

Continuing EDUCATION

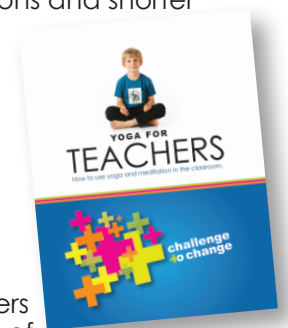
challenge to change

15 HOUR • Continuing Education or Professional Development Courses
1-8 HOUR • Professional Development Offerings
AVAILABLE TO • Schools, Districts, Area Learning Associations, etc.
TOPICS • Yoga, Mindfulness, Social Emotional Learning

YOGA FOR ELEMENTARY TEACHERS

How to Use Yoga & Mindfulness in the Classroom

Through this course, participants will gain a greater understanding about the many components of yoga and how they can be incorporated into the elementary school setting. Through Challenge to Change's research-based Five Parts of Practice, teachers will gain insight into how full length lessons and shorter activities can support instruction of the whole child. In addition to many other topics, seated practices, yoga poses/movement, breath practices and guided visualizations will be explored. Participants will leave feeling empowered to incorporate meditation, mindfulness, and yoga into their own lives as well as their classrooms.



YOGA FOR SECONDARY TEACHERS

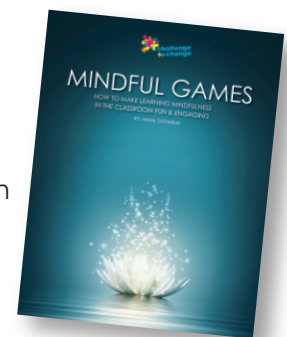
How to Use Yoga & Mindfulness in the Classroom

Through this course, participants will gain a greater understanding about the many components of yoga and how they can be incorporated into the secondary school settings. Through Challenge to Change's research-based Five Parts of Practice, teachers will gain insight into how full length lessons and shorter activities can support instruction of the whole child. In addition to many other topics, seated practices, yoga poses/movement, breath practices and guided visualizations will be explored. Participants will leave feeling empowered to incorporate meditation, mindfulness, and yoga into their own lives as well as their classrooms.

MINDFUL GAMES

How to Make Learning Mindfulness in the Classroom Fun & Engaging

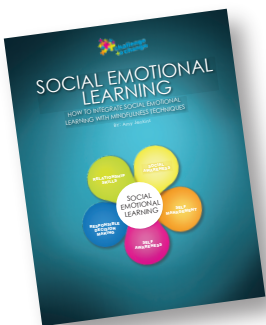
Within this course, educators will explore various facets of mindfulness and how to incorporate mindful practices into the K-12 school setting. Through senses, breath, movement and guided visualizations, teachers will gain insight into how a number of activities can support instruction of the whole child. Additionally, participants can expect an active learning environment in which they experience a number of mindfulness techniques first-hand to encourage successful application within the school setting. Participants will leave feeling empowered to create mindfulness activities and incorporate those into their own lives as well as their classrooms.



SOCIAL EMOTIONAL LEARNING

How to Integrate Social Emotional Learning With Mindfulness Techniques

This course will give teachers of students in kindergarten through eighth grade an in depth look at the Social Emotional Competencies, based on a CASEL framework, and provide them with tools to confidently integrate these competencies into the classroom. Through education into each SEL competency and learning target, teachers will develop an understanding of how to help students gain a more accurate perception of themselves and their emotions in relation to: self, others, and environment. This course provides examples of techniques to integrate SEL into the daily classroom routine. Teachers will also receive hands-on experience through numerous activities, handouts, and resources that they will be able to utilize within their own classroom. By the end of this course, educators will have a plan in place as to how they will integrate SEL into their own instruction.



BE HERE NOW WEBINAR SERIES

Mindfulness Practices for Teachers & Students

This series highlights the impact of self-care for both teachers and students through mindfulness techniques. Throughout this webinar series, teachers will receive re-licensure or graduate credit. They will participate in mindfulness practices, explore how mindfulness can be implemented into the classroom setting with a community of teachers, and experience how their own self-care impacts others in their lives. Each class will introduce multiple new mindfulness practices and provide guidance about how to utilize these tools within the classroom. Teachers will then be given support in the implementation of mindfulness within their own classrooms. Lastly, when teachers prioritize their own self-care, they can bring the best versions of themselves to the classroom. Because of this, teacher self-care will be highlighted throughout this course.

BREATHING NEW LIFE INTO YOUR CLASSROOM COMMUNITY

Participants will learn to bring new energy to their daily morning meetings by understanding how it authentically connects to community building, social-emotional learning, and academic achievement throughout the school day. Daily morning meetings provide teachers a natural setting to connect with their students every day as real people with unique, individual personalities. Teachers and students alike see the humanity inside each other when they learn and play in an effective morning meeting. Morning meetings also provide opportunities for teachers to incorporate lessons and activities centered on Iowa's Social-Emotional Standards.

USING YOGA AND MINDFULNESS IN YOUR CLASSROOM

This course was created for teachers who already are or would like to implement yoga and mindfulness into their classrooms throughout the school year. Throughout this course, teachers will participate in yoga lessons, learn new mindfulness techniques, and explore how their own self-care impacts others in their lives. Each class will introduce a new mindfulness concept and provide guidance about how to utilize it within the classroom. Teachers will be given support in their experimentation of mindfulness and yoga in the classroom and feedback about how to implement these concepts more efficiently. Additionally, this class will empower teachers to utilize current research to better the lives of their students as well as themselves.

