

# EDUCATE 2B!

Tools for Engaged Learning and Living

## Breath, Movement & Mindfulness for the K-6th Grade Classroom

Educators and students are facing new challenges and greater demands than ever before. Stress levels and anxiety are steadily increasing in children, so it is no wonder that the national rates of mental health disorders, as well as behavioral, developmental and learning challenges, have exploded in our schools. Students and educators are all struggling psychologically, socially and emotionally. Not only is student success negatively impacted inside the classroom, but their overall well-being is suffering as well.

Stressed and anxious children don't have the same ability to learn or live their daily lives with creativity, compassion, ease or joy.

*This training provides educators with evidence-based, trauma-informed and restorative tools to support social and emotional learning and promote well-being throughout your school environment. You will walk away with effective methods to respond to these negative trends and create an atmosphere where all children can have the opportunity to thrive.*

### Breath, movement, and mindfulness have been proven to:

- Enhance focus and attention
- Improve coping skills and impulse control
- Promote positive moods and mindsets
- Increase resilience

Our program is designed to work within the constraints of limited time and space familiar to most schools. Our tools help you create safe environments where kind and compassionate connections flourish, preparing students to actively engage in life and learning.

In this 1-day training, you will learn how to effectively implement 30 developmentally appropriate tools with fun, focused, 2-minute activities.

Our easy to implement curriculum helps educators quickly identify the appropriate tools to help students become:



calm



energized



focused

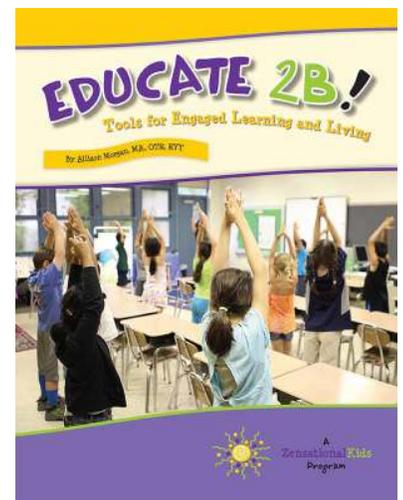


positively connected



ready to learn

*This workshop is appropriate for administrators, general, inclusive and special educators in K-6 classrooms, physical educators, occupational therapists, speech/language therapists, physical therapists, school counselors, social workers, psychologists, culture and climate specialists, health educators, and paraprofessionals.*



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