



EMBODIED MINDFULNESS  
HELPING KIDS THRIVE

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



# Navigating Common PE Challenges with Yoga & Mindfulness-Based Activities

November 10, 2022

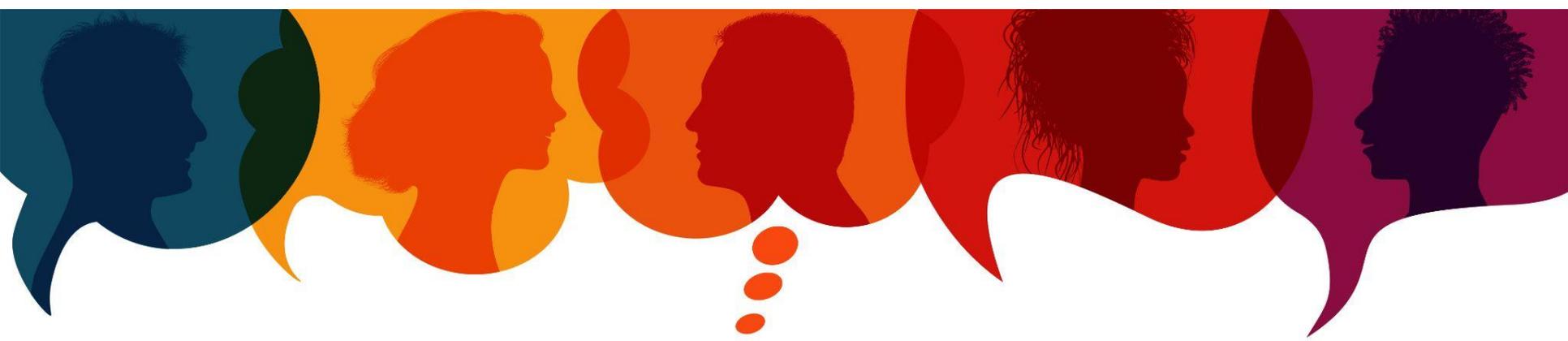
# Layers of Sound: Orienting

This practice allows us to connect directly to our sensory system, bringing ourselves into the present moment as we anchor our attention to the surrounding environment by using our listening sense.

Orienting to our sensory system brings our body into a greater state of equilibrium, simultaneously grounding us into the present moment, helping to reduce potential levels of hyper-arousal that can be present after trauma.

CONNECT





**What grades do you teach?**

**Do you currently share yoga and/or mindfulness with your students? If so, share a little bit about how that looks for you and your school.**

# Learning Targets

- ❑ **Articulate several ways that mindfulness and yoga can support meeting students' needs in the moment.**
- ❑ **Learn practices to meet common challenging behavior**
- ❑ **Identify 1 or more practice you will apply to your instruction to help you meet the needs of your students**



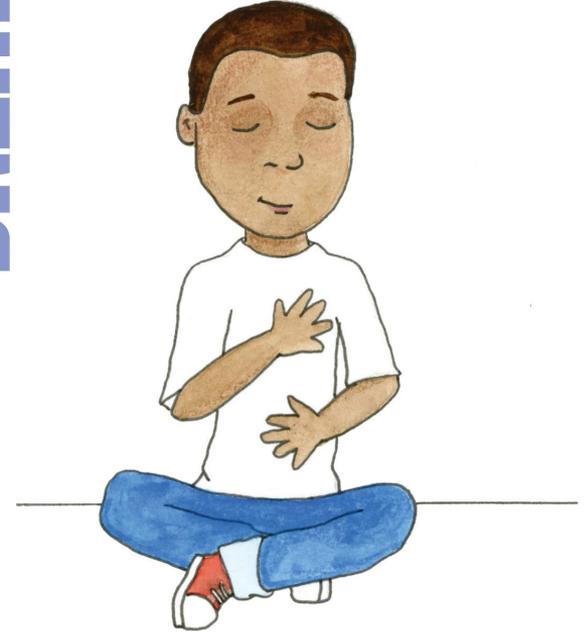
# Energy Level Check In + Crazy 8's



# Heart and Belly Breath: Regulating

This practice combines the steady pace of our own breath and the physical connection of having our hands support our heart and belly. The practice is centering as we create a meaningful mind body connection, whilst leaning into the steadiness and rhythmic pattern of our own breath stimulates the vagus nerve, activating the relaxation response and engaging our parasympathetic nervous system.

