

Yoga & Mindfulness for the Preschool Classroom

Name of Provider

ChildLight Education Company, LLC
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Exeter, NH 03833
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Contact Person

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The goals and objectives of this course/training/program:

Explain the physical, cognitive, social and emotional benefits of integration of yoga and mindfulness-based interventions for preschool and pre-K students as reflected in the growing evidence base.

Share developmentally-appropriate and engaging yoga and mindfulness-based techniques with preschool and pre-K children.

Identify opportunities to integrate yoga and mindfulness breaks throughout the school day to support social and emotional learning, attention, behavior, and positive climate.

Develop lesson plans to support preschool curricula.

The types of activities included:

Knowing the what, where and why of yoga and mindfulness for preschool and pre-K students.

Yoga posture practice and variations for accessibility

Breathing techniques for self-regulation

Visualization and relaxation techniques

Songs, games and techniques to build group connection

Lesson planning

Practice teaching

Tips for teaching and best practices

Number of Contact Hours: 6