



Yoga Ed. Tools for Teachers

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A. What are Yoga Ed. Tools for Teachers?

1. **Easy yoga-based exercises / activities to de-stress and restore you to your SELF.** Yoga Tools support you in being the teacher you want to be.
2. **Simple and effective classroom management techniques that improve focus, concentration, behavior and learning readiness.** Yoga Tools give kids a way to de-stress, feel good and do their best!
3. **Simple, classroom-friendly activities that anyone can do in 5 – 15 minutes** and experience immediate results. No extra space or equipment required.
4. **There are 4 kinds of Yoga Tools:**
 - a. **Yoga breathing** - calms and nourishes the Central Nervous System.
 - b. **Yoga games** – engages the whole brain in creative play and thinking that ignites joy and stimulates the secretion of dopamine and DHEA. These positive chemical messengers build brain cells and improve mood, causing a positive attitude adjustment.
 - c. **Yoga poses/movements** - release and dissipate the physiological consequences of the stress response in the body.
 - d. **Yoga Time-in** - involves students in rest, relaxation, inner listening and reflection. This time for inner focus slows brain waves, allowing the nervous system to recharge and the brain to process and integrate information. Time-in develops self-awareness and leads to more responsible behavior. It also enhances learning, problem solving and a sense of peaceful well-being.

B. When and How can I use them in my classroom?

1. **Before Testing**
 - a. Breath: Bear Breathing
 - b. Game: Fly Like a Butterfly (elbow-knee touch) and/or All Good Things
 - c. Poses: Chair yoga
 - d. Time-in: Affirmation self-talk
2. **Between academic subjects or after concentrating for a long time**
 - a. Breath: Elephant Breath
 - b. Game: Yogi Benders
 - c. Poses: Sun Salute
 - d. Time-in: Restorative inversion (legs over chair) with just music
3. **When over-stimulated and distracted – coming back from lunch or recess**
 - a. Breath: Sounding or Humming Bee Breath
 - b. Game: Energy Balls
 - c. Poses: Rock - Cat- Dog - Dragon -Yoga Hops - Rag doll – Twisting Star - Mt.- Blown Palm - Waterfall – Tree – Frog – Rocking Horse to standing
 - d. Time-in visualization: Special Place or Guiding Star



Yoga Tools for the Teacher

Day:	Time:	Music:	Props:
Intention:			
Breath:			
Time In:			
Pose Sequence:			
Visualization:			
Comments:			

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