

## Yoga 4 Classrooms & University of the Pacific – Graduate Level Credit

Earn up to 3 graduate-level semester credits upon completion of course requirements with Yoga 4 Classrooms and University of the Pacific, Benerd College. Explore the true power yoga, mindfulness and SEL (MY-SEL) classroom strategies that are meaningful and effective, all while meeting educational standards set by your school district or state. Now you can finally earn credit doing what you love! **And at only \$62 per semester credit, this course option is convenient, practical and affordable.**

### **Overview**

Course participants will develop and implement interactive yoga strategies into their lessons, curriculum development, or any other unique academically related program. Regardless of teaching grade level, subject or topic, creative yoga activities and projects are incorporated into any classroom or program setting. The course objective is to enhance student achievement through effective and proven educational yoga strategies that work. A University of the Pacific course instructor is available for guidance, support and feedback throughout the entire course duration.

**Course:** **EDUP 9153: Yoga & Mindfulness in the Classroom: Trauma-Informed Tools to Support Social and Emotional Learning, Student Success and Positive Climate**

**Credits:** 1-3 graduate-level semester credits

**Cost:** \$62/per credit

***Important!*** When registering for graduate level credit, you will be required to upload your Yoga 4 Classrooms certificate of completion at **checkout**.

### **Course Description:**

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 course, 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.

### **Course Objectives:**

1. Explore the mind-body connection and how stress and trauma affects learning and behavior.
2. Evaluate the evidence-based 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 mindful breaks during the school day.
5. Implement 67 simple, trauma-informed yoga and mindfulness-based activities, as needed, to support learning readiness and the development of social and emotional competencies and resilience.
6. Design outcome-focused sequences based on time available: calming, focusing, energizing, community building.
7. Access additional tools and resources to ensure continued progress.

**Course 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

**Coursework Overview/Requirements:**

1. Complete the as presented at your school or organization as an in-service training or attend a scheduled public training to receive a certificate of completion.
2. Develop a **Time Log**: Create a PDF or Word document including a self-created time log documenting the time you spend creating curriculum, activities, projects, strategies, or techniques inspired by the workshop that you attend. Creating your own log gives you the freedom of documenting all the time and effort you have dedicated to completing your coursework requirements. Your log must be specific and include dates and accomplishments. For each Graduate-Level Unit, document 15 hours of involvement. All your coursework participation must be away from professionally paid hours.

Whether you spend time brainstorming new ideas, creating new curriculum, researching, reading, typing your reports, reviewing Yoga 4 Classrooms materials/resources, action planning, or composing notes at the training, you are able to document all the professional time that you have invested enhancing your professional growth. You may also backdate your log to include previously developed teaching techniques or activities.

**Time Log Sample:**

<b>Date</b>	<b>Objective</b>	<b>Hours</b>
5/19/2020	Completed Implement Leader Training Session 1	8.5
6/07/2020	Completed Implement Leader Training Session 2	8.5
6/14/2020	Reviewed notes and materials from training session	1
6/15/2020	Developed new lesson plans incorporating Yoga 4 Classroom	2
6/16/2020	Created new learning activity to helps student engage in reading	1
6/18/2020	Typed 3-page reflection paper for first credit	2
<b>Total hours of involvement must equal 15 hours per credit</b>		<b>23</b>

3. **Reflection Paper:** For each graduate-level credit, type a 3-page, single-spaced narrative report summarizing your overall experience of creating and/or developing new ideas inspired by the training you attended. You may modify, change, or adapt any ideas to meet your professional needs. The culminating goal of this report is to demonstrate how Yoga 4 Classrooms has enhanced and empowered your professional development.

**Coursework Submission:** Coursework can be submitted up to 6 months from when you register. Extensions are always granted upon request. You may also submit your coursework earlier if needed. The true course ending date that will appear on your transcript will reflect the date your coursework was received. Completed coursework should be saved as a PDF or Word document and include the following:

1. **Title page** with your last name, first name, course number and title, number of units/credits, and course beginning/ending date.
2. **PDF** of the workshop certificate of completion.
3. **Self-created time-log** documenting 15 hours per unit with dates and accomplishments. Include the total number of hours calculated for all coursework. (See log example below.)
4. **Reflection Paper(s)** summarizing how Yoga 4 Classrooms enhanced your professional growth.

Email your completed coursework as an attachment to [coursework@teacherfriendly.com](mailto:coursework@teacherfriendly.com)  
 Please include in the subject line of your email: "Y4C - Coursework Submission"

Please allow one full week to receive confirmation that your course requirements have been received.

**Reflection Paper Requirements**

<b>1 Graduate-Level Credit:</b> \$62 / 3-page reflection paper	<b>2 Graduate-Level Credits:</b> \$124 / 6-page reflection paper	<b>3 Graduate-Level Credits:</b> \$186 / 9-page reflection paper
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Each graduate-level credit requires a 3-page, typed, single-spaced narrative report. Try to incorporate the following key points into the structure of your report.

**Activities, projects, strategies, or techniques of implementation:**

Describe the activity, project, strategy, or technique that you developed as a result of attending the workshop or conference. Be sure to include materials and resources utilized. For example, handouts, visual aids, props, books, learning strategies, etc. Detail why you chose this idea and how it fits into your professional development needs or those of your learners. Explain the actual process of introducing your project and the methods used for instruction.

**Population target: grade level, type of class, groups:**

Define the needs and goals of the learners that you designed these ideas for and how they might correlate to their specific needs and/or core objectives. Indicate if these learning methods were designed for special need students, specific groups within a class, developmental ages, etc.

**Objectives and goals:**

Describe the specific targeted learning objectives and how they related to the goals of your instructional program. Try to correlate the objectives/goals to the specific activity/project you presented. Possibly correlate, when appropriate, the objectives/goals with the Common Core Standards set for your curriculum.

**Evaluation methods utilized:**

Describe how you evaluated the success of the projects you developed. What methods or criteria did you use to

assess your achievement of specific goals?

**Overall outcomes and reactions:**

Include your personal assessments of how the learning objectives and goals were achieved. What were the reactions of your learners? How would you redesign or change the methods utilized with future utilization of the projects?

**Required Textbook/Resource Materials:**

[Yoga 4 Classrooms Activity Cards](#), Lisa Flynn

**Additional Recommended Resources:**

[Yoga for Children: 200+ Yoga Poses, Breathing Exercises and Meditations for Healthier, Happier, More Resilient Children](#), by Lisa Flynn

[Yoga for Children-Yoga Cards: 50+ Yoga and Mindfulness Activities for Kids](#), by Lisa Flynn