

## SCHOOL-BASED YOGA AND MINDFULNESS PROGRAMS

ACTIVATING THE UNLIMITED 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.



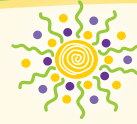
#### Our various school programs:

- 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](mailto: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 programs include:

- Specialized curriculum trainings for implementing breath, movement and mindfulness into the **general, inclusive** or **special education** classroom
  - Young Explorers - Pre-School
  - Educate 2B: Tools for Engaged Learning and Living - K-5th grade
  - Everyday Mindfulness: Tools to Reduce Stress and Cultivate Resilience - 6-12th grade
- In-district Mindful Leadership Team Development
- In-Class Support, Residency, and Consultation Services
- Self-care for Teachers
- Mindful Administrator Team Workshops
- Parent Workshops and more...

We customize to meet your needs, goals and vision for a healthier and more resilient future.

## ZensationalKids

Is mindfulness new to your district?  
Unsure if your faculty and students will embrace it?

Start with our Introductory Workshop

### JUMPSTART TO MINDFULNESS

- Learn mindfulness techniques to improve attention and behavior
- Explore relaxation and self-care techniques to reduce stress in and out of the classroom
- Experience tools for self compassion and kindness to foster engagement and academic success

**CALL AND GET YOUR DATE ON THE SCHEDULE**

201-446-0353

### 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