

# EDUCATE 2B™

## Tools to Support Successful Learning and Living

Developed by Allison Morgan MA, OTR, RYT



## BREATH • MOVEMENT • MINDFULNESS

Never in our history have we been faced with so many challenges within the walls of our classrooms. From the rising incidence of stress among faculty and students, the increasing incidence of behavioral and learning challenges and the overwhelming statistical rise in depression during adolescence. The success of our efforts to prepare our students to meet 21<sup>st</sup> Century educational demands and care for their social and emotional well-being will take a lot more than textbooks, technology and curriculum reform...

**DID YOU KNOW** Scientific evidence has shown that a student's academic achievement in the classroom, future success in life and overall happiness can be significantly determined by the attainment of 3 skills:

- SELF-REGULATION** Ability to manage one's emotions and to self-calm
- FOCUS** Ability to direct attention and manage distractions
- RESILIENCE** Ability to adapt and thrive despite adversity and challenges

The **GOOD NEWS** is that research has proven that these 3 necessary life skills CAN be taught. The **EDUCATE 2B™** program was designed to help students build the cognitive muscles 2B regulated, focused and resilient. These tools strengthen their ability to remain more engaged and confident in their learning and in their life. The program introduces teachers, therapists and students to concrete, short, evidence-based, exercises using breath, movement and mindfulness tools. Introduced as short "breaks," these tools help to reduce stress, balance energy levels and build self-awareness. They can be interspersed throughout the day in any classroom and only require a **MAXIMUM** of 2 minutes to complete. The program was developed by a pediatric occupational therapist, and is based on her extensive experience working in schools – integrating research from neuroscience, child development, cognitive psychology and contemplative practices with classroom pedagogies.



**Allison Morgan MA, OTR, RYT** is a pediatric occupational therapist and a registered Yoga Alliance teacher. She has been working for over 25 years in hospital, school and home settings. As the founder of Zensational Kids, LLC, she has developed innovative programs for schools, integrating yoga and therapeutic services to address student goals and classroom behavior. Allison is a national and international speaker. She leads workshops and trainings on effective tools to help educators rekindle their own and their students' innate curiosity, wisdom and desire to learn. Allison is also a consultant to the International Association for School Yoga and Mindfulness.

## HOW EDUCATE 2B™ WORKS: STEPS FOR SUCCESS

We Provide:

- Comprehensive training for all school professionals (teachers, therapists, counselors, etc.) who will be sharing the **EDUCATE 2B™** tools
- Training conducted at your site, or through attendance at one of our **EDUCATE 2B™** Professional Development workshops
- Consultation and on-going follow-up as needed to ensure confidence and program sustainability
- Parent workshops

## WHY EDUCATE 2B™ IS BENEFICIAL

Mastering Self-regulation, Resilience and Focus can positively affect:

- Overall executive functioning
- Student behavior
- Reduction of anxiety
- Peer and social interaction
- Self-esteem and confidence
- Decision making and problem solving



When these skills are supported and mastered, students gain the ability to acknowledge their personal strengths, strive to reach their fullest potential and gain the motivation to persevere.

This program was designed to be used with a wide range of students' cognitive, emotional and physical abilities in mainstream, integrated and special education classrooms. **Ask us about our Pre-School and Kindergarten programs that our trained teachers bring to your classrooms as 30 minute lessons, integrating core curriculum with developmentally enriching activities and yoga/mindfulness tools.**

## What educators are saying...

*"Often times, the physical and mental states of students are overlooked by teachers when delivering a lesson. Using these strategies allows our students to be in a 'ready state' to learn, on all levels."*

*– Mr. Andrew Kramer,  
Assistant Principal*

*"The more that I've been incorporating yoga into my daily teaching, the students have been improving in the classroom as a whole. The climate of the class has changed, and is more of a fun and happy place. I see a difference in concentration and attention as well."*

*– Classroom Teacher*

## READY TO GET STARTED?

Contact Allison Morgan MA, OTR, RYT  
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*"This workshop provided our staff with valuable information and strategies for creating a positive learning environment for our students. Every educator would benefit from using these strategies to aid their students in the classroom."*

*– Audrey Levi, Supervisor of Special Education*