**BREATHE**



# Mindfulness Defined



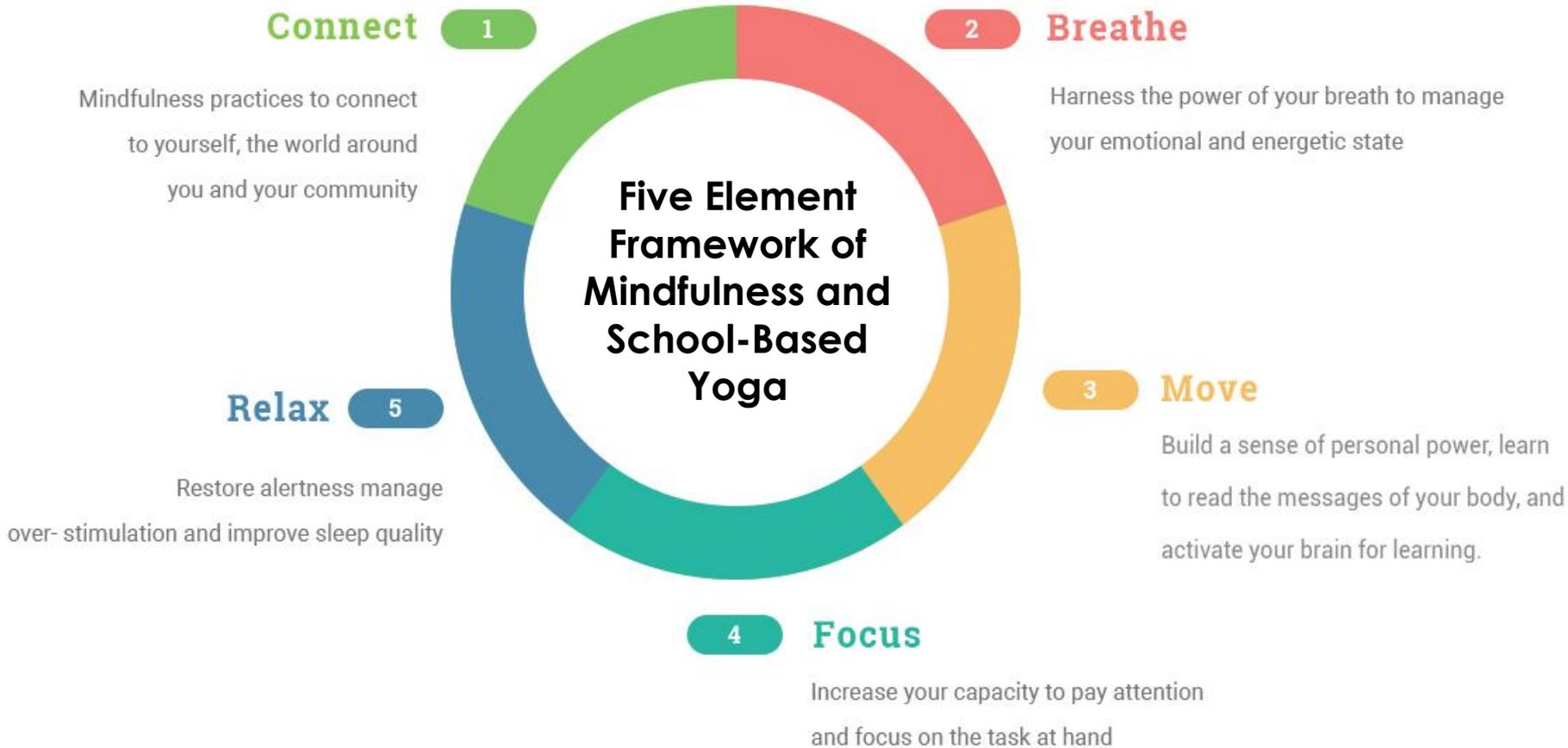
**“Mindfulness is paying attention to your life **here** and **now** with kindness and curiosity.”**  
– Amy Saltzman

# School-Based Yoga Defined

**School-Based Yoga** is a set of activities that **strengthens the inner resources** of the body, breath, and mindset, in support of **self-awareness**, **self-regulation**, and the **healthy navigation of challenges**.



