

PRE-K & KINDERGARTEN PROGRAM

Empowering calm, focus and resilience
in our youngest students through...



BREATH • MOVEMENT • MINDFULNESS

Pre-K and K programs provide our youngest students with expanded opportunities to grow, explore and learn about themselves and the world around them. Nurturing their physical, cognitive, sensory, social and emotional skills at this tender age and developmental stage are extremely important aspects of successful school programs. As academic demands have been increasing, so has the level of stress and anxiety amongst students, parents and faculty. With growing pressures to succeed, many students are becoming overwhelmed and their abilities to attend and learn are significantly compromised. It is more important than ever to provide our children with the tools they will need to support their learning NOW and in the FUTURE.

DID YOU KNOW These 3 skills are better predictors of academic success and future achievement than IQ?

- 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

We often think that children learn these skills innately and come to their initial school experience with the ability to self-calm, attend, and handle some stress. The reality today is that many DO NOT, and it greatly impacts their ability to learn and interact in the school environment. The GOOD NEWS is, these are teachable skills and our program directly addresses them.

The purpose of the **Zensational Kids Pre-K and K Program**, is to cultivate a steady foundation for ALL students to develop these skills, to nourish healthy minds and bodies, and find the joy in being active participants in their learning and their lives. Developed by a pediatric occupational therapist, our program creatively integrates yoga and mindfulness practices into your classroom curriculum with direct attention to classical developmental skills supporting the whole child, no matter what challenges exist.



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 IT WORKS

Our highly trained staff will guide your teachers and students through 30-minute lessons designed for use in mainstream and integrated classrooms. Together, students and teachers explore breath, movement, mindfulness and connection tools while also addressing the physical, cognitive, sensory, social and emotional development of each student.

- Program begins with a 3-hr workshop for all of the teachers who will be opening their classroom to our program. This workshop teaches them all of the breath, movement and mindfulness components of the lessons that we will share with your students, empowering your teachers to confidently use these tools in the classroom throughout each day
- We bring all needed materials (unless the lesson calls for crayons and plain paper)
- Yoga mats are not necessary, but recommended for Pre-K classrooms
- Home program includes ideas and activities for families to use at home to further explore the tools learned in the lessons
- Scheduling must include at least 3 consecutive classroom visits per school location



The Zensational Kids Pre-K and K Program provides a multitude of benefits for the various team members in a student's support system:

BENEFITS FOR YOUR STUDENTS

- Reduces stress and anxiety: identifies triggers and develops strategies to calm
- Manages emotions: self-control, empathy and positive attitudes
- Enriches skill development: gross/fine motor, visual-perceptual and sensory processing
- Improves attention

BENEFITS FOR YOUR TEACHERS

- Facilitates a calm classroom environment and supportive peer interactions
- Improves student behavior (bully prevention) and attention
- Supports different learning styles by integrating developmentally appropriate activities
- Reduces staff stress

BENEFITS FOR YOUR ADMINISTRATORS

- Meets Common Core State Standards Initiative, National School Climate Standards, National Health Education Standards, National Association for Sport and Physical Education (NASPE), and Response to Intervention (RTI)
- Supports classroom and therapy goals for classified students
- Integrates core curriculum



BENEFITS FOR YOUR PARENTS AND FAMILIES

- Learn practices that support child's well-being at home and school
- Promotes habits that facilitate learning in all environments
- Provides strategies to manage stress and anxiety