- Role model programs



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



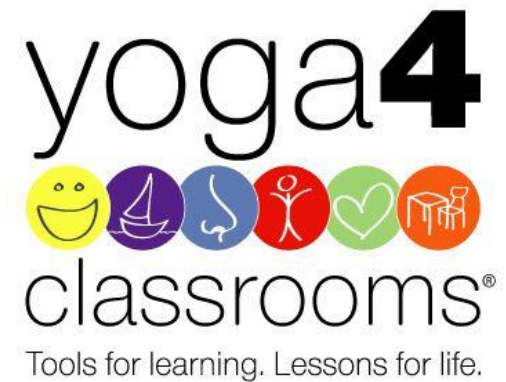
Eagle

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
- Yogafoster.org



Comprehensive School Physical Activity

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>

What Our Schools Are Saying!

“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
Trainings@actionforhealthykids.org

Follow Us for More Resources



Action for Healthy Kids shared a link.
Posted by Jacqueline Perlman [?] · December 14

Spice up your classroom and play the Game On! 12 Days of Fitness Challenge. #SmilesAllAround



12 Days of Fitness
www.actionforhealthykids.org

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



Healthy and Fun Snack Ideas



72 Pins



Edit

Healthy Treats for Kids



38 Pins



Edit

