

YOGA AND MINDFULNESS + SOCIAL-EMOTIONAL LEARNING

Challenge to Change's Yoga in the Schools Program is a curriculum for elementary through high school level students that incorporates social-emotional and mindfulness skills. Each lesson focuses on strengthening student resiliency, emotional balance, and social awareness through the means of yoga and mindfulness.

SEL Through Yoga and Mindfulness Programming

The practices taught within the Yoga in the Schools programs have been researched and support the CASEL SEL framework by: assisting in the regulation of emotions, aiding in focus and attention, improving self-awareness, mitigating the effects of bullying, increasing self-confidence, and creating a calm learning space. Other benefits yoga and mindfulness provide may include: stress relief, activation of the parasympathetic nervous system, increased self-confidence, reduction of anxiety, assistance in focus, improved memory/concentration, and increased creativity.

The Iowa SEL competencies/learning targets have been identified within each part of every lesson in the Challenge to Change curriculum. The breakdown of these can be found at:

<https://docs.google.com/spreadsheets/d/1iJ91ARry3o2mZR96zWTsm5Ai60YD9rPvB4P7nqBBuqk/edit?usp=sharing>

The Challenge to Change Yoga and Mindfulness Program offers students with personal empowerment and additional social-emotional skills to support the social-emotional development of students. Here are a few of our tools and how they fit into SEL.

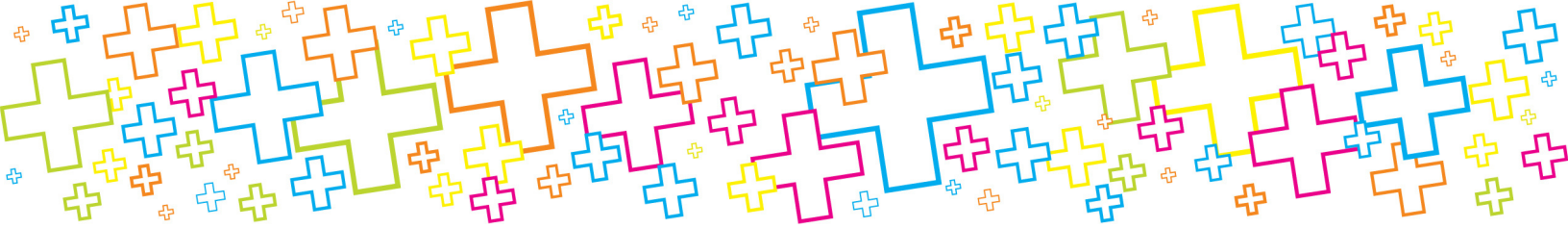
Mudras: These are some of our favorite self-awareness tools! By observing how students feel in the mind and body, then choosing a mudra that feels the best for themselves, students develop a deeper understanding of themselves and self-regulation tools.

Breath: This is one of the most powerful strategies to put the pause between stimulus and response, allowing a person to respond in a calm, healthy way. This pause is integral developing self-awareness and self-management. Our breath techniques typically fall into the following categories: calming, concentrating, energizing and partner.

Yoga Poses/Sun Salutation: Yoga poses help students to release energy in a healthy way as well as manage and physically process their emotions. Yoga flows are a great way to refocus students and even out the energy of the classroom.

Guided Mindfulness Practice: The guided mindfulness practice helps students minds to reset. We often recommend utilizing our recordings after recess or a big transition in order to calm the mind and prepare for new learning.

Gratitude: This is a wonderful tool for shifting from a negative to positive mindset. Gratitude is also utilized within our curriculum to create connections between classmates. In expressing what a student is grateful for, especially when there are commonalities between classmates or they share their gratitude about other people, students begin to see the differences between themselves and others as gifts.



MINDFUL SEL ACTIVITIES

Self-Awareness

- Mudra Videos, Cards, Poster
- When I Feel *Mudras* Poster
- Mantra Video, Cards, Poster
- Yoga Flow Videos
- Tune Into How You Feel Worksheet

Self-Management

- Breath Videos & Cards
- When I Feel *Breath* Poster
- When I Feel *Yoga Poses* Poster
- iPOP Mobile Calm Down Kit
- Breath Technique Posters
- Close of Practice Videos
- Yoga Pose Cards & Poster

