



YOUNG EXPLORERS

Breath, Movement & Mindfulness for Early Childhood

The Zensational Kids approach to pre-school focuses on the successful achievement of developmental milestones. Our program promotes the growth of the “whole child” (mind, body & heart). These evidence-based, trauma-informed and restorative techniques will equip you to help all of your students meet their diverse physical, cognitive, sensory, social and emotional needs.

We teach you how to safely and effectively introduce developmentally appropriate breath, movement, mindfulness, and relaxation practices into your classroom to help your YOUNG EXPLORERS:

- Develop self-regulatory skills so they are better equipped to calm themselves when they are feeling sad, stressed, frustrated and anxious
- Manage big emotions so they are able to understand, express and release challenging sensations and feelings
- Cultivate self-awareness, helping them recognize and develop positive emotions and mindsets
- Decrease explosive and impulsive behaviors that interfere with learning
- Improve coordination, strength, organization, and flexibility so they reach gross and fine motor milestones
- Relax and release tension to create more opportunities for the joy of learning, playing, relating, sharing and living



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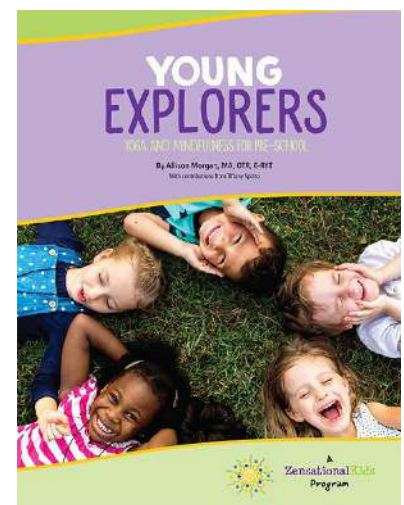
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Our curriculum weaves themes of compassion, empathy, and kindness, modeling the importance of heart-full connections within themselves and others.

Best of all, your educators will discover how these practices can help them to manage their own stress, fatigue, and challenges throughout the day.



This 1-day training is appropriate for:
Early Childhood Educators, Special Educators, Phys. Ed. Teachers, Occupational Therapists, OTAs, Physical Therapists, PTAs, Speech/Language Pathologists, Guidance Counselors, Social Workers, Paraprofessionals and Psychologists

