



Impacting Teen Brain Health Through Yoga & Mindfulness

ISCA, November 2021

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Learning Objectives:



- + Develop understanding of the connection between yoga, mindfulness, and social-emotional learning
- + Experience a lesson including breath practices, yoga poses, journaling, meditation, and reflection
- + Reflect on outcomes of implementing yoga and mindfulness with secondary school students



Welcome!



Anne Funke
MA-ERYT-RCYT

- + Wife, mother, educator, yogi, coffee-lover, lifelong learner
- + My story



Who is Challenge to Change, Inc.?



- + **Mission:** Through **evidence-based** yoga and mindfulness programming, we provide **preventative social and emotional skills** benefiting the mind, body, and emotional state to people of all ages. We are committed to empowering learners to utilize **mindful resources** in order to navigate the world around them.
- + Yoga & Mindfulness Curriculum (K-12): Live, Online, Licensing
- + Continuing Education Courses for Teachers
- + Yoga Teacher Trainings
- + Studio Programming: Adults & Children
- + Collaborative Efforts with local non-profits and professionals, focused on brain health



Defining Mindfulness & Yoga



Mindfulness: paying attention on purpose to the present moment; without judgment.

Yoga: the practice of moving your body mindfully, with specific attention to the breath; joining body/mind/breath together



Why Mindfulness & Yoga?



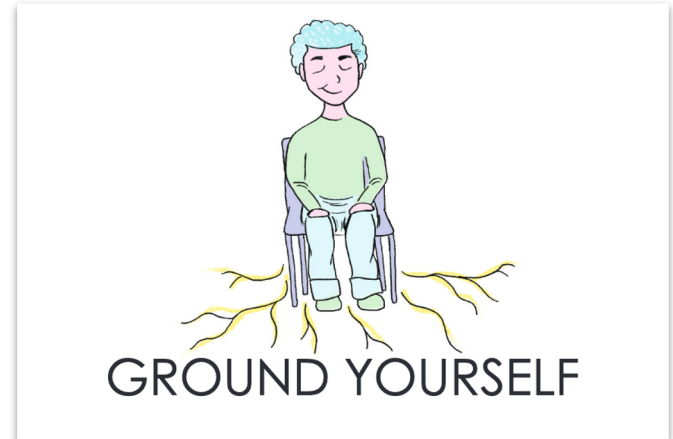
- + 25% of US population with diagnosable brain health condition
- + 70-80% of doctor's visits are stress-related
- + By 2030, depression will be #1 global health burden
- + Suicide 2nd leading cause of death in 15-25 year olds
- + Teens report high levels of stress (higher than adults)
 - Activities, academics, family life, trauma, bullying, social media, body image, peer pressure, decisions about adulthood



Why Mindfulness & Yoga?

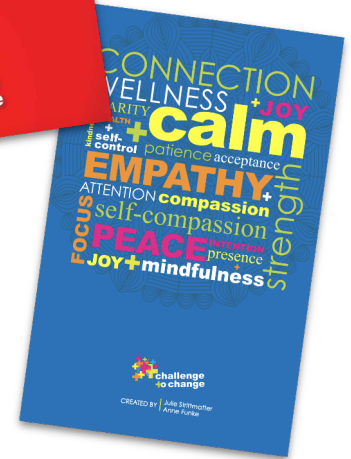
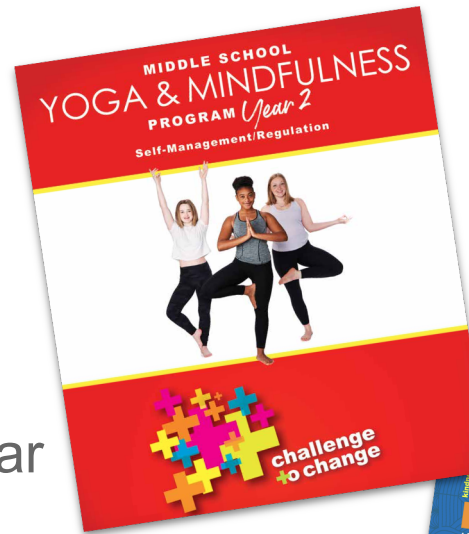


