

Supporting mentally healthy classrooms with

Mindfulness and Movement



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Acknowledgement of Country

“We wish to acknowledge the traditional custodians of the land we are meeting on, the Whadjuk Noongar people.

We acknowledge and respect their continuing culture and the contribution they make to the life of this city and this region supported by the leadership of Noongar elders both past and present.”



Reconciliation
ACTION PLAN
INNOVATE RAP



YOGAZEIT empowers mental, physical and social
Health and Wellbeing. One breath at a time.



- YOGAZEIT = Yoga time
- Not for Profit Organisation based in Fremantle
- Evidence-based since 2017
- **Mindfulness, Movement and Social Emotional Learning** education for **School Communities** and **Aged Care**
- **Culturally relevant** regional programs for remote Schools
- Supported by a Team of Yoga Educators, Health Professionals and Wellbeing advocates

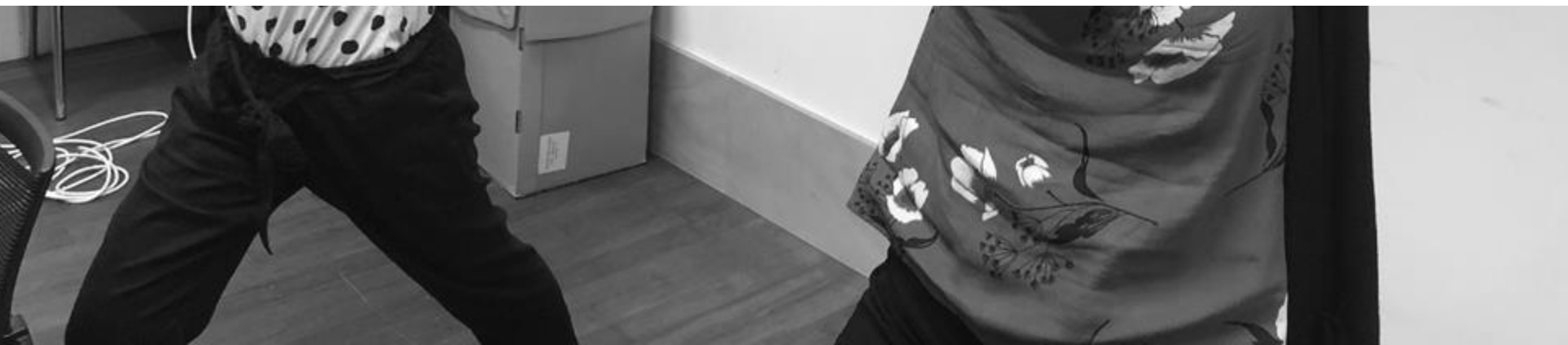


OBJECTIVE

- Short Mindful Movement Session
- Statistics
- What is Mindfulness - and what is Movement?
- Benefits of Yoga and Mindfulness for Schools
- Yoga Tools for you!
 - Breathing, Mindfulness, Movement, Relaxation
- Q & A



Short Mindful Movement Session



Statistics

- One in seven young people aged 4 to 17 years experience a mental health condition in any given year.
- Almost one-fifth of all young people aged 11 to 17 years experience high or very high levels of psychological distress.
- One in ten young people aged 12 to 17 years have engaged in self-harm.
- One Third of all Aboriginal and TSI child deaths occurred due to suicide (4 x higher than non-Indigenous children)

