

Kids Yoga



In your school
With Little Lotus Baby
story yoga adventures



[Www.littlelotusbaby.co.uk](http://www.littlelotusbaby.co.uk)
Colette Millar Bruce



Introducing ... Little Lotus Baby



As an Educational Professional myself I know how many offers you get through the post from independent specialists. I know from experience how precious your time in and out of the classroom is. I know that both you and the children can feel frazzled by the end of term. I also know that Yoga can not only benefit your pupils but also yourself and your team around you....Here is how...

Introducing Little Lotus Baby

Little Lotus Baby was established in 2016 during my Maternity Leave from my Class Teacher roll at an Infant school. Being an experienced Early Years Specialist teacher I was interested to use this time to further my knowledge and expertise of the Early Years of a child's life. After experiencing first hand how beneficial (in my case life changing) Baby Yoga was to both infant and parent I went onto train as a Baby Massage & Yoga guide. I have since developed my practice to include toddlers and now primary school ages children.



WHY YOGA IN SCHOOLS?

Research suggests that school-based yoga cultivates competencies in;

- *mind-body awareness*
- *social and emotional awareness*
- *self-regulation – the ability to find calmness in stressful situations.*
- *physical abilities and strengthening*
- *Immune system strength*
- *left and right sides of the brain stimulated to aid with literacy*
- *promotion and awareness of relaxation which can aid with sleeping & eating*
- *Communication pathways opened and stimulated between the body and the brain*
- *smoother, defined physical movements making fine and gross motor skills more efficient.*
- *enhanced coordination & bilateral coordination*

Classroom teachers benefit as well. When explored together these competencies can lead to improvements in students'

- *Behaviour*
 - *mental state & health*
 - *Classroom performance*
- as well as;*
- *teacher resilience*
 - *effectiveness*
 - *overall classroom climate*

Evidence is building that the positive effects of Yoga are far reaching and when explored during infancy and childhood the benefits can ripple well into adult life!

An in-depth look into Kids Yoga



Develops Mind-Body Awareness

By training students how to pay attention to the relationship between their mind and body, school-based yoga helps children notice the impact of stress on their well-being. For example, a student might start to notice that their stomach feels different sometimes and begin to understand that this is the physical sign that they are feeling a different emotion to their neutral state. Developing such awareness can really help children to identify and deal with emotions in a positive way rather than feeling that their emotions are out of control or taking over.

One of the great mental benefits of yoga is that it clears the mind and improves our ability to focus. Deep breathing helps reduce the hormones that are released when we are feeling overwhelmed, overloaded and frazzled. The internal focus that accompanies the poses helps create a relaxation response in the body. Yoga can also help us deal with stuck emotions. By regularly practising relaxation techniques, we gain a sense of peace and tranquillity. Remember this is for the children and the class teacher!

Improves Self-Regulation

The basic idea is that yoga helps calm the fight or flight response, and induce the relaxation response. This means that children can learn ways to calm themselves down and be less reactive in difficult situations. So instead of lashing out in anger they may feel that anger right at the beginning of its build up and be more able to positively explore that feeling or ask for help with it.

By learning how to relax through yoga, we benefit from higher levels of energy so we can enjoy our daily activities. Most people breathe high in their chest. This does not allow them to get sufficient oxygen and also triggers the stress response, which contributes to feelings of anxiety. Breathing deeply, as practised in yoga, helps relax the muscles and also brings much needed oxygen to the cells. The deep sense of relaxation also leads to better quality of sleep.

Cultivates Physical Fitness

An important difference between yoga and mindfulness meditation is that yoga includes physical postures. In essence, yoga is a practice of "mindfulness in motion" that uses the body to promote awareness of the present moment. Yoga can help to strengthen and encourage flexibility as well as encouraging a healthy respiratory system.

Enhances Student Behavior, Mental State, Health, and Performance

According to the Collaborative for Academic, Social, and Emotional Learning

(CASEL), social-emotional learning involves developing 5 core competencies:

1. self-awareness
2. self-management
3. social awareness
4. relationship skills
5. responsible decision-making (CASEL, 2015). Research strongly suggests that school-based programs that enhance these competencies help students;

- succeed academically according to their potential
- succeed personally personally
- become more positively self aware
- manage their emotions
- enhance their relationships
- make considered decisions.

Yoga offers valuable and effective practices to minimize the stress of testing and supports students in shifting back into a positive and healthy state.

Cross Curricular links

It is clear how Yoga can be linked to Personal & Social subject/topics as well as PE/PD areas of learning. However Yoga has a lot more to offer and can be incorporated into most subject areas including...

Literacy, Performance based arts, health & well-being, Science (the body units).....etc . Use yoga activities to begin a new school day all together, to transition or to wrap the day up as an important acknowledgement of shared contributions and individual efforts.

In classrooms that practise yoga activities, such as conscious breathing, basic yoga poses, kinesthetic play and relaxation/visualization, teachers report that the time spent on yoga is well worth it. Both teachers and students feel, behave, and perform better and the class environment is more calm and harmonious.

Supports Teacher Resilience and a Positive Classroom Climate

with beneficial effects for educators, including increases in calmness, mindfulness, well-being, and positive mood, improvements in classroom management, emotional reactivity, physical symptoms, blood pressure, and cortisol awakening response, and decreases in mind and body stress.

Yoga means union. It facilitates a union of the mind, body, and breath—so all aspects of our lives are impacted by our practice.

