

YOGA AND MINDFULNESS
PASSPORT TO HEALTH
TEACHER DEVELOPMENT WORKSHOP SERIES
FEBRUARY 13TH, 2014

Presented by: Comprehensive School Health Cohort
Chantal Oswald and Madelin Rocheleau



CSH | Passport to Health
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DR. JEAN CLINTON

Canada's authority on
children's well-being- Teaching
Symposium Wed. February 19th!



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AGENDA

- A short introduction: Richard Burnett (Co-Founder of Mindfulness in Schools Project)
http://www.youtube.com/watch?v=6mlk6xD_xAQ
- What is mindfulness and how can it be incorporated into your classroom?
- Children's yoga in the classroom



WHAT IS MINDFULNESS?

Paying attention to what we are doing, when we are doing it. Being present.

Being aware of ourselves, our surroundings, our breathing.

Noticing our thoughts and accepting them for what they are.



MINDFULNESS IS...

“Paying attention in a particular way; on purpose, in the present moment, and nonjudgmentally.” - Jon Kabat-Zinn



SUSAN KAISER GREENLAND: MINDFUL AWARENESS EDUCATOR- LEADER IN TEACHING MINDFULNESS TO CHILDREN AND ADOLESCENTS

- Author of *The Mindful Child*- Believes that mindfulness training can help children approach life with wonder and an open mind; it can help them calm down when angry or upset, concentrate and ignore distractions, see what's happening within and around them, and develop pro-social qualities such as patience, humility, happiness, generosity, and diligence.
<http://www.youtube.com/watch?v=D9GJtic9eW0#t=14>
- Founder of Inner Kids Organization
The New ABCs – Attention, Balance & Compassion: Taught through games, activities, instruction and sharing to develop: (1) Awareness of inner experience (awareness of thoughts, emotions and physical sensations); (2) Awareness of outer experience (awareness of other people, places and things); and (3) Awareness of both together without blending the two.



WHAT ARE YOUR EXPERIENCES WITH MINDFULNESS?



- Classroom?
- Family / friends?
- Yourself?



QUESTIONS THAT MAY ARISE

- Is mindfulness the same as Buddhism?
- Mindfulness-Based approaches draw from Buddhist practices (sitting and walking meditation, breath awareness, etc.) and build from this a state of steadiness
- Mindfulness-Based approaches draw from current understanding of stress theory and other psychotherapeutic models. However, both mindfulness and Buddhism have the intention of alleviating suffering, however mindfulness, for purposes in schools, focuses on the psychology / cognition behind it
- Do you need to be trained or certified to teach mindfulness in your classroom?

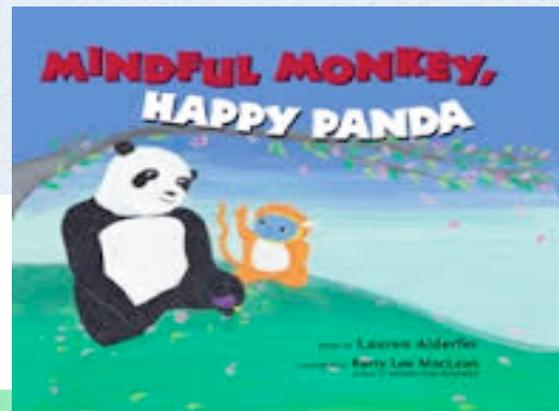
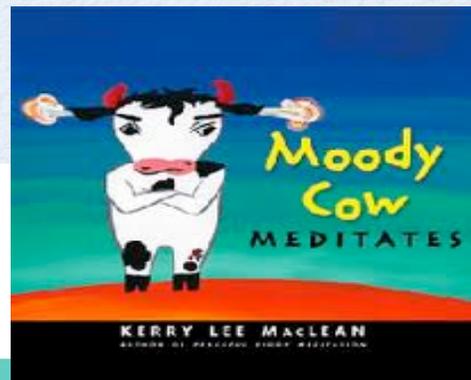


HOW CAN WE INCORPORATE MINDFULNESS INTO OUR CLASSROOMS?

- Various activities (Bell activity, Mindful Monkey, Happy Panda, Moody Cow)

<http://themindfulclassroom.wordpress.com/tag/mindful-monkey-happy-panda/>

- Mindfulness is not only for students!
- Having mindful classrooms leads to a positive, and healthy, school environment 😊



YOGA IN THE CLASSROOM - HEALTH AND CREATIVITY THROUGH MOVEMENT!



Benefits

- Focus and attention
- Energy
- Stress Management
- Health and wellbeing - mental, physical and emotional



