

## Outline

### MIND-BODY CONNECTION

Neuroscience of attention, learning and behavior  
Yoga as a trauma-informed intervention  
Rationale for yoga and mindfulness in the classroom  
Research on yoga in schools

### SELF-REGULATION: A 5 STEP APPROACH

Noticing  
Mindful Choice  
Practice  
Reflection  
Integration

### PRACTICAL TOOLS FOR THE CLASSROOM

Let's Breathe

Conscious breathing exercises to calm and center or empower and energize  
Balloon Breath  
Countdown to Calm  
Power Breath  
Conductor Breath, and more...

At Your Desk

Convenient, time-saving seated stretches and modified yoga postures to refresh and focus  
Cat Pose  
Open Heart  
Corkscrew  
Sitting Pigeon, and more...

Stand Strong

Simple, structured opportunities to stand up and stretch, balance and strengthen  
Mountain  
Waterfall  
Crescent Moon  
Desk Puppy and more...

Loosen Up

Take a break activities designed to dispel stress, build community and promote readiness to learn  
Do My Best  
Geyser  
Posture Prep  
Stick Ems and more...

Be Well

Developmentally-appropriate discussion starters supporting health and wellness of the whole child  
Celebrate You  
Practice Peace  
Get Your Zzzzs  
Be Clean and more...

Imagination Vacation

Modified, child-friendly approaches to meditation and relaxation  
Special Friend  
Mindful Meditations  
Gratitude Relaxation  
Picture it Tree and more...

### SEQUENCES

Morning Meeting  
Take a Break  
Transitions  
Pre-Writing & Writing Break  
Pre-Testing & Testing Break  
Calm / Focus  
Mood / Energy Shift  
Close of Day

### SUSTAINABILITY

Tools and tips for engagement, inclusivity and a trauma-informed presentation  
Modify for individual needs and abilities  
Empowering your students to integrate learning  
Engaging the family  
Monitoring the impact of implementation

### Live webinar Schedule

(Times listed in Eastern)

**8:00** Program begins

**11:50-1:00** Lunch Break

**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

## Objectives

1. Explore the mind-body connection and how stress and trauma affects learning and behavior.
2. Evaluate the physical, cognitive, social, and emotional benefits of yoga and mindfulness-based interventions for children in schools.
3. Determine the signs of imbalance in your students and yourself.
4. Develop opportunities for taking yoga breaks during the school day.
5. Implement 67 simple, trauma-informed yoga and mindfulness-based activities, as needed, throughout the day.
6. Design outcome-focused sequences based on time available: calming, focusing, energizing, community building.
7. Access additional tools and resources to ensure continued progress.

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# YOGA and MINDFULNESS in the CLASSROOM

Trauma-Informed Tools to Support Social and Emotional Learning, Student Success and Positive Climate



## LIVE Interactive Webinar Wednesday, December 8, 2021

**BONUS!** – Registration includes FREE on-demand access for 3 months.



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# YOGA and MINDFULNESS in the CLASSROOM

Trauma-Informed Tools to Support Social and Emotional Learning, Student Success and Positive Climate



- 67 simple, classroom-friendly yoga and mindfulness techniques to support self-awareness, self-regulation, social and emotional learning and resilience
- Understand the neuroscience of stress, the symptoms and how it affects learning and behavior
- 5 critical steps to integrated self-regulation
- Facilitate learning readiness, reduce impulsive behaviors and improve student achievement
- Improve classroom management while supporting students individual needs, cultivating a positive, peaceful, productive classroom climate
- Become a more effective educator as you lead and practice these tools with your students

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# YOGA and MINDFULNESS in the CLASSROOM

Trauma-Informed Tools to Support Social and Emotional Learning,  
Student Success and Positive Climate

Do you find yourself wondering what more you can do to help your easily distracted student? The one who has a hard time maintaining focus? What if you had the tools that would enhance focus and attention, ease anxiety, and improve confidence, self-esteem and academic performance? During this seminar, you will learn simple, developmentally appropriate yoga and mindfulness tools that can be immediately integrated into your daily curriculum. These skills are a proven and effective way to promote self-regulation ability, learning readiness and resilience while cultivating a positive, peaceful, productive classroom.

