



## EMBODIED MINDFULNESS HELPING KIDS THRIVE

SYP is a program of Little Flower Yoga,  
serving children and educators since 2006



# SCHOOLWIDE WELL-BEING PROGRAM

## Professional Development + Practice Videos for Students and Staff

*The ultimate schoolwide program designed specifically for grades K-12, to integrate wellness and social emotional learning into digital or in-person teaching and learning.*

Today's students face tremendous pressure in a world that is overwhelming, unpredictable, and filled with unprecedented challenges. Teachers and staff will be right there with them, and will need practical ways to support students' social-emotional needs and their own well-being.

This comprehensive professional development program offers a proven path to developing the inner resilience needed to navigate physical, mental, and emotional stress, and overcome barriers to learning.

Taught over eight modules, teachers will learn 35+ mindfulness, movement, and breath-based tools that can be easily adapted for both in-person and virtual instruction to meet your needs, however they unfold this school year.

**This program was created to:**

1. Provide an effective and sustainable professional development program, sharing the benefits of yoga and mindfulness with staff in as little as 30 minutes each week.
2. Introduce simple, proven mindfulness and movement strategies for students that can be integrated into classrooms and remote learning.
3. Support teacher wellness in a time when teachers are being asked to do more, and risk more, than they ever have.

## PROGRAM DETAILS

What's included:

- 8 modules of content broken into short 5-30 minute video and audio recordings, each introducing teachers to an aspect of mindfulness and wellness, along with activities to support student and teacher well-being.
- An 8-month plan for teachers to follow, walking them through how to introduce practices to students step-by-step and help students integrate activities into their daily life when they need them most.
- Reflection questions to help guide PLC groups and integrate the material.
- Access to 35 yoga and mindfulness activity videos that can be practiced at-home (virtual learning) or at school.
- Practice scripts for each of the 35 activities.
- Support in adapting the content for different ages, learning environments, and needs in the classroom or at home.
- An implementation guide offering suggestions on how to support student and teacher wellness with practical assignments each week.

## FREQUENTLY ASKED QUESTIONS

How long does it take to complete the program?

We recommend completing one module per month, or 8 months for the entire program. This gives time for integration and paces study to be about 20-30 minutes per week.

Is any previous experience required?

No previous experience with yoga and mindfulness is required.

### What grade level implementation does this course support?

We offer 2 separate versions of this program, PK-5 and 6-12. This allows for practical tips to make the practices more relevant and engaging for different developmental needs.

### How long do I have access to the content?

You will have access to all of the content including the practices for students for one year. Discounts are offered for renewals, and consultation support to promote engagement around the program in future years is available.

### How does this program support teacher wellness?

There is an entire module of content that focuses on teacher self-care, and teacher practice is highlighted in the audio integration recordings. Additionally, a suggested plan is offered each module to support teacher self-care and bonus staff wellness practice recordings are provided. Livestream interactive well-being circles, and mindfulness and yoga sessions, can be scheduled for an additional fee.

### How long are the videos for students?

On average, each activity video is 3-5 minutes long, making them easy to use as transition tools, and integrate into morning circles or classroom and virtual learning routines

## ABOUT THE MODULES

In each module, teachers will explore new content introducing them to 5 new activities and foundations of wellness rooted in our 5-element methodology (connect, breathe, move, focus, and relax) to integrate into their virtual or in-person classroom.

MODULE	DESCRIPTION
<b>Module 1</b> <b>Introduction to Yoga, Mindfulness and the Little Flower Yoga Methodology</b>	Teachers will learn a step-by-step approach to sharing yoga and mindfulness practices with students engagingly and effectively through our five-element process. Help children and adolescents gain self-awareness, improve self-management skills, and better navigate distractions. No special props, mats, or prior experience are needed, and all practices can be done in a chair with shoes on.

MODULE	DESCRIPTION
<p><b>Module 2</b></p> <p><b>Aware Attuned Engaged: Supporting Educator Effectiveness with Self-Care</b></p>	<p>The disempowering symptoms of chronic stress that many educators experience diminishes both personal satisfaction and professional efficacy. This module offers practical tools to create a more balanced relationship between the body, mind and emotions, including simple practices that can be done in the classroom during challenging moments. When teachers become more attuned to their own needs, it allows for greater awareness of, and engagement with, student needs. Turn-over is reduced, relationships are strengthened, and classroom climate improves.</p>
<p><b>Module 3</b></p> <p><b>Connect: Understanding Yourself and Others</b></p>	<p>Connect practices are the first step in our five element program. In this module, teachers and students will explore the three different aspects of connect practices - connection to self, to others, and the environment - through five new activities that can be easily integrated into daily life in the classroom or at home.</p>
<p><b>Module 4</b></p> <p><b>Breathe: Self Regulation and Emotional Balance</b></p>	<p>Learning to regulate the breath is one of our most powerful tools for self-management and emotional regulation. In this module, teachers will learn a new set of activities to help children calm their nervous systems, manage anxiety, and regain a sense of safety in the body.</p>
<p><b>Module 5</b></p> <p><b>Move: Engage Your Body, Engage Your Mind</b></p>	<p>Incorporating more movement into the day is one of the best ways to enhance learning readiness. When students engage their bodies, they engage their minds, increase energy, and improve focus. In this workshop, we'll explore the current research on the relationship between movement and learning, and discuss ways to integrate short but effective movement practices into the classroom or at home when remote learning. Activities taught include seated (in the chair) and standing poses, as well as playful partner and group experiences (which can be adapted for physical distancing needs).</p>
<p><b>Module 6</b></p> <p><b>Focus: Navigate Distraction and Hone Attention</b></p>	<p>Children are often asked to focus but rarely taught how. Our over-stimulating and unpredictable world provides constant distraction, and intrusive thoughts and rumination are challenges for many. In this module, teachers will learn five practical activities to help children experiment with what it means to focus and practice noticing when their mind wanders and bringing it back to the task at hand.</p>
<p><b>Module 7</b></p> <p><b>Relax: Reduce Over-Stimulation and Rest the Body and Mind</b></p>	<p>Our children are exposed to an overwhelming amount of sensory stimulation. Relax activities provide opportunities to rest the body, give the brain and nervous system soothing rather than stimulating input, and reduce the sensation of overwhelm. This module provides five powerful practices that engage the relaxation response and explores ways to use them effectively whether in the classroom or at home.</p>
<p><b>Module 8</b></p> <p><b>Putting it All Together: Solutions for Your Classroom</b></p>	<p>This final module supports the assimilation of the lessons learned and aids teachers in planning, implementing and evaluating mindfulness and movement programming for their students.</p>

## PRICING

This program is offered as comprehensive 8-module learning and student practice bundle and can be purchased for individual teachers, groups, or entire schools/districts.

Pricing includes access to all content including 35 activity videos for students, core training materials, and 5 bonus staff wellness practice recordings.

Implementation coaching and livestream question and answer support is provided for all school-licenses (25+ teachers enrolled).

Single Staff	\$685	(credit card payment only, no PO)
5-25 Staff	\$485 Each	(minimum of 5 required for discount)
25-50 Staff	\$12,000	(includes 8 hours implementation coaching)
51-100 Staff	\$15,000	(includes 16 hours implementation coaching)
101-300 Staff	\$18,000	(includes 24 hours implementation coaching)
301-500 Staff	\$24,000	(included 32 hours implementation coaching)
501+	<i>contact us for a customized quote</i>	

*Schools can also purchase a single module of content at a time if needed. Please contact us at [syp@littlefloweryoga.com](mailto:syp@littlefloweryoga.com) for pricing for one or several modules.*