



SCHOOL-BASED YOGA AND MINDFULNESS PROGRAMS

ACTIVATING THE LEARNING POTENTIAL WITHIN EVERY STUDENT

We know all too well that **the educational arena has become overwhelming**. In addition, there is a national rise of students experiencing chronic stress, anxiety, depression and other mental health diagnoses, as well as developmental disorders and childhood trauma. All of these challenges are brought into the classroom **every single day**.



As a result, students are becoming more...

- inattentive
- impulsive
- behaviorally reactive
- emotionally dysregulated

Your students' ability to cope, focus, and learn suffers.

YOGA AND MINDFULNESS-BASED PROGRAMS

Yoga and Mindfulness-based programs have been proven to relax the nervous system and reduce these fight, flight and freeze responses. Research has documented the positive impact these practices have on cognitive function, behavioral regulation, and social- emotional competency. Students become equipped to turn on their thinking brain, calm their body, manage difficult emotions, and maximize their potential.

ZENSATIONAL KIDS

The Zensational Kids program uses evidence-based practices of positive neuro-plasticity, yoga-inspired movement, breathing exercises and mindfulness.

We help you and your students implement proven techniques to harness inner resources, magnifying the power of the mind and awareness of the body. This results in an ease of learning with greater connection and joy in the process.

Our various school programs:

- Improve behavior and control of emotional responses
- Enhance focus and attention
- Increase empathy, compassion and kindness
- Develop inner resilience and effective coping strategies
- Support self-regulation and ability to self calm
- Reduce stress and anxiety
- Boost well-being



-  **Calm**
-  **Energized**
-  **Focused**
-  **Connected**
-  **Ready to Learn**

To find out how Zensational Kids Programs can help you achieve your vision for a healthier, happier and more successful school, please contact Allison Morgan, allison@zensationalkids.com, 201-446-0353



In addition to leading national and international trainings, workshops, keynotes and conference presentations, Zensational Kids partners with schools across the country to help integrate Yoga and Mindfulness practices into the classroom. We work to improve culture and climate while supporting the values and vision of each district.

Zensational Kids Preschool and K-12 programs include:

- Educate 2B - Yoga and Mindfulness Teacher Training™
- In-Class Support and Residency
- Follow-up consultations with a continuous improvement model to create sustainability
- Yoga and Mindfulness Classes for Students
- Self-care Program for Teachers
- Parent workshops

New Jersey School Partners - *Partial list*

Montvale, NJ

Memorial Elementary School
Fieldstone Middle School

Ho-Ho-Kus, NJ

Ho-Ho-Kus Elementary School
Ho-Ho-Kus Middle School

Hillsdale, NJ

Meadowbrook Elementary School
Ann Blanch Smith Elementary School

Butler, NJ

Aaron Decker Elementary School
Richard Butler Middle School
Butler High School

Northvale, NJ

Northvale Elementary School

Tenafly, NJ

Stillman Elementary School
Smith Elementary School
Maugham Elementary School
Mackey Elementary School

River Vale, NJ

Roberge Elementary School
Woodside Elementary School
Holdrum Middle School
Park Academy

Ridgefield Park, NJ

Thomas Jefferson Early Learning Center

Westwood, NJ

Berkley Elementary School

New Jersey School Districts and organizations that have engaged Zensational Kids for exclusive workshops and presentations for faculty and administrators.

Partial list

Tisdale Elementary School
(Ramsey)

Livingston CP of NJ
ASAH

Kearny School District
Oradell SEPAC

Stepping Stones (ARC of Essex County)

Palisades Park School District
Valley Program

Pascack Valley Regional High School District

What students are saying:

- I have learned that when I get mad, or frustrated I need to take a break, do deep breathing and compliment myself too.
- After yoga I seem to work faster.
- I told my mom when she was frustrated helping me with a project we needed to stop and meditate—it worked!
- I feel better and more confident as a worker because lots of times I don't.
- It helps me relax and then I can refocus and get back to work.
- It keeps me from getting upset.
- I am able to send good thoughts to my brain.

What teachers are saying:

Learning the Zensational Kids techniques made me excited to go back to my classroom. The instructor was knowledgeable, enthusiastic and everything was relevant to working in schools.

— M. DeSimone

When we use these tools in class, the atmosphere, in general changes. It is calmer and students are more focused. I often use the exercises when we are transitioning from one academic area to another and the students love it. They are ready to learn a new activity. It is also important to note that while many students struggle in different areas they can all be a shining star during these breaks.

— C. Nicol

What administrators are saying:

With some of the most exciting, emerging technologies and resources now available in education, the well-being of a child still must be the number one focus. In Montvale, we believe that Zensational Kids programs are playing a critical role in helping our students better connect with their peers, better understand themselves and better adapt to our ever-changing world. It is truly a joy to observe students embrace the different practices and techniques of yoga and mindfulness that support a healthy mind, body and spirit!

— Darren A. Petersen, Ed.D
Superintendent of Schools
Montvale Public Schools