Through the framework of - Noticing, Mindful Choice, Practice, Reflection, Integration – you will learn how to empower your students and yourself with increased self-awareness, the foundation for the development of self-regulation skills and cognitive control. Through 67 simple yoga and mindfulness-based activities designed to engage the whole child, you will help your students move from a state of anxiety and dysregulation to a state of engagement, control and connectedness. All activities are specially chosen for their suitability for the typical classroom space and schedule and can be done standing beside or sitting at desks, while hands and bodies remain off the floor. Yoga 4 Classrooms is easy for teachers, students, and therapists to use, and helps to create a more harmonious, learning-friendly school day.

This inspiring workshop will give you the tools to integrate yoga and mindfulness skills into your classroom, leaving everyone feeling empowered, calm and ready to learn. Absolutely no yoga experience is required.

## Target Audience:

Educators • Special Educators • School Administrators • School Social Workers • School Counselors  
School Nurses • Paraprofessionals • Occupational Therapists • Physical Therapists  
Speech-Language Pathologists • Marriage and Family Therapists • Psychologists



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## Speaker

**Lisa Flynn, E-RYT 500, RCYT**, is founder & CEO of Yoga 4 Classrooms and founder and former owner of ChildLight Yoga, national organizations providing professional development trainings, curricula, resources and consulting to individuals, schools and organizations who support the social, emotional, cognitive and physical wellbeing of children, youth and families. She is author of the *Yoga 4 Classrooms Activity Card Deck* (2011); *Yoga for Children: 200+ Yoga Poses, Breathing Exercises and Meditations for Healthier, Happier, More Resilient Children* (2013); and *Yoga for Children—Yoga Cards: 50+ Yoga Poses and Mindfulness Activities for Kids* (2018); contributor to *Best Practices for Yoga in Schools* (2015) and the newly released *Stories of School Yoga: Narratives from the Field* (2019); and sponsors the free resource: *Research Repository: Yoga, Meditation and Mindfulness for Children, Adolescents and in Schools*. Lisa contributed to the first published research study to use both subjective and objective data to examine the acute and longitudinal effects of a school based yoga intervention in young children. Her work has been featured on Fox News and publications such as *Education Week*, *Forbes*, *Greater Good Magazine*, *Washington Post*, *Yoga Journal* and *Parents*. In addition to supporting a diverse group of schools in sustainably implementing yoga and mindfulness school wide, Lisa is a national presenter and advocate for youth mental health and the integration of MY-SEL (mindfulness, yoga, social and emotional learning) in education. Closer to home, she also serves as a school board member of MSAD 35/South Berwick and Eliot, ME.

### Speaker Disclosures:

Financial: Lisa Flynn is the Founder & CEO of Yoga 4 Classrooms®. She is an author for Adams Media, a division of Simon & Schuster, and her work has been published in numerous journals/publications. Ms. Flynn receives a speaking honorarium from PESI, Inc.

Non-financial: Lisa Flynn is a member of the Yoga Alliance and International Association of Yoga Therapists.

## CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Educators, Physicians, Social Workers, Counselors, Nurses, Occupational Therapists, Physical Therapists, Speech-Language Pathologists, Marriage and Family Therapists, Psychologists**

For specific credit approvals and details, visit [pesikids.com/webcast/86118](http://pesikids.com/webcast/86118)

### National CE Credit Approvals For Live webinar

Credits listed are for full attendance at the live webinar only. The CE certificate can be downloaded/printed after completing the webinar and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



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PESI, Inc. is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

\*\* Please note that Speech-Language Pathologists must complete the post-test and evaluation within two weeks of attending the live event if they would like their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts section of the online program.

This activity is pending approval from the National Association of Social Workers.

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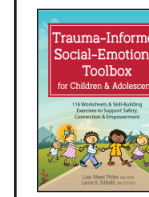
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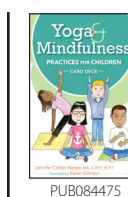
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- CE hours, approvals and cost of CE Certificates may vary from live event. Visit [www.pesi.com](http://www.pesi.com) or call 800-726-3888 to check for availability and pricing

## Recommended Reading:



**Trauma-Informed Social-Emotional Toolbox for Children & Adolescents**  
116 Worksheets & Skill-Building Exercises to Support Safety, Connection & Empowerment  
Laura Sibbald, MA, CCC-SLP, ACDCS, CYMHS  
Lisa Weed Phifer, DED, NCSP, CYMHS  
~~\$29.99~~ **\$22.99\***



**Yoga and Mindfulness Practices for Children Card Deck**  
By Jennifer Cohen Harper, MA, E-RYT, RCYT  
~~\$19.99~~ **\$14.99\***

\* Discount Included with purchase of the webinar

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