

Yoga & Mindfulness: Wellness Solutions for Schools



SCHOOL SOLUTIONS FOR MENTAL HEALTH & WELLNESS

IMPACTS ON CHILDREN

The Center for Disease Control and The World Health Organization stated the number of children being treated for mental health afflictions is on the rise.[1,2] One in six U.S. children will have a diagnosed mental, behavioral, or developmental disorder such as anxiety, depression, or ADHD.[2] Those in poverty are more likely to suffer from these diagnoses.[3] Often these disorders are connected and having one makes having another more likely.[2] With 43 states reporting a severe shortage of psychiatrists, affordable, non-pharmaceutical treatment can be difficult to obtain.[4]

Treatment for mental health is pivotal in the early years. Without treatment for anxiety, depression, and ADHD, children may come to school tired, sluggish, unable to focus, irritable, overridden with fear or worry, and act out behaviorally.[2,3] This presents a problem not only for the individual child, but the entire classroom. Whether diagnosed or not, all children can benefit from help with self-regulation, balance, empowerment, and coping skills that improve mental health.

ONE IN SIX CHILDREN IN THE U.S. HAVE A MENTAL, BEHAVIORAL, OR DEVELOPMENTAL DISORDER.

YOGA CAN HELP.

**SOLUTIONS
PRESENTED BY**
**NICHOLE
STUDD &
ANGIE
COROGIN**

YOGA BENEFITS CHILDREN IN THE FIRST SESSION

HOW SCHOOLS CAN HELP

Yoga therapy with mindfulness offers a complimentary integrative health approach to address mental health in children.

Within a school setting, yoga therapy can offer hope and help to not only diagnosed children, but to the school as a community. When children are exposed to yoga, they reduce the symptoms of stress, anxiety, and depression as their mental and physical health improves.[3,5,6] Clinical studies have found that yoga improves academic performance as well.[7]

Yoga can be done in minute breaks or longer sessions at desks, in the gym, or outside. It can be conducted through face-to-face teaching or by online synchronous and asynchronous teaching.

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WHY YOGA WORKS

Yoga therapy helps children learn to self-regulate and practice interoception skills.[10] Self-regulation is essential in child development and in addressing mental health issues. By calming and balancing the nervous systems, breathing practices help children learn to be still and sit with their emotions. Movement through yoga poses helps children work through stress and tension stored in their bodies. Meditation helps them relax and focus. Research has found yoga beneficial for mild depression even without the use of pharmaceuticals.[8] Yoga was shown to be more beneficial for ADHD than conventional motor exercises.[9]

Yoga at school can stand alone and can be connected to state standards. Yoga can connect to all domains of Ohio's new Social and Emotional Learning (SEL) standards. We also offer ways to connect yoga to all content areas in our STEAMY (science, technology, engineering, art, math, yoga) lessons. Our program also helps address new behavioral prevention programs described in HB 166.

The benefits of yoga are immediate and can be life long skills. Not only do children benefit from bringing yoga and mindfulness to schools, but the adults in the school community also benefit. Yoga has a ripple effect that can start with a small group and spread to all of the students, staff, parents, and the larger community.

YOGA AND
MINDFULNESS
NATURALLY OFFER
A UDL APPROACH
TO MEET EACH
STUDENT WHERE
THEY ARE.

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FLEXIBLE OPTIONS

Often districts hire consultants to work with adults and hope the impacts will trickle down to students. We work directly with students and teachers so that everyone can grow and receive the maximum benefits from our services. Students and teachers will learn lifelong skills to help them thrive rather than merely survive.

More frequent interaction with students and teachers to practice these skills yields the greatest results. We will work with you in creative, custom ways. Some of our current plans include spending an entire day in the building for:

- small group sessions for mental and behavioral health
- whole class instruction in the classroom, gym, or outside
- STEAMY lessons
- recess
- integration with guidance classes
- before/after school programs
- parent and family programs
- teacher professional development

NEXT STEPS

Ohio State Education Board President Tess Elshoff said, "By meeting the needs of the whole child, we're giving children tools for success that will last far beyond their years in Ohio's preK-12 education system."^[11] Yoga and mindfulness can assist in healthy, whole child development while promoting mental and physical wellness for lifelong learning. School can be more enjoyable while improving academics. The demand for these programs is quickly growing. Now Ohio is beginning the process of funding them through student wellness and success funding. Contact us today to further discuss options to meet the needs of your students and school community and perfect the program options for your school community.

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ABOUT ANGIE

Angie is a teacher's teacher at heart. She is passionate about impacting the lives of educators as a former classroom teacher herself. Educators are a special breed, and Angie gets that!

Angie has a BS in Outdoor Recreation and Environmental Education and her M.Ed. in Intervention Services. She is a licensed teacher in the state of Ohio. Angie is an ERYT200, and she co-owns Movementality Yoga & Wellness Studio in Bowling Green, Ohio.

Angie is also a Wellness Coach. She loves being outdoors and keeping chickens. She currently serves as a Wood County Court Appointed Advocate/ Guardian ad Litem and is passionate about this volunteer work.



ABOUT NICHOLE



Nichole is passionate about connecting with students and teachers to help them grow and live fully. She has been teaching SEL skills to children in schools through breathing, mindfulness, and yoga for over five years. She has classroom and administrative experience in online and brick and mortar institutions ranging from pre-K to college graduate level.

Nichole has taught and presented on both education and yoga nationally and internationally. She loves making PD and learning creative and fun

Nichole is a lifelong learner with an Ed.S. in Science Education, M.Ed. in Leadership, and a BS in Zoology. She is currently a candidate for a clinical MS in Yoga Therapy. She co-owns Yoga Studd Studio in Shelby, Ohio.

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