

# Be Active and Reduce Stress!

## Integrating Yoga into the School Day

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# What is Yoga?

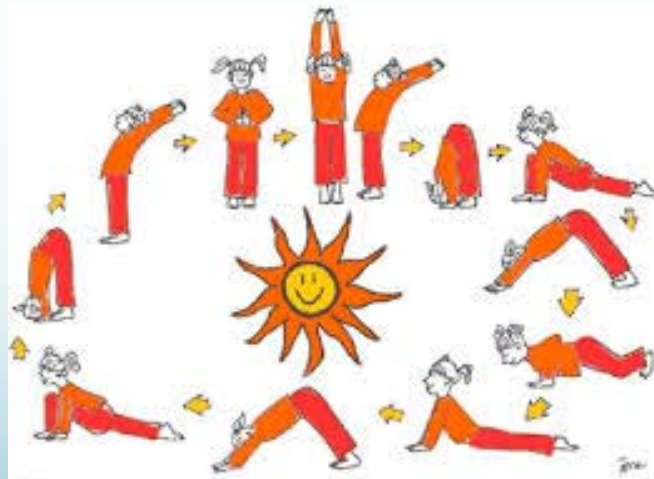
Holding Poses



Stillness



Sequence of Moves



Mindfulness



Breathing Techniques

# Why Yoga?

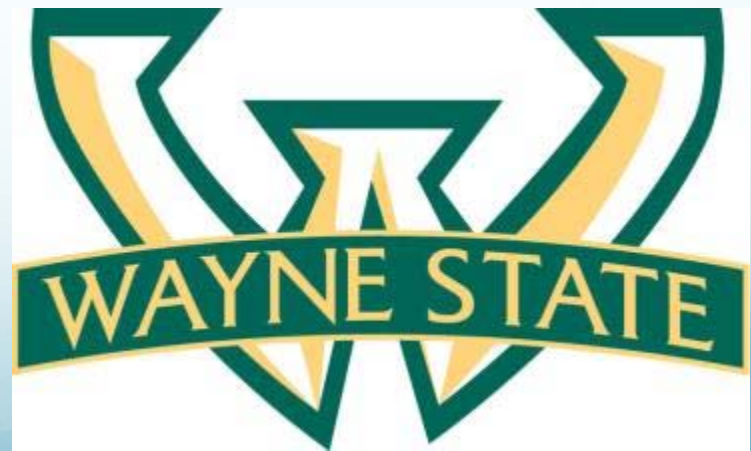
- **Improve Behavior** (Broderick & Metz, 2009; Napoli et al., 2005)
- **Reduce stress** (Sharma, 2014)
- **Improve flexibility and increase strength** (Telles, et al., 2013)
- **Improve physical and mental health** (Ross & Thomas, 2010)
- **Academic Achievement and Cognition** (Benson, 2000)

# Other Benefits

- Classroom Management
  - Less discipline, “fewer incidents”
  - Calm atmosphere
  - Efficient transitions
- Learning Preparedness
  - Improve listening skills
  - Increase self-regulation
  - Improve attention
  - Time on-task
- Give a break
  - For teacher, too

# Yoga Study

- N=40
- Third graders from urban area
- 10 week period
- Yoga Calm for Children; received daily
  - Yoga Flow
  - Yoga “bits”
- Interviews and surveys



# Themes

## 1. Generally Lowered Stress with Students Feeling More Calm

- “I used yoga when my sister was in the hospital. I was really worried because she was five weeks early and I was really scared, so I tried to do some yoga poses. It helped me a lot. It helped me to breathe better, so my breathing was not so heavy and tight”.
- “I do belly breaths at home before I go to bed to make me calm”.



# Themes

## 2. Helps Manage Anger Situations

- “(Yoga) calms down my anger a little bit. One student in there always annoys me. I use the breaths to help get them out of my head sometimes, to help put me in a good mood”.
- “I use the breaths for when I get mad. Like when my brother kept on punching me. I used the belly breath so I wouldn’t punch him back”.



# Themes

## 3. Improved Attention While Learning

- “When I get back from lunch and I am just really hyper, I just sit down in my seat and do belly breaths. It helps me work better. And pay attention in class”.
- “It makes me feel strong like I can do anything, then I can do my work. Before we do yoga I don’t feel like I can do all of the work, but after we do it, I feel like I can do the work”.