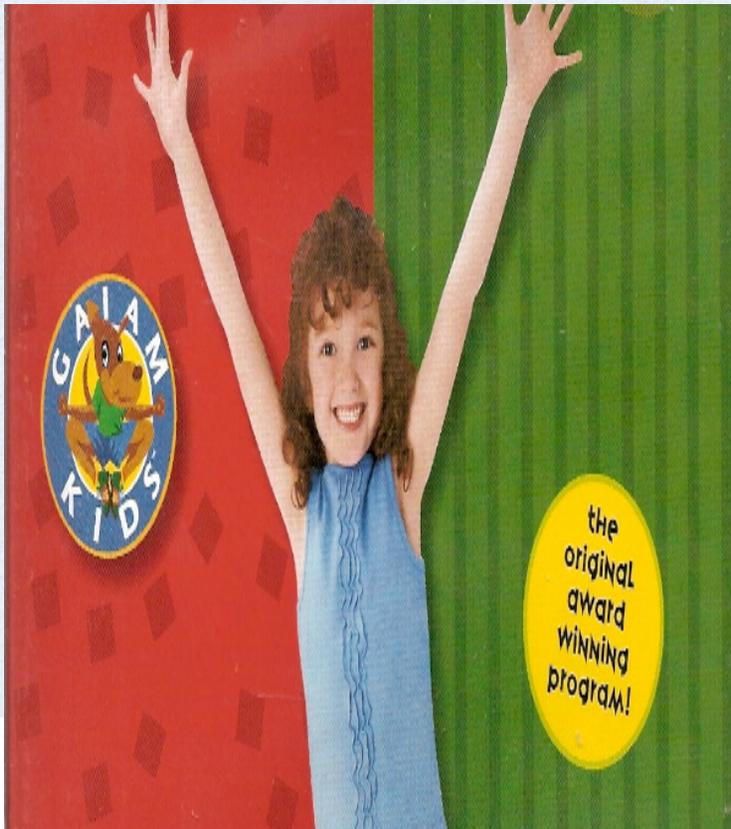
4 WAYS TO BRING YOGA INTO YOUR SCHOOL

- Health and Physical Education
- Daily Physical Activity
- Cross-Curricular Connections
- Classroom Management



HEALTH AND PHYSICAL EDUCATION

DAILY PHYSICAL ACTIVITY



Yoga videos, books, and resources!

Yoga Games

- Make your own pose
- Red light, green light
 - Yogi says
- Today I learned..
- Rally race



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CROSS-CURRICULAR CONNECTIONS

Children's yoga is based on objects and animals which makes it very easy to incorporate into other subjects

Language Arts: Poses for animals and objects in stories, Get students to create their own stories

Arts: Tie crafts into yoga lessons - making animals from the stories

Mathematics: Geometry- angles, shapes and symmetry

Science: Plants and animals



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CLASSROOM MANAGEMENT

Yoga can be used as a mindfulness technique by getting students into their bodies to help them regain focus and reduce stress



CLASSROOM CONSIDERATIONS

Space - standing or seated yoga if space is an issue

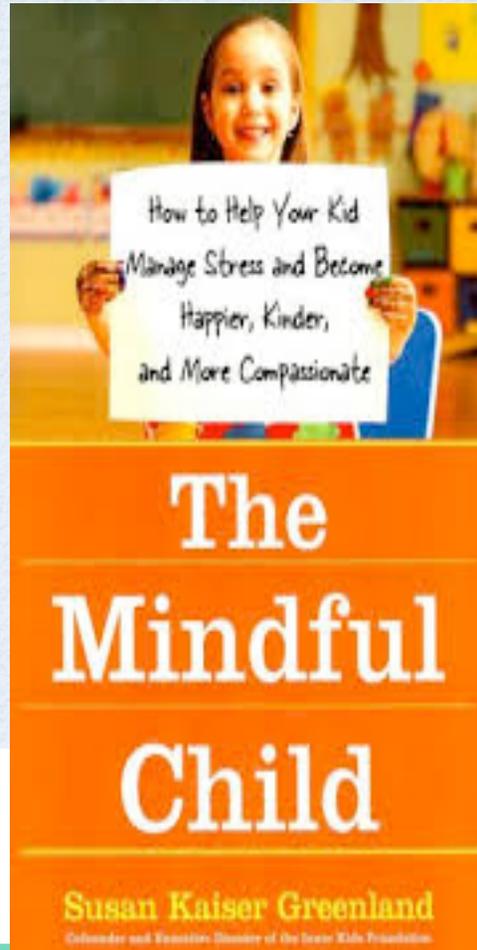
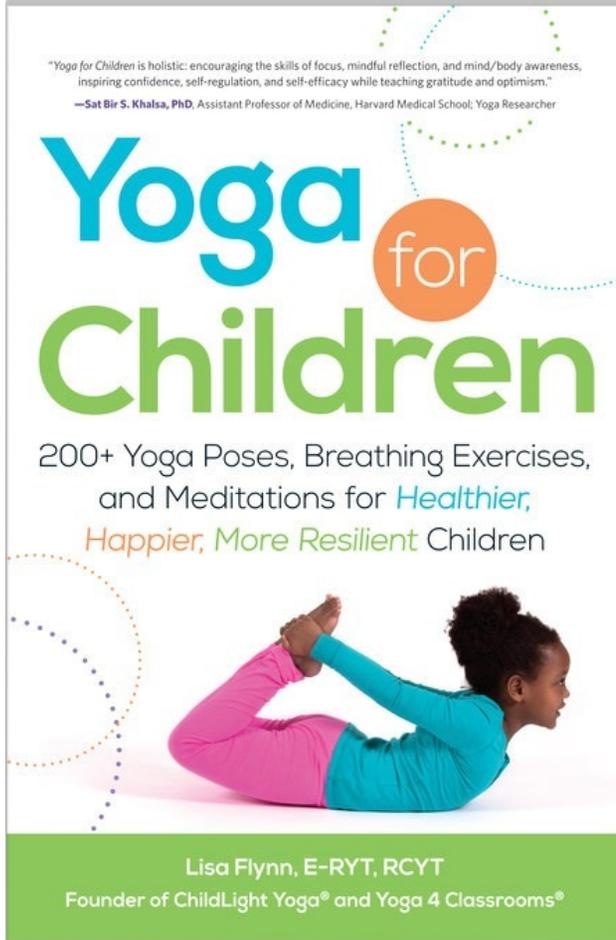
- Surface - carpet, place mats

- Materials - flash cards, stuffed animals, feathers, craft supplies

- Outside is always a great option!



RESOURCES ARE YOUR BEST FRIEND! (REFER TO HANDOUT 😊)



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THANK YOU FOR COMING! :)

NEXT WEDNESDAY BE SURE TO SEE DR. JEAN CLINTON!
ALSO: DON'T FORGET TO FILL OUT A COMMENT CARD
MUCH APPRECIATED!



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