Social Awareness

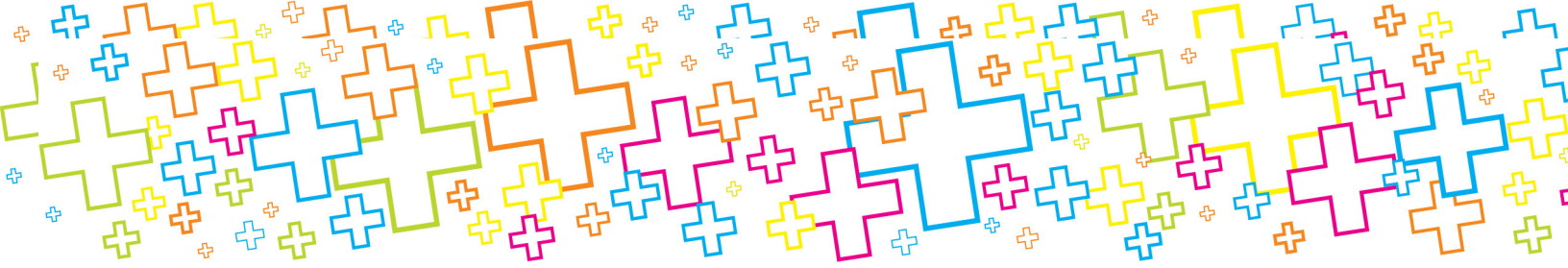
- Yoga Games
- Metta Mindfulness Practice & Poster
- Wish Walk Activity/My Dreams Can Come True Graphic

Relationship Skills

- Yoga Games
- Mindful Conflict Resolution Poster
- Group Gratitude Activities

Responsible Decision Making

- Gratitude Activities
- Mindful Conflict Resolution Poster
- Thought Changing Activities



YOGA AND MINDFULNESS + LEADER IN ME

The leader in Me program highlights student empowerment with leadership and life skills based on the premise that every child possesses unique strengths and has the ability to be a leader. As students progress through each habit, they learn about their own strengths and gifts, developing the skills and self-confidence they need to lead within their lives and succeed in school.

The Challenge to Change Yoga and Mindfulness Program offers students with personal empowerment and additional social-emotional skills to support the seven habits. A few of our tools and how they fit into the Seven Habits framework are below:

Breath: This is one of the most powerful strategies to put the pause between stimulus and response, allowing a person to respond in a calm, healthy way. This pause is integral in proactivity as well as the interpersonal habits, such as think win-win, seek first to understand then to be understood and synergize. Our breath techniques typically fall into the following categories: calming, concentrating, energizing and partner.

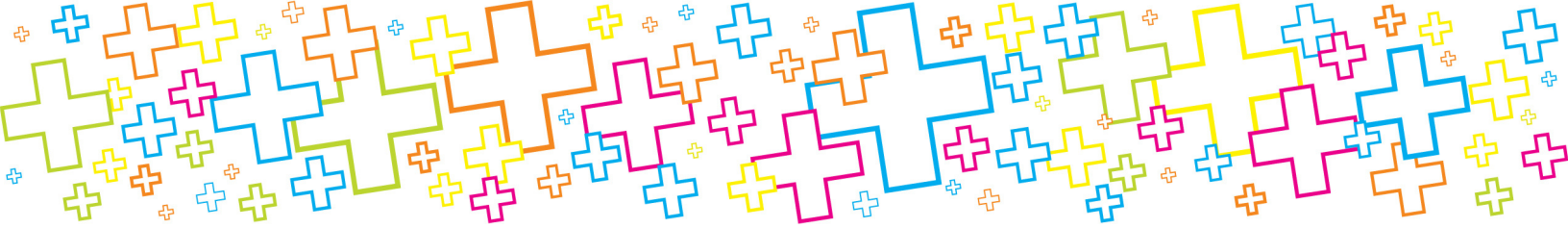
Mudras: These are some of our favorite self-awareness tools! By observing how they feel in the mind and body, then choosing one that feels the best for themselves, students develop a deeper understanding of themselves and can better understand how they can begin with the end in mind for their goals.

Gratitude: This is a wonderful tool for shifting from a negative to positive mindset. Gratitude is also utilized within our curriculum to create connections between classmates. In expressing what a student is grateful for, especially when there are commonalities between classmates or they share their gratitudes about other people, students begin to see the important things in their lives (put first things first) and appreciate each other on a deeper level (seek first to understand, then be understood).

Guided Mindfulness Practice: The guided mindfulness practice helps students minds to reset. We often recommend utilizing our recordings after recess or a big transition in order to help students move past conflicts (think win-win) and calm their minds (sharpen the saw).

Yoga Poses/Sun Salutation: Yoga poses help students to release energy in a healthy way. Yoga poses can connect with many of the habits, such as developing a growth mindset about improving poses (begin with the end in mind), synergize within partner poses or when doing the Sun Salutation as a group and sharpen the saw by using yoga poses as healthy exercise.

A lot of these resources are wonderful for staff members to practice and integrate the habits into their own personal lives in order to best teach them to students. Additionally, leadership can be practiced within a classroom setting by: asking students to guide any of the techniques above when they feel confident with them, creating a mindfulness group in which students learn mindfulness techniques and take them back to their classmates, or even taking the techniques home and teaching them to family members.



