Mindfulness and Yoga in the ELD Classroom

Rebekah Holmes
ELD Teacher, Certified Yoga Teacher, Change Maker
McElwain Elementary School - Adams 12
Two Word Check In

BREATHE FOR BEGINNINGS

CASEL Competency
Self Awareness

SEL*F Component
Closing

Purpose
Enhances emotional awareness, promotes authenticity, builds community.

Materials
None
Introductions
1. Name + Two Word Check In
2. School / Position
3. What are your personal and classroom experiences with mindfulness & yoga?
Notice, but don’t change…
Your posture
Your breath
You just practiced mindfulness!
“Mindfulness is paying attention in a particular way; on purpose, in the present moment, and non-judgementally.”

-Jon Kabat-Zinn, Mindfulness-Based Stress Reduction (MBSR)
My background

2006 - Indian Philosophies (Joy Laine)
2010 - AmeriCorps (Minnesota Math Corps)
2012 - TESOL Japan Exchange and Teaching Program
2015 - Mindfulness-based Stress Reduction
2016 - MA in TESL and Teaching in EAP and IEC
2018 - Title I Elementary Teacher
2019 - B4C Change Maker & Yoga Teacher
B4C Change Maker

- Enhance your own well-being and reduce stress and burnout
- Increase job satisfaction and ignite passion for teaching
- Deepen expertise in facilitating social-emotional learning (SEL*F)
- Learn and implement pedagogical practices that enhance instruction and student outcomes
- Cultivate an engaging, collaborative, focused, and inspiring classroom environment
- Promote effective communication, authentic connection, and active participation with students and families
- Be supported in leading wellness and yoga classes for other educators, staff, and community members
- Use wellness practices as a vehicle for social change for their classroom community
Breathe for Change Training

$1,740 raised of $2,500 goal
17 donors 0 shares 18 followers

Donate now

Pricing

200-Hour Breathe For Change Training Tuition - $2,995 (discounted from $3,650)

Need-Based Scholarships Available!

Breathe For Change strives to make our trainings accessible and affordable to educators.

Many Yoga Teacher Trainings cost $4,000 or more, and we offer our trainings at $2,995. We also provide need-based partial scholarships and offer flexible payment plans that have allowed more than 2,500 educators to make this incredible investment in their well-being and career growth.
73% of teachers report regular physical and emotional exhaustion\(^1\)

40-50% of teachers leave the profession within 5 years\(^2\)

$2.2b Teacher turnover costs states $2.2 billion every year\(^3\) and leads to lower academic scores\(^4\)
Benefits of wellness practices for educators

- Reduced stress, burnout, & anxiety
- Improved mental health
- Improved well-being
- Increased kindness & compassion to others
- Enhanced physical health
- Enhanced job performance
- Increased cognitive performance
Benefits of wellness practices for students

- Greater academic achievement
- Increased attendance
- Higher GPAs
- Fewer suspensions
- Reduced stress
- Increased emotional intelligence
- Better attention and focus
Benefits of wellness practices for communities

- Higher graduation rates
- Greater employment rates
- Higher average wages
- Lower criminal behavior
- Decrease in STD diagnosis
- Fewer teen pregnancies
- Lower dropout rates
School-wide Implementation

- Yoga classes for teachers during professional development days
- Yoga for students during Second-Step Wednesday SEL
- After school Yoga Club
- District Wellness Grant - Chimes for Every Classroom
- “Mindfulness Superheroes” - Student Council - Mindful Minute, Thankful Thursdays
- Resilience Journal for all teachers
ELD Integration: Listening & TPR

- Movement
- Alphabet
- Animals
- Body parts
- Directional words (right/left) & prepositions
- Formative assessment
ELD Integration: Mindful Listening

- Turn-taking without interrupting
- Active Listening
- Kagan Cooperative Learning Structure
Chime Time

**CASEL Competency**
Self Awareness

**SEL*F Component**
Settle In

**Purpose**
Focuses the mind, enhances mindful listening skills, develops awareness.

**Materials**
Singing bowl, chime, or other instrument.

**BREATHE FOR BEGINNINGS**
ELD Integration: Classroom Management

- Transitions to Pull-out & SEL
  - Two-word Check-in
  - Take 5
  - Meditation
  - Mindful movement
- Mindful attention (focus)
  - Chime Time
- Practicing PAUSE
ELD Integration: Take 5

5 Things you see 🐛
4 Things you feel 🧘
3 Deep breaths 🧘
2 Things you hear 🌼
1 Thing that makes you happy 😊
Resources for Educators

Yoga Foster

Breathe for Change Mini-Workshop

Inner World Work

Stop, Breathe & Think

Cosmic Kids

Mindful Schools

Heart Math Curriculum
Please feel free to contact me about ideas, resources, fundraising, wellness logistics in your school, questions, anything!

hol024047@adams12.org
612-203-1972

Grab a handout of pedagogical techniques


[18] https://www.sciencenews.org/ar...