

the school wellness project

Mindfulness & Yoga Programming for Schools

Helping Teachers and Students Thrive

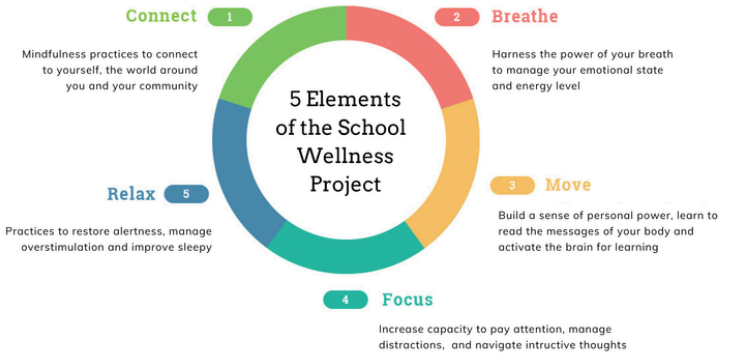
Who We Are

The School Wellness Project was founded in NYC in 2006 by educator and author Jennifer Cohen Harper. It was one of the first organizations in the country to offer comprehensive mindfulness and yoga programming to schools, designed to be integrated into the classroom with the goals of improving learning readiness and supporting social emotional skill building. All SWP programming is trauma informed, and rooted in the belief that building inner resources happens in the context of safe, healthy relationships. Improving the wellbeing of the entire school community creates improved mental health and learning outcomes.

The SWP is dedicated to serving all people effectively with compassion, while honoring their strengths and learning from our students. Our leadership team works hard to ensure that our teaching is healing centered and culturally competent. We welcome participants of every race, religion, national origin, sexual orientation, gender, age, and ability, and work to translate resources and increase accessibility as need arises.

Our Methodology

The tools of mindfulness and yoga offer proven methods of managing physical, mental and emotional stress. Our goal is to help students and educators thrive in a wide variety of circumstances, and navigate the many challenges they face with a sense of personal power and self-awareness. Our programming consist of 5 core components of practice: Connect, Breathe, Move, Focus, and Relax, within which students learn concrete strategies to support them in day to day life.



Core Capabilities

The School Wellness Project offers trauma informed mindfulness, movement and breathwork programming for schools, including:

- Classroom push-ins for students
- PE units, alternative recess and afterschool classes
- Professional development for educators
- Online training and video resources for the full school community

With a curriculum that has been refined over 18 years and thousands of classes, our innovative programming helps students build resilience, improve emotional balance, create healthier relationships and navigate distractions.

Certification and Vendor ID

The School Wellness Project is a DBA of Little Flower Yoga, a certified MWBE in both NYC and NY State.

MWBE NYC - MWCERT2018-693
MWBE NYS - 62681
NYC DOE Vendor ID - LIT797777

In NYC we also offer services under Office of School Wellness
MTAC R1164

Contact Information

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212-634-7890

www.theschoolwellnessproject.com

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MTAC Services and Pricing

Mindfulness and Yoga Classes for Students

Chair or mat based classes that support student physical, mental and emotional wellness.

Classes can be 20-60 minutes long, and are taught as chair based classroom push-ins or mat based full length classes. Up to three 9 week program cycles per school year.

Curriculum Units Include:

- Building Awareness of Myself, Others and My Environment
- Understanding My Thoughts and Feelings
- Navigating Challenges and Difficult Emotional

1 Full Day/ Week- 9 Weeks: $13,804 (up to 12 classes per day)
1 Half Day / Week - 9 Weeks: $7,091 (up to 6 classes per day)
1 Two Hour Block / Week - 9 Weeks: $5,520 (up to 4 classes per day)

Certification: Trauma Informed Yoga and Mindfulness for Children & Teens

Comprehensive trauma informed training to learn how to successfully bring yoga, mindfulness and social emotional activities to students. Training includes adapting lessons for physical education, health, and general classroom settings, mindfully using practices to manage challenging behavior, supporting neurodiverse students, and using practices that enhance students' capacity for self-regulation, focus and good decision-making.

Bundle includes all coursework, materials, one-on-one mentorship, and one year of support in our learning community, including weekly drop-in office hours and supportive discussion forums. We are a Yoga Alliance registered school.

Courses Included:

- Teaching Yoga & Mindfulness to Children and Teens
- Social and Emotional Learning Through Yoga and Mindfulness
- Advanced Teaching Practices and Implementation Strategies
- Teaching Trauma Informed Practices
- Supporting Neurodiverse Students
- Chair Yoga for Children and Teens
- Teaching Practicum
- One-on-one Mentorship

Certification Bundle: $4670 / person

Professional Development

One Day Workshop: Yoga & Mindfulness Tools for Schools

Receive an introduction to yoga and mindfulness and learn a set of trauma informed engaging activities to share with students. Can be tailored to physical education, health, or whole school implementation.

Up to 25 Participants: $2657

School Wellness Program PD Series + Resource Library

Professional development program, plus video resources. Can be delivered onsite or virtually. Includes 8 works, or 8 online modules of engaging content delivered in easy to integrate formatting.

Teachers learn 35 mindfulness, movement and breath-based activities they can easily integrate into the school day. Activities support students developing inner resilience to navigate physical, emotional and mental stress and overcome barriers to learning. Includes robust resource library with workshop recordings, activity videos, implementation curriculum and more.