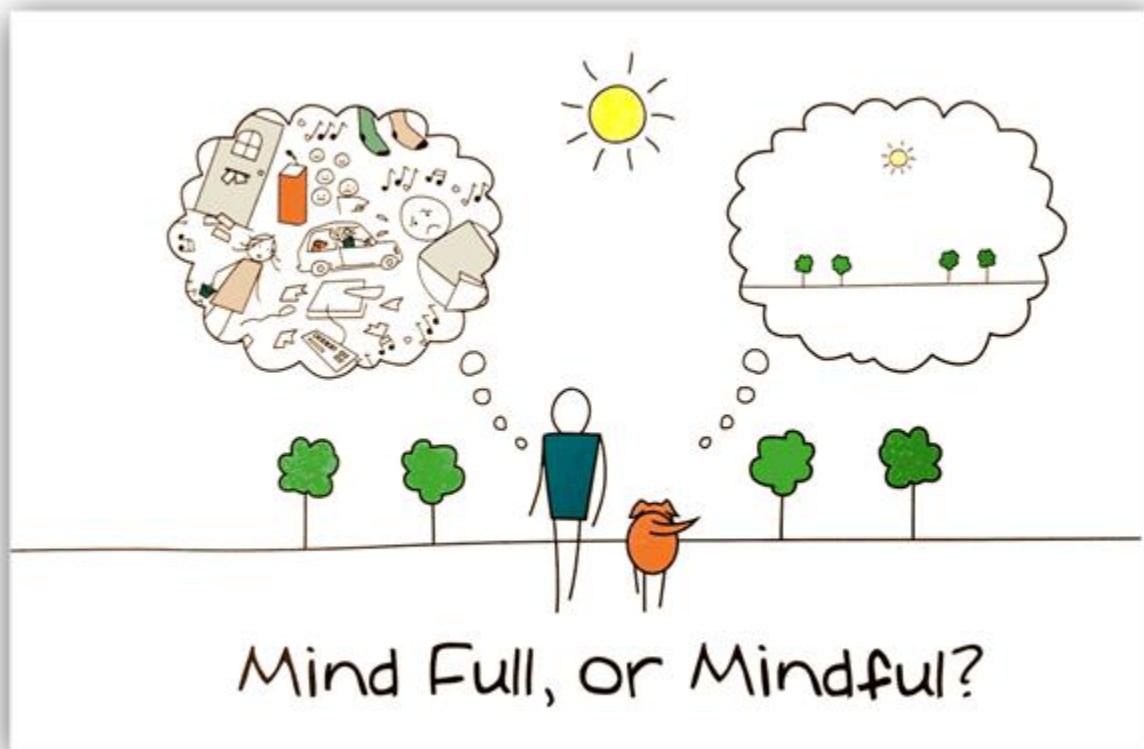
Half of all the mental health conditions we experience at some point in our lives will have started by age 14!



What is Mindfulness

Mindfulness is living in the now. It is essentially about being more aware and awake in every moment of your life.

It is about intentionally paying attention to each moment, being fully engaged in whatever is happening around you and within you.



BENEFITS of YOGA and Mindfulness

“WHAT YOGA TEACHES YOU AND YOUR STUDENTS”

Self-awareness



An opportunity to pause.

- What do we feel?
- How do we feel?
- Where do we feel it?
- Why do we feel it?
- Imbalances between physical, mental and emotional self

Self-regulation



An opportunity to change.

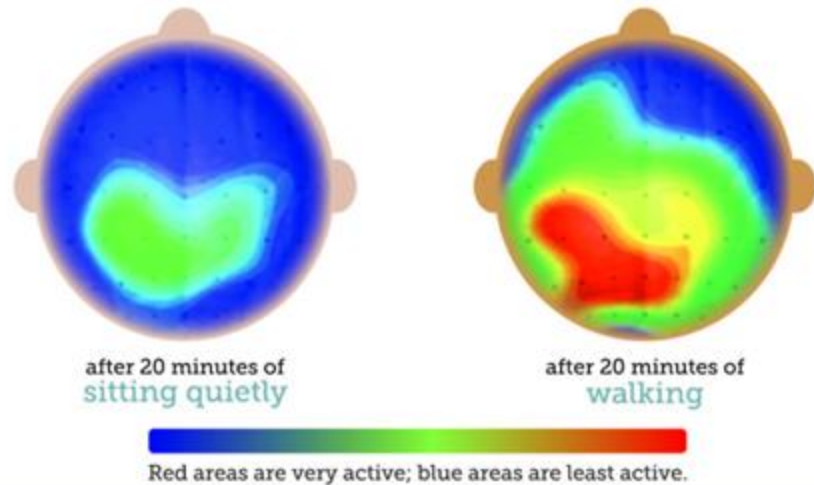
- Using Yoga and Mindfulness skills to change our current state of being
- Who and how you want to be