# Five Element Framework: Building our Inner Resource Skills





**CHALLENGING BEHAVIOR COMMUNICATES AN UNMET NEED**

# All Behavior is Communication: Often About an Unmet Need



***“Children’s behaviors nearly always make sense, given an understanding of the context in which they develop”.***

- ***Treating Traumatic Stress in Children and Adolescents by Margaret Blaustein and Kristine Kinniburgh***

# Meeting Child/Youth Needs in the Moment



# Meeting Students Needs in the Moment

## ORIENTING

Practices that bring us into the present by orienting to the space around us and our sensory system.



# Meeting Students Needs in the Moment



## REGULATING

**Practices that regulate the nervous system to bring us into balance.**

# Meeting Students Needs in the Moment

## CONNECTING

**Practices that leverage the power of co-regulation, cultivate safe community, and allow us to connect to both our internal experience and the experiences of others.**



# Meeting Students Needs in the Moment



## RELEASING

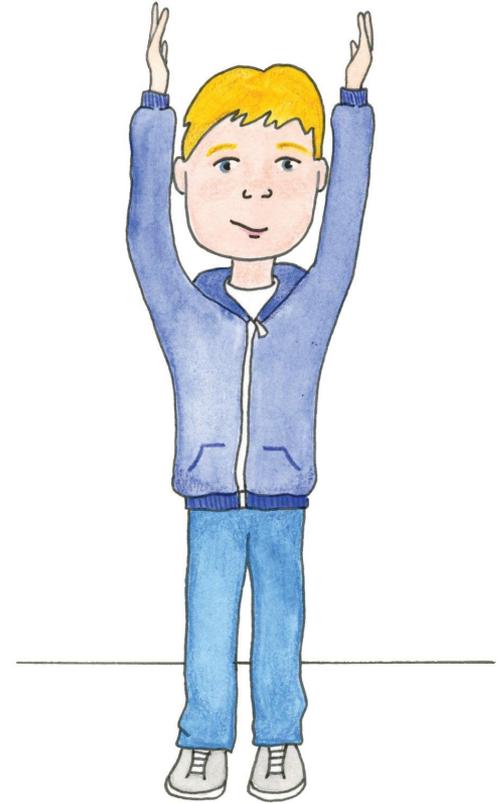
**Practices that release stored tension and stress from the body.**

# Moving Breath

## Orienting, Releasing

Research shows that consciously inhaling and exhaling according to a set rhythm can both focus attention and regulate the nervous system. This practice combines paced breathing with simple movement patterns to help orient to what is happening in the present moments. It is a very adaptable practice that can be modified sitting, standing, or even laying down using a variety of movement patterns.

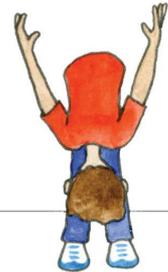
**BREATHE**



# Breath of Joy Releasing

Breath of joy offers students an opportunity to release tension from the body through movement and the strong, rhythmic exhalation. This breath-based movement activity also gently increases energy level and engagement while providing a strong focus for the mind.

