

Yoga for the Youngest! Mindfulness and Movement for Shifting Culture and Practice

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Getting Present



Mindfulness and Yoga Terminology

Mindfulness: moment-by-moment awareness of our thoughts, feelings, bodily sensations and surrounding environment.

Yoga: a system of physical exercises or poses that build strength, flexibility and confidence.

Breathing

Poses

Props



Bringing Yoga and Mindfulness to Children

Start with your practice

Gain knowledge and develop your own practice and remember it's a practice

- Start meditation/yoga for short time
- Incorporate it into another daily habit
- Keep it simple and easy to follow
- Experiment. Get curious!
- Let go of outcomes-attach to the process



With the children

Develop intentions (objectives)

For example:

1. To develop strong, flexible, healthy bodies
2. To increase awareness of body and breath

Develop a list of questions that the children would like to investigate

For example:

1. What is yoga?
2. Can everyone do yoga?

Create the environment and establish a daily practice

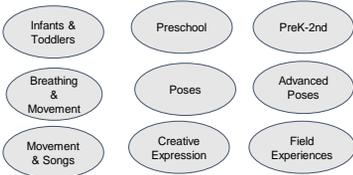
- Peaceful, supportive, calm, outdoor, indoor
- Keep it simple, and small.
- Determine best times to practice (circle time, before breakfast, before rest time, after rest time)
- Do it daily!

Video



Mindfulness and Yoga: Birth-Age Eight

Adapt yoga practices to fit your children's developmental characteristics as well as their interests and curiosities. Adapt the poses so you focus on the cultivation of compassion and connection between breath and posture rather than the perfection of the pose.



Leadership style: shifting toward a culture of mindfulness takes a leadership style that is nurturing and enhancing



Hoy, W.K. et. al (2006). School Mindfulness and Faculty Trust: Necessary Conditions for Each Other? *Educational Administration Quarterly*, 42, 236.

Leadership role: enhance the continual learning and ongoing refinement of mindfulness so it is increasingly internalized by teachers, staff members and children.



Leadership practices (three of many):

- Intentionally dedicate time and space to nurture mindfulness in self and others
- Co-construct a shared vision and practice of mindfulness
- Coach for mindfulness, inviting ongoing reflection and shared learning







Intentionally dedicate time and space

How we view and decide to use time is key

> time is a resource that we can give as a gift to

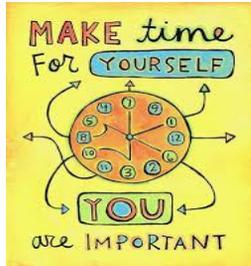
the endeavors and people we believe in

> time can be created from squandered time

> when we spend time with others, we create synergy

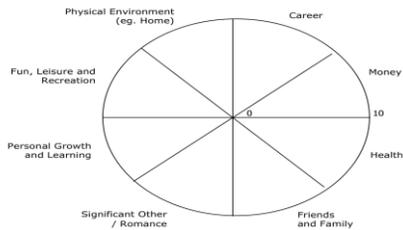


> it is essential to reserve time for ourselves



Mindful life balance in ourselves and others

NAME: _____ DATE: _____



Dedicating time at

- > silent meditation
- > breathing exercises
- > stretching
- > healthy snack
- > walk around school ground
- > brain compatible music



Add mindfulness to your day
in only 10-15 minutes

Here are 4 ways to add mindfulness to your schedule, each way only takes 10-15 minutes of your time:

*Remember, consistency is key.

Created and presented by Harwood Health Publications.

Co-construct a shared vision that...

- > evokes trusting mindful relationships
- > leads to practical intentions and actions to realize the vision



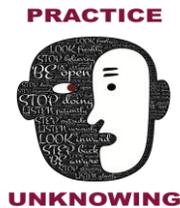
Coach for mindfulness and shared learning

- > coaching enables educational innovations to achieve their full potential
- > when coaching is added to mindfulness, it is more likely to be internalized, valued and practiced
- > social interaction → new concepts and practices



Listen to one another with curiosity

- Mindfulness IS
- >the openness to new information and different points of view
 - > playful and nimble and avoids the traps of narrow definitions
 - > intentionally searching for and noticing of the new and the different



Keep in mind the present you are constructing. It should be the future that you want. ~ Alice Walker



officeangels

Stay connected with us

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Send us a message.
Let us know how
mindfulness and yoga
are growing in your
early learning context.



Let us know how we can help.

We'd love to hear from you!
