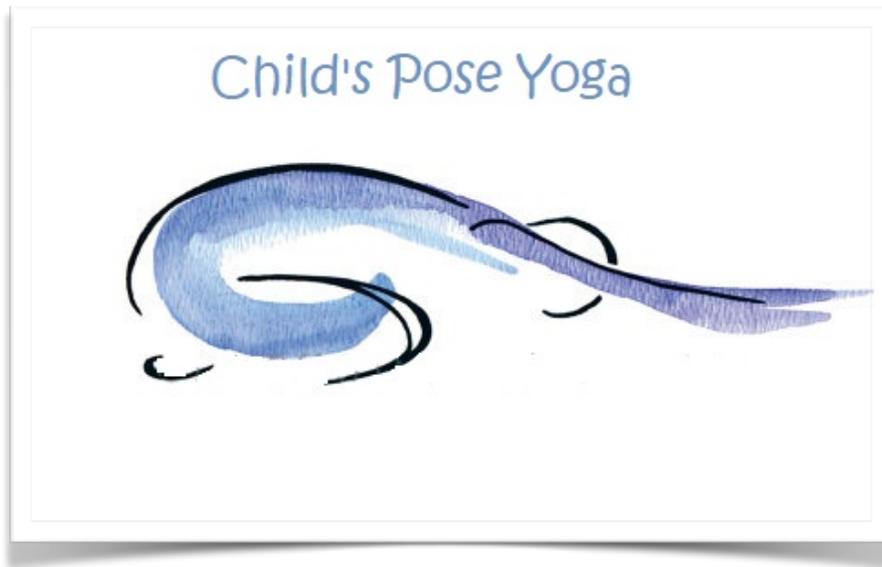


# Child's Pose Yoga



## Child's Pose Yoga

A weekly after school program with Ms. Taylor

Introducing Child's Pose Yoga with Ms. Taylor at Mesa Elementary School Tuesday's from 2:45-3:45pm. During weekly practices we will incorporate a variety of yoga poses based on students ability levels and themes to practice on and off the mat. Participants will be asked to sign a waiver, bring water, wear comfortable clothes, and be prepared to learn and have some fun! If your child has a mat please encourage them to bring it; however, there will be a small number available to borrow.

1

### MIND-BODY

- Attention
- Concentration
- Self/social awareness

2

### SELF-REGULATION

- Emotional regulation
- Stress regulation
- Resilience

3

### PHYSICAL FITNESS

- Flexibility
- Strength
- Respiratory function



### Clothes

Wear comfortable clothes to practice in



### Water

Bring a water bottle to fill up before practice.



### Yoga Mat

If students have their own mat bring it. Otherwise there will be a small amount available to borrow.

## Yoga at School

<http://www.yoga4classrooms.com/supporting-research>

### How and Why Does Yoga and Mindfulness Work in Schools?

The following list outlines some of the benefits of school-based yoga and mindfulness practices that address the whole child, thus maximizing the development of **academic, social and emotional competence** in addition to benefits for teachers and classroom climate:

#### **Develops Mind-Body Awareness**

By training students how to pay attention to the relationship between their mind and body, school-based yoga helps children notice the impact of stress on their well-being. For example, a student might start to notice that their stomach gets tight when they're worried about a test, or that they tend to gravitate toward unhealthy food when they're feeling down. This awareness (also known as mindfulness) may lead to changes in behavior by, for example, choosing to do 5 minutes of breathing exercises to relax a tight stomach or opting for an apple instead of chips.

#### **Improves Self-Regulation**

At a very broad level, self-regulation refers to our ability to manage our stress, emotions, and behaviors. The basic idea is that yoga helps calm the fight or flight response, and induce the relaxation response, thus helping children calm themselves down and be less reactive in difficult situations. So instead of lashing out in anger on the playground, a student might take a deep breath and walk away.

#### **Cultivates Physical Fitness**

An important difference between yoga and mindfulness meditation is that yoga includes physical postures. In essence, yoga is a practice of "mindfulness in motion" that uses the body to promote awareness of the present moment and improves respiratory functioning.



Butzer, B., Bury, D., Telles, S., & Khalsa, S. B. S. (2016). Implementing yoga within the school curriculum: a scientific rationale for improving social-emotional learning and positive student outcomes. *Journal of Children's Services, 11*(1), 3-24.

#### **Enhances Student Behavior, Mental State, Health, and Performance**

According to the **Collaborative for Academic, Social, and Emotional Learning (CASEL)**, social-emotional learning involves developing 5 core competencies: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making (CASEL, 2015). Early evidence is beginning to show that yoga and meditation might help students be more self-aware, manage their emotions, enhance their relationships, and make better decisions. Research also suggests that school-based yoga may improve academic achievement, and classroom behavior. In addition, yoga-based physical fitness may result in numerous positive outcomes including improved mood, reduced risk of psychological disorders, and enhanced cognitive performance.

#### **Supports Teacher Resilience and a Positive Classroom Climate**

Importantly, the benefits of school-based yoga also extends to classroom teachers. Recent research suggests that providing educators with training in yoga- and mindfulness-based skills may have several beneficial effects for educators, including increases in calmness, mindfulness, well-being, and positive mood, improvements in classroom management, emotional reactivity, physical symptoms, blood pressure, and cortisol awakening response, and decreases in mind and body stress.

### FOR ADDITIONAL INFORMATION

Please contact Ms. Taylor at [juliantaylor@ffc8.org](mailto:juliantaylor@ffc8.org)