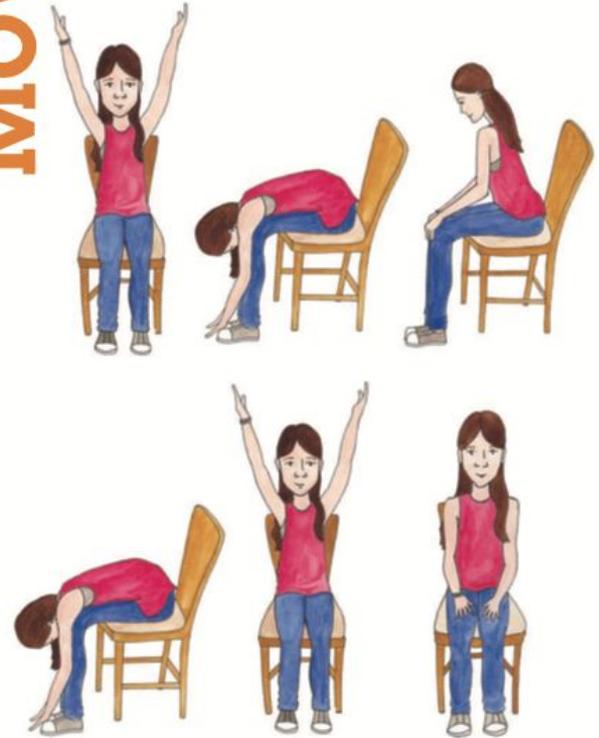
BREATHE



# Seated Sun Salutation: Releasing, Connecting

The seated sun salutation flow can energize and warm the body whilst helping 'shake off' excess energy. As we flow through each posture and add breath, we are able to release habitual tension from various parts of our body. Our bodies can hold the memory of trauma as tension, tightness or constriction, and this simple asana allows these points in the body to release and let go of tension from past stress responses.

**MOVE**



## Child's Pose: Releasing, Regulating

As we move into child's pose, subconsciously reminiscent of the fetal position to us all, our whole body feels supported allowing us to release into a protective and safe pose. Our muscles start to passively stretch whilst others relax; simultaneously circulation is improved which feels restorative, and tension stored in areas of our body such as the hips and spine begins to release. The stillness of this pose provides us with a valuable opportunity to feel, experience and learn to tolerate every sensation.

**MOVE**



## Back to Back Breathing + Lounge Chairs: Connecting, Regulating

Back to back partner poses allow for safer forms of peer to peer contact, and breathing and moving together with attunement and consent facilitates co-regulation and community building. This type of practice provides a felt sense of “somebody has my back.”

**BREATHE**



# Heart and Belly Breath: Regulating

This practice combines the steady pace of our own breath and the physical connection of having our hands support our heart and belly. The practice is centering as we create a meaningful mind body connection, whilst leaning into the steadiness and rhythmic pattern of our own breath stimulates the vagus nerve, activating the relaxation response and engaging our parasympathetic nervous system.

**BREATHE**



# Layers of Sound: Orienting

This practice allows us to connect directly to our sensory system, bringing ourselves into the present moment as we anchor our attention to the surrounding environment by using our listening sense.

Orienting to our sensory system brings our body into a greater state of equilibrium, simultaneously grounding us into the present moment, helping to reduce potential levels of hyper-arousal that can be present after trauma.

CONNECT

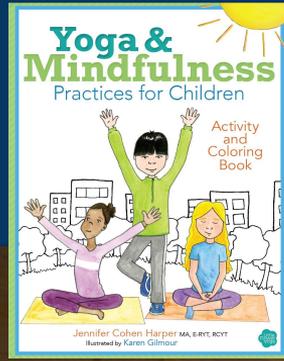
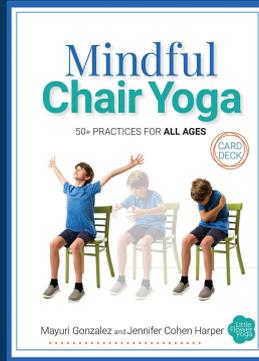
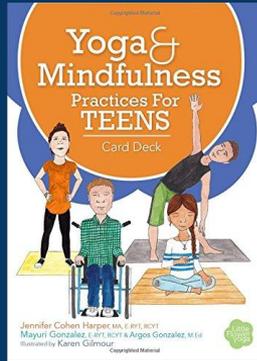
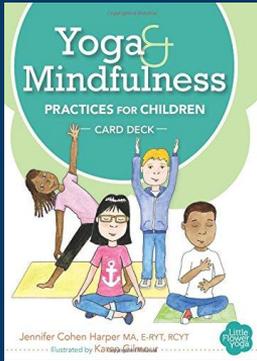


# Meeting Child/Youth Needs in the Moment



# Questions & Sharing

# RESOURCES



## YOGA AND MINDFULNESS FOR PE TEACHERS

25 Hour Hybrid Online Training: Begins 1/6

# Stay In Touch

littlefloweryoga.com

syp@littlefloweryoga.com

212-634-7890



EMBODIED MINDFULNESS  
HELPING KIDS THRIVE

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