# Other Results

Calm



Fun



Team

Flexible

Enjoy

Community

Stronger

# Perceived Obstacles

- I am not that good at yoga
- Is yoga religious?
- Parents
- Space
- I don't have time
- What do I do?!



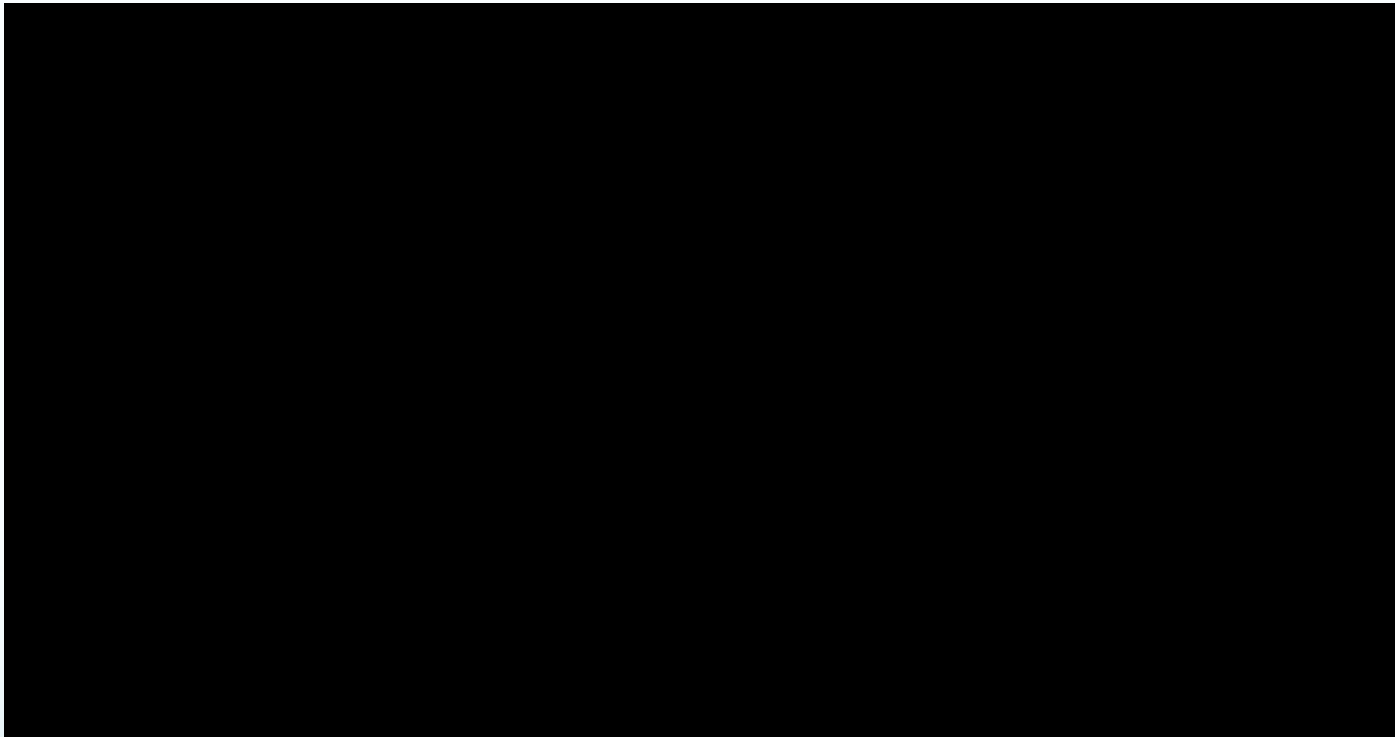
# How Yoga Can Be Used During School Day

- Classroom Setting
- Physical Education Setting
- Before/After School Setting

# Classroom Setting

- Belly breaths
- Volcano breaths
- Pulse count challenge
- Calming, Grounding & Energizing Flow

# GROUNDING & ENERGIZING FLOW



<https://vimeo.com/122014980>

# PE Setting

- Mountain to Mountain
- Pose Challenge
- Partner Poses
  - Shoulder Clock
  - Partner Dancer
- Transition: Roots, Forward Bend, Breaths