Online Asynchronous Version: $6,750 up to 10 teachers
Online Synchronous Version: $11,600 up to 20 teachers
Onsite 8 Worksop Version: $14,216 up to 20 teachers

Customized Programming and Consultation

Flexible wellness programming for your community. Consult with our expert team to support more effective implementation of current mindfulness, yoga or SEL offerings, recognize and fill resource gaps, and expand learning to families and other community members.

10 Hour Consultation Package: $2742*
**does not include onsite visits*

Activity Library + Consultation for PE and Health Teachers:

Teachers will be provided with customized coaching to support integration of 35 activities from the LFY activity library into their PE curriculum, and will have access to video resources, activity scripts, printable worksheets, and tips to support differentiation.

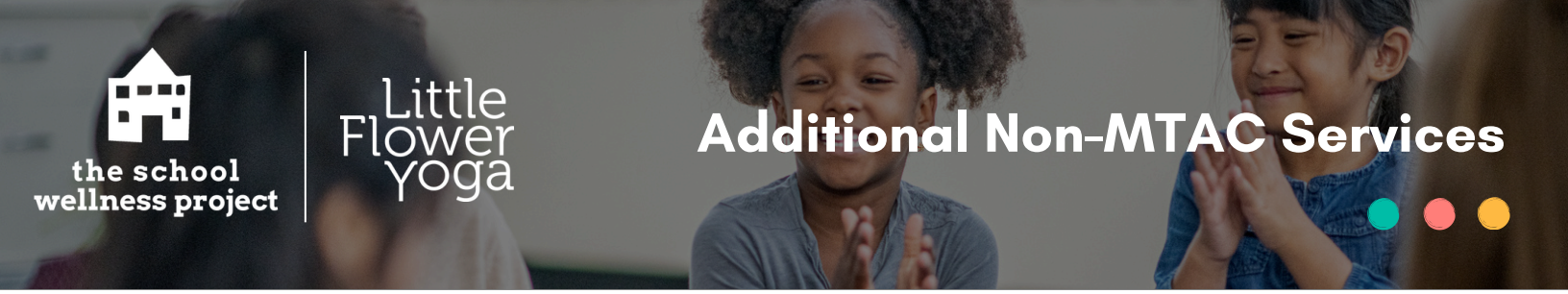
School Wellness Activity Library License + 15 Hours Consultation: $5345

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Additional Non-MTAC Services

Professional Development Workshops

Interactive and engaging workshops that give educators tools to address some of today's most pressing classroom challenges. Topics can include:

- *Increasing Engagement and Learning Readiness: Trauma Informed Yoga and Mindfulness*
- *Building Focus Skills: Practices to Navigate Distraction and Increase Attention*
- *Navigating Anxiety in Students: Practices to Manage Stress and Reduce Overwhelm*

60-90 minute workshops: $2485

Certification: Trauma Informed Yoga and Mindfulness for Children & Teens

Comprehensive, Yoga Alliance registered, trauma informed training to learn how to successfully bring yoga, mindfulness and social emotional activities to students.

Level 1 is an engaging 30 hour course that allows graduates to safely and effectively share awareness and embodiment practices.

Certification is a 95 hour program that includes adapting lessons for a wide variety of settings and student needs, mindfully using practices to navigate challenging behavior, supporting neurodiverse students, and using practices that enhance students' capacity for self-regulation, focus and good decision-making. Certification includes all coursework, materials, one-on-one mentorship, and one year of support in our learning community, including weekly drop-in office hours and supportive discussion forums.

Level 1 Training: $1200
Certification: $4670* *also available under MTAC*

Caregiver Education

Supportive experiences for caregivers, that include both personal resource building and offer tools for increasing wellbeing, communication, and connection within the home. Topics include:

- *Self Care for Caregivers*
- *Yoga and Mindfulness Tools for the Home*
- *Yoga and Mindfulness Tools for Anxiety*

60-90 minute workshops: $2485

Customized Programming and Consultation

Flexible wellness programming for your community. Consult with our expert team to support more effective implementation of current mindfulness, yoga or SEL offerings, recognize and fill resource gaps, and expand learning to families and other community members. Partners have used consultation packages for:

- Customized staff, student or family wellness programming
- Listening circles for staff or students
- Integrating a trauma focused framework into current offerings
- Creating a dynamic mindfulness room
- Integration of mindfulness and yoga into existing SEL content
- Custom curriculum creation or curriculum adaptation

May include 1 site visit of up to 2 hours, video, phone and email consultation. Professional development presentations are not included in this package. Customized PD workshops can be offered by combining a consult package with a PD booking.

10 Hour Package with 1 site visit: $3250
5 Hour Package with no onsite programming: $1950

Selection of Current and Previous Partners

NYC Department of Education
Zone 126 Unite. Commit. Impact.
Harlem Children's Zone
TASN School Mental Health Initiative
BCSE Bronx Charter School for Excellence
WHEDco Building A Greater Bronx
UFT
PNW BOCES Putnam | Northern Westchester Service and Innovation Through Partnership
Sanctuary for Families
Livingston Public Schools
Highbridge Advisory Council Family Services Inc.
Paterson Public Schools
Pelham Public Schools
CE Credits Online
GoNoodle
Child Care Council of Westchester, Inc. Investing in our children's future since 1968
Achievement First