Why Movement?

physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:



BENEFITS of CHAIR YOGA AND MINDFULNESS





Benefits of MM in Schools

- ✓ Calms the mind (reduces stress and anxiety)
- ✓ Supports learning-ready states
- ✓ Increases concentration, focus and attention
- ✓ Expands on Social Emotional Learning Capacity (= Life Skills)
- ✓ Balances energy (high or low)
- ✓ Increases physical fitness, posture, body awareness, balance and coordination
- ✓ Improves digestion, circulation, heart health
- ✓ Strengthens the immune system
- ✓ Gives the teacher a chance to take a breath
- ✓ ... and much more.

5 Finger Breathing



- Stretch your left hand out so that you've got space in between your fingers, just like a star.
- Hold up your index finger from your right hand.
- Breathe in: Guide your index finger along your thumb upwards towards the tip. Pause briefly.
- Breathe out: Guide your finger down the other side, just like a boat riding the waves.
- Continue for all 5 fingers.

Creates body-mind awareness.

Builds concentration and focus.

Supports calm and helps reduce anxiety.

Tree



- Come to stand next to your chair.
- Hold on to the chair with one hand. Lift your weight and balance on one leg. Bend the opposite knee and rotate the knee outwards, creating a kickstand with the foot (resting the heel on the inside of the ankle).
- Breathe in and out.
- If you feel focused and balanced, try taking your hands up high like tree branches. Or maybe close your eyes?

Develops concentration and focus.

Calms and relaxes the central nervous system.

Strengthens core muscles and enhances balance, flexibility of the leg, back and chest muscles.

MINDFUL GAMES: Mirrors



- This activity can be as simple or as challenging as you make it. The objective is to get your partner to copy the position of your body as if they were looking into a mirror. And while you're at it: Learn some cooperation skills.
- Designate one child as the 'leader' and place the children so that they are facing each other. The leader positions her body and asks the other child to mimic that position.
- Optional: Play music, incorporate yoga moves, speed it up, slow it down.

Skills areas addressed: balance, coordination, gross motor skills, motor control, posture, proprioception, social skills, visual perceptual skills.

Tense and Release



Referring to Progressive Muscle Relaxation, we're taking a comfortable position.

Invite your students to slowly squeeze/tense and then release different parts of their body.

For example:

Right toes, left toes, both feet.

Right Hand, left hand, both hands.

Right shoulder, left shoulder, both shoulders.

Face (eyes, ears, mouth, nose)

Everything together: Breathe in: tense -
Breathe out: release

This activity helps to release stress and tension (which we often don't know we're holding until we release it).

How to get started?

- Learn the Yoga Tools and practice (for your own mental health too!)
- Brain Breaks: Transition, Start of the day, Foster Mental Health
- Repeat often. Keep it short and fun.
- Teach the kids what's in it for them! Why and where to feel emotions?
How can we use Yoga to support ourselves and others?
- Use Yoga and Mindfulness again and again – e.g. before tests, assemblies, transition, reward.
- Take it SLOW
- Don't look for excuses NOT to do it...MAKE THE TIME!

Yoga and Mindfulness

in the classroom is NOT
to replace or add anything

BUT they're powerful tools to
SUPPORT EVERYTHING!



Questions



We're seeking partners to support our mission, bringing the mental and physical Health benefits of Mindfulness and Movement to all classrooms in Australia - including regional and remote communities. Interested in learning more? Please get in touch!

THANK YOU!

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