Mountain



Upward Mountain



Forward Bend



Bent Knee Lunge (right leg back)



Downward Dog



Plank



Cobra



Downward Dog



Bent Knee Lunge (right leg forward)



Forward Bend



Chair

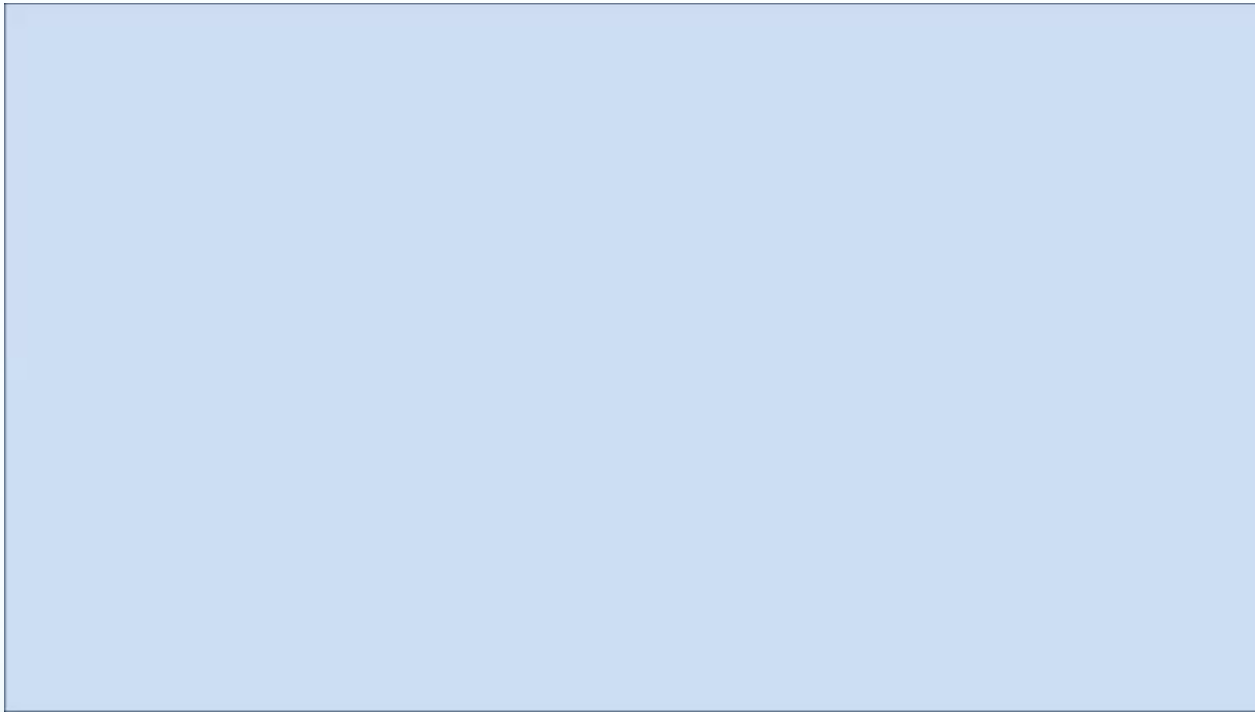


Upward Mountain



Mountain

# Yoga Flow for PE Setting



<https://vimeo.com/122014980>



# After School Setting

- Mat Tag
- Structured Flow
- Tree Circle (w/Animals in Forest variation)
- Block Creek

# Social/Emotional Games



<https://vimeo.com/122014980>

# Guided Relaxation



<https://vimeo.com/122014980>

# Bridger Elementary

- Oregon HB3141 PA requirements
- PEEK Grant to support PA improvements
- Trained classroom teachers to provide post-PE cool down activities
- Example 2<sup>nd</sup> Grade Class videos:

<http://melmarie79.wix.com/bridger21#!about1/ch7t>

[http://www.nasbe.org/healthy\\_schools/hs/bytopics.php?to\\_pigid=1110&catExpand=acdnbtm\\_catA](http://www.nasbe.org/healthy_schools/hs/bytopics.php?to_pigid=1110&catExpand=acdnbtm_catA)

# Thank You!

## Questions?

Email Jim for PE Curriculum Guide (10 classes) & Activity Handout Packet

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