- + Increased sense of well-being (physical & emotional)
- + Experience more positive emotions
- + Greater ability to identify and regulate emotions
- + Better problem-solving, impulse control
- + Stronger relationships, mitigates effects of bullying
- + Changes in nervous system and brain
 - GABA increase up to 27%
 - Increase in grey matter and IGA
 - Activates parasympathetic system (rest, digest, heal)



Overview

- + Middle School, Years 1-3
 - 8 lessons in each curriculum
 - Designed to build upon each year
- + High School, Units 1-4
 - 4 unites, 8 lessons each
 - Designed to build on SEL competencies



Overview

- + Each lesson designed to help students utilize:
 - Brain
 - Body
 - Breath



Social Emotional Learning & Mindfulness



- + Self-awareness and discovery
- + Emotional regulation, management†
- + Empathy, Healthy Relationships
- + Relationship Building



Parts of Practice



PART 1 + SEATED PRACTICE, CHECK-IN

PART 2 + MOVEMENT

PART 3 + HEART OF THE LESSON

PART 4 + GUIDED MINDFULNESS PRACTICE

PART 5 + CLOSE OF PRACTICE

- Mindful Mission



Journals



- + Used in every lesson
 - Information
 - Activities
 - Reflection
 - Review
- + Check-In & Check-Out



EMOTIONS CHART

EMOTIONS

	SADNESS	ENGAGED PRESENT	HAPPINESS	ANGER	OTHER
	Down	Calm	Content	Irritated	Goofy
	Melancholy	Serene	Peaceful	Disappointed	Nervous
	Bummed	Satisfied	Pleased	Offended	Shy
	Unhappy	Proud	Confident	Annoyed	Connected
	Gloomy	Focused	Cheerful	Upset	Distracted
	Discouraged	Distracted	Loving	Aggravated	Withdrawn
	Weary	Confused	Respected	Frustrated	Accepted
	Withdrawn	Grateful	Thrilled	Critical	Uncertain
	Lonely	Overwhelmed	Courageous	Mad	Fearful
	Miserable	Absent	Excited	Furious	Amazed
	Distraught	Enthusiastic	Joyful	Fuming	Anxious
	Depressed	Inspired	Giddy	Humiliated	Relief
	Hopeless	Numb	Ecstatic	Outraged	Panicked

INTENSITY

Where we are:



Online:



Middle School Year 2 ONLINE

A course banner for "Middle School Year 2 ONLINE". It features a large green circle with the number "2" on the left. To the right, a man and a woman are shown in yoga poses. The text "Middle School" is written in yellow on an orange background. Below the poses is a small logo for "yoga & mindfulness for" with a pink plus sign.

Meet the S

Course Materials

0 / 5 complete

- Meet the Secondary Schools Teaching Team
📄 (12:59) [Start](#)
- Teachers Manual [Start](#)



Middle School

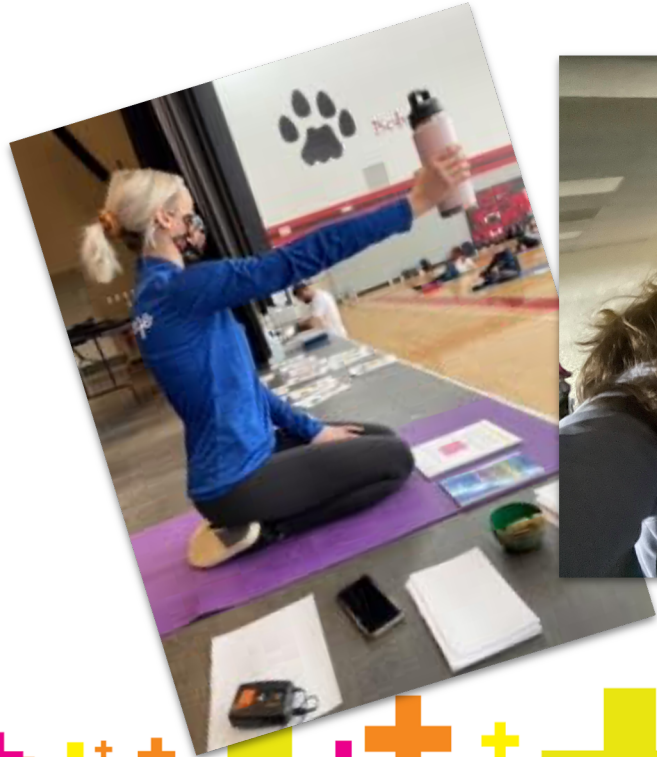
Challenge to Change Inc. is dedicated to bringing the practice of yoga and mindfulness to students and teachers nationwide. We proudly provide programming in studio at our two locations, Dubuque & Marion, Iowa and out into the world through our Yoga and Mindfulness Program, continuing education and recertification courses for educators, yoga teacher training programs, workshops, studio classes, and so much more.



