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The Effects of Yoga Practice and Classroom Management in an Elementary School Setting

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THE EFFECTS OF YOGA PRACTICE AND
CLASSROOM MANAGEMENT IN AN ELEMENTARY SCHOOL
SETTING

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How does the integration of yoga practice in an elementary classroom support creating an environment that promotes self-confidence and attention to learning?



Key Points:

- ▶ Yoga Body/Mind Connection and Brain Based Research
- ▶ Promoting Yoga in the Classroom and Classroom Management
- ▶ Benefits special needs students, high risk and incarcerated youth




PROMOTING YOGA IN THE CLASSROOM

- Accessibility for all students
- Relaxation response curriculum and student achievement
- YOGA ED. TOOLS FOR TEACHERS
- Developing authentic relationships is key to a successful classroom



BENEFITS SPECIAL NEEDS, HIGH RISK AND INCARCERATED YOUTH

- ***GET READY TO LEARN***, A MANUALIZED OCCUPATIONAL THERAPY PROGRAM, DESIGNED WITH APPROPRIATE YOGA CURRICULUM FOR STUDENTS WITH AUTISM SPECTRUM DISORDER
 - ***TRANSFORMATIVE LIFE SKILLS (TLS)*** MODEL CREATED BY THE NIROGA INSTITUTE IN OAKLAND, CA AND USED AT THE ALAMEDA COUNTY JUVENILE JUSTICE CENTER (ACJJC) AND AT EL CERRITO HIGH SCHOOL
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TEACHER ACTION RESEARCH

- MIXED METHODS APPROACH



- QUANTITATIVE DATA: Focus Group
- QUALITATIVE DATA: Observations

IN CONCLUSION... EXCERPTS FROM POST FOCUS GROUP

WOULD YOU LIKE TO SEE YOGA OFFERED OR INTEGRATED INTO YOUR CLASS SCHEDULE?

"Yes yoga is so fun I like it better than a electronics game."

"I would do yoga breathing when I want to relax."

"Yes, because it is really fun to do."

" I would because you can calm down."

"Yes I would because I think it would really help me in class and at home when I have problems."

"Yes, even if it was 15 minutes, I remember leaving feeling relaxed and fresh. Yoga would definitely make a difference in my school work."

"Yes because I can do math, social studies, ELA and PE better."

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