YOGA AND MINDFULNESS + PBIS

Positive Behavior Interventions and Supports is a program that includes prevention and intervention practices along a multi-tiered continuum, enhancing academic, social, emotional and behavioral skills. Challenge to Change's Yoga and Mindfulness Program is a curriculum for elementary through high school level students that supports these skills through the modalities of yoga and mindfulness.

Proactive Approach:

The Yoga and Mindfulness curriculum supports Tier 1 PBIS interventions, when delivered to all students within a building as a Tier 1 Support. Tier 1 interventions “establish the foundation for delivering regular, proactive support, and preventing unwanted behaviors” (PBIS). In addition, Tier 1 supports emphasize prosocial skills and expectations by teaching and acknowledging appropriate student behavior.

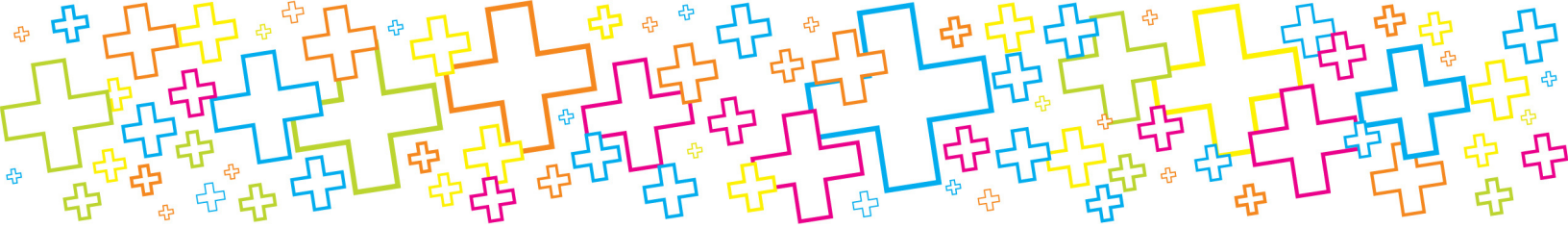
Benefits of Yoga:

Yoga is a multifaceted practice that has many layers, such as deep breathing, physical poses, relaxation tools, and sensory experiences. The practices taught within these programs have been researched and are proven to assist in the regulation of emotions, aid in focus and attention, improve self-awareness, mitigate the effects of bullying, increase self-confidence, and create a calm learning space. Other benefits yoga and mindfulness provide may include: stress relief, activation of the parasympathetic nervous system, increased self-confidence, reduction of anxiety, assistance in focus, improved memory/concentration, and increased creativity.

Emotional Regulation:

Unwanted behaviors in students may stem from dysregulation in emotions, yet yoga can serve as a pathway for students to achieve emotional regulation. The skills that students learn throughout Challenge to Change's Yoga in the Schools Program are proactive and students are given context of situations when these skills may be beneficial to them outside of their yoga sessions when they may become dysregulated.

Utilizing the Yoga in the Schools Program may be a great addition to Tier 1 interventions that all students receive in order to help students achieve further academic, social, and emotional success.



YOGA AND MINDFULNESS + SECOND STEP

Challenge to Change's Yoga and Mindfulness Program is a curriculum for elementary through high school level students that incorporates social-emotional and mindfulness skills. Each lesson focuses on strengthening student resiliency, emotional balance, and social awareness through the means of yoga and mindfulness.

Second Step:

Second Step's goal as a curriculum is to teach students SEL competencies through a holistic approach (<https://www.secondstep.org/what-is-second-step>). This is accomplished through lessons based in SEL competencies, "Children need social-emotional skills to thrive both in the classroom and in life. Social-emotional learning (SEL) curricula teach children techniques to: gain confidence, set goals, make better decisions, collaborate with others in work and play, navigate the world more effectively" (<https://www.secondstep.org/social-emotional-learning>).

Social-Emotional Benefits of Yoga:

Challenge to Change's curriculum directly compliments and enhances the learning targets of the Second Step Curriculum. The practices taught within the Yoga and Mindfulness programs have been researched and support the SEL framework by: assisting in the regulation of emotions, aiding in focus and attention, improving self-awareness, mitigating the effects of bullying, increasing self-confidence, and creating a calm learning space. Other benefits yoga and mindfulness provide may include: stress relief, activation of the parasympathetic nervous system, increased self-confidence, reduction of anxiety, assistance in focus, improved memory/concentration, and increased creativity.

Second Step recognizes that, "Benefits are even greater when children experience SEL throughout their day, across home, school, and out-of-school time environments, and throughout developmental stages" (<https://www.secondstep.org/what-is-second-step>). Combining both the Challenge to Change Curriculum and the Second Step Curriculum would provide students with a well rounded teaching of SEL competencies. Learning different approaches to the same ideas will help students have a better grasp and a deeper understanding of the ideas both Challenge to Change and the Second Step Curriculum teach.