What we're learning:



What we're learning:



High School Lesson Experience



Reflect...



- + How could the young people I work with benefit from yoga and mindfulness?
- + What is most intriguing to me about yoga/mindfulness in schools?
 - Content, structure, options for delivery, impact, etc.
- + How could my unique talents and strengths be used to improve brain health and mindfulness in middle or high school students?

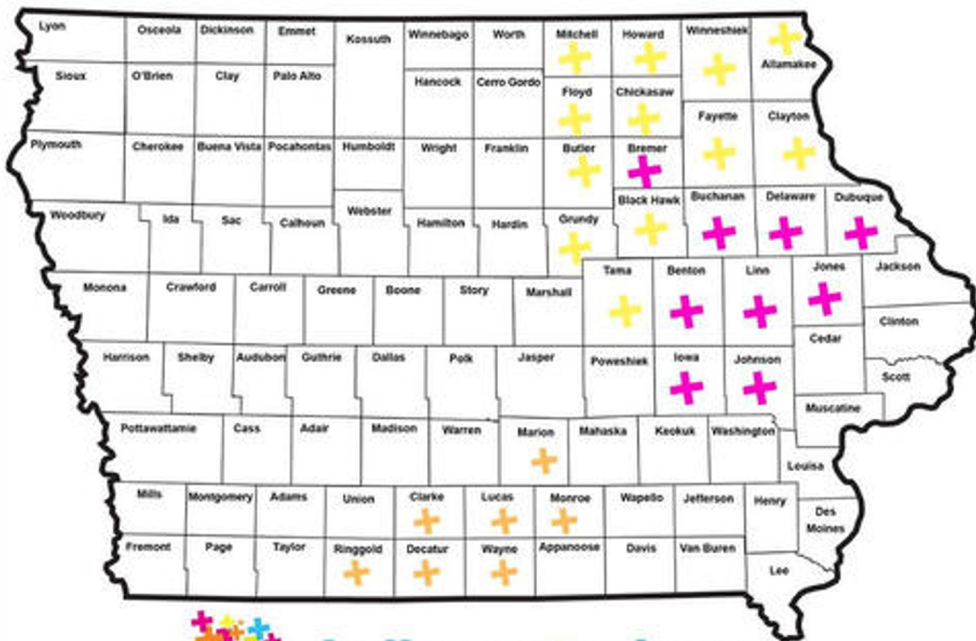


Q & A

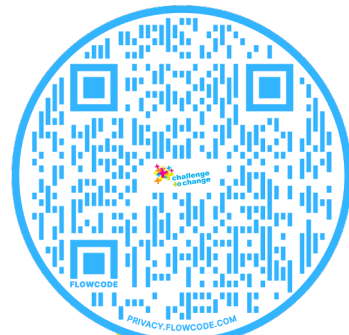


Act Now!

Are you an **Educator** in these counties?