What next?

How do we book?



Kids Yoga Programme/workshop.....

I would be delighted to pop in to your school for a chat to answer any questions you may have and to discuss the opportunities for Kids Yoga within your school. Every school is different and so I believe in discussing and developing a Kids Yoga Programme or one off workshop that will suite your specifications.

Level 1

- *Standalone Kids Yoga Workshop; to introduce story yoga to your school and offer your staff and children ideas to carry on within their day to day life in the classroom.*

Level 2

- *A whole term of Story based Yoga for 1 year group. You may choose to keep this rolling so that every term or half term a different year group get to experience Story/Topic Yoga?*

Level 3

- *Tailored Kids Yoga Programme. This would involve me meeting with your subject leader/s to discuss how Yoga can be used to enhance their subject and used within a cross curriculum platform.*

Pricing is something that I would like to discuss with you to ensure that it is affordable for your schools budget as well as acknowledging my expertise and the amount of time that may be required of me to devote to your school.

Next steps...In a couple of days I shall contact your Office team. If you are interested please do let them know so that they can pass on this message and I can set up contacting you or a college at a more suitable time.

Please do contact me before if that suites.

Colette Bruce

QTS (Early Years Specialist)

Qualified Infant Massage, Baby, Toddler & Kids Yoga Instructor.



www.littlelotusbaby.co.uk



07581 258691



@thelittlelotusbaby



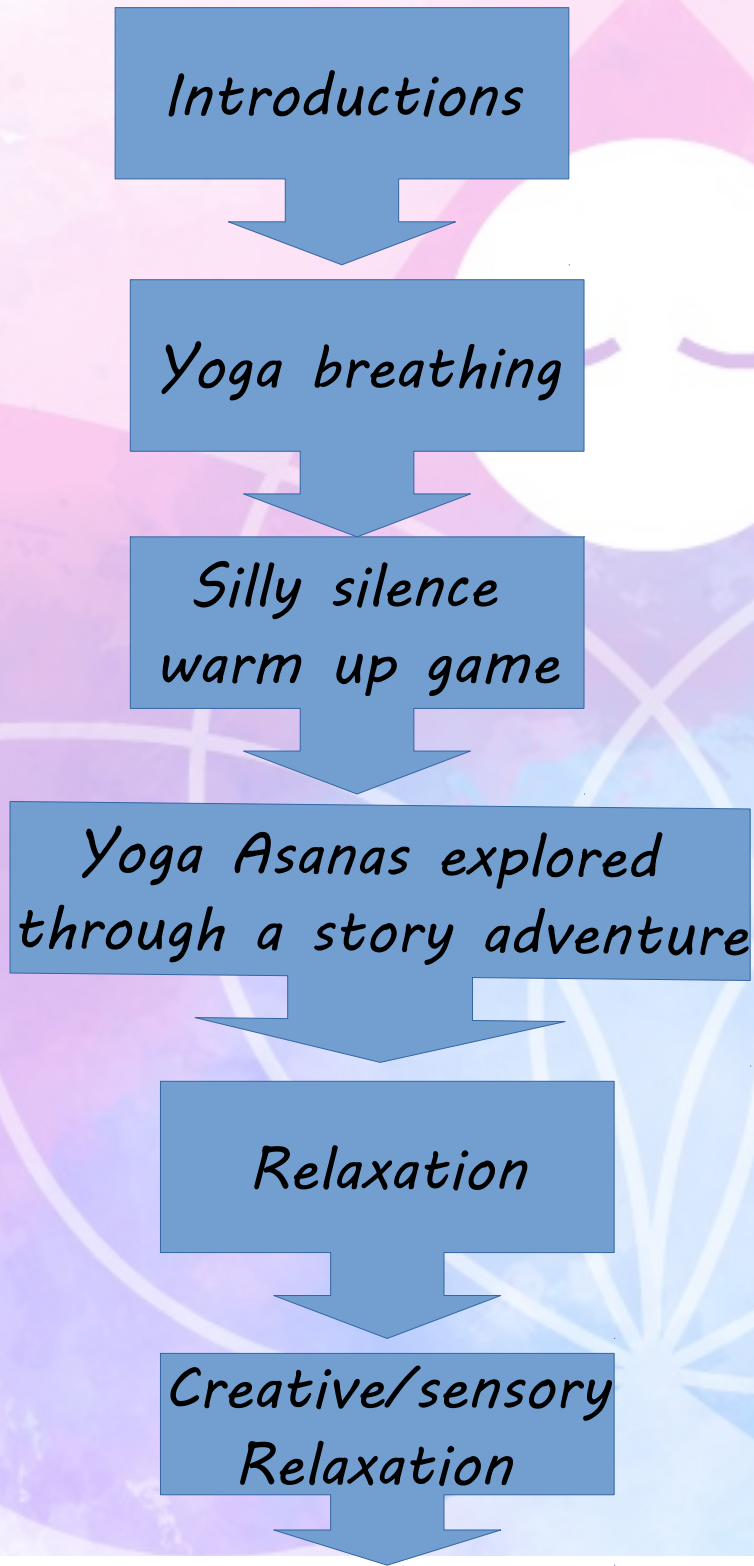
littlelotusbaby@hotmail.com



Introducing ... Little Lotus Baby



Example of a stand alone kids yoga workshop



Class teachers will receive a PDF containing details of what was covered in the workshop. As well as additional information about the benefits that can be passed onto parents.