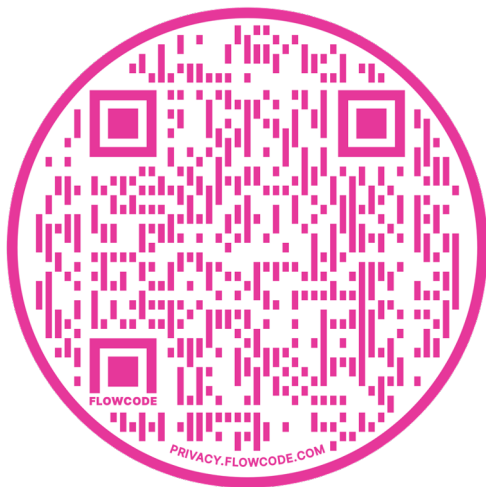


Join us for FREE online programming if you are a part of the indicated counties. Apply for a spot **HERE!**



Grow with us!

Continuing Education opportunities available this school year. Learn more **HERE!**



Learn with us. Train with us.  challenge to change

CONTINUING EDUCATION

Are you an **EDUCATOR** seeking ways to bring a sense of calm into your classroom? Are you a **PARENT** looking to handle your child's behavior in a different way? Are **YOU** looking to deepen your own understanding of yoga and mindfulness? We want to support you in becoming the best version of you!



Oct 5-Nov 16
Tuesdays - 5:15-7:45pm
ONLINE
Yoga for Secondary Teachers
Heartland AEA
SECTION 308091

Oct 13-March 9
One Wed per month
5:15-7:45pm
ONLINE
Year 1: Using Yoga & Mindfulness All Year in Your Classroom
Heartland AEA
SECTION 308093

Nov 18-Dec 20
Mondays - 5:15-7:45pm
ONLINE
Social Emotional Learning
Heartland AEA
SECTION 308085

Dec 4 & 18
8:00am-4:30pm
ONLINE
Mindful Games
Heartland AEA
SECTION 308107

Mar 21-Apr 25
Mondays - 5:15-7:45pm
ONLINE
Yoga for Secondary Teachers
Mississippi Bend AEA
SECTION 308108

Jan 24-Feb 28
Mondays - 5:15-7:45pm
ONLINE
Yoga for Elementary Teachers
Mississippi Bend AEA
SECTION 308282

Oct 9 & Oct 10
8:00am-4:30pm
IN PERSON @ STUDIO
Breathing New Life Into Your Classroom Community
Keystone AEA
SECTION 308273

Oct 7-Nov 18
Thursdays - 5:15-7:45pm
ONLINE
Yoga for Elementary Teachers
Northwest AEA
SECTION 308297

Jan 4-Mar 10
Tuesdays/Thursdays
6:30-7:30pm
ONLINE
Be Here Now Webinar Series: Mindfulness Practices for Teachers & Students
AEA Online
SECTION 308291

Mar 16 & Mar 17
8:00am-4:00pm
IN PERSON @ STUDIO
Social Emotional Learning
Keystone AEA
SECTION 309074

Register Now!

Courses will be in person unless otherwise specified. If a section shifts to online via ZOOM, you will be notified. **Sign up through your local AEA.**
Questions? Contact Amy (515) 230-0633 or amy@challenge2changeinc.com



Research on yoga/mindfulness in children, teens, adolescents



Frank, Kohler, Peal, Bose (2017). Effectiveness of a school-based yoga program on adolescent mental health and school performance

Zhou, Liu, Niu, Sun, Fan (2017). Bullying victimization and depression in Chinese children: A moderated mediation model of resilience and mindfulness

Crescentini, Capurso, Furlan, Fabbro (2016). Mindfulness-Oriented Meditation for Primary School Children: Effects on Attention and Psychological Well-Being

Lyons, DeLang (2016). Mindfulness Matters in the Classroom: The Effects of Mindfulness Training on Brain Development and Behavior in Children and Adolescents

Telles, Gupta, et al. (2019). Immediate Effect of a Yoga Breathing Practice on Attention and Anxiety in Pre-Teen Children



Additional resources to consider:



Grow by Molly Schreiber, Melissa Hyde, and Julie Strittmatter

- [Click Here](#) to learn more

A Classroom in Balance by Julie Strittmatter

- [Click Here](#) to learn more

Challenge to Change trainings & certification programs

- [95 hour kids, toddler, and teens](#) yoga teacher training
- [200 hour adult](#) yoga teacher training

