



www.EquipOurKids.org



SEL-Oriented Yoga Programs

In-school and after-school yoga programs are increasingly popular ways for boosting kids' Emotional Intelligence skills. This guide samples some leading programs.

Most of these programs operate regionally. If none of these are in your region, you can search online for similar programs for your kids or students.

Balashala

<http://balashala.com>

Kids yoga programs are designed for every age group and can accommodate every type of student. Their programs include after-school yoga programs, during the school day yoga programs as per the school's option and yoga/mindfulness programs in the classroom. Apart from these the team organizes summer camps, yoga birthday parties and kid's night outs.

ChildLight Yoga

<http://childlightyoga.com>

ChildLight Yoga provides yoga and mindfulness education to youth and training for professionals who support their well-being. The strategies they share, which they claim are simple and effective, promote resilience, positive perceptions, good health habits and mindful awareness, with a goal of empowering children to excel at school, at home and in life. They state that their trainings and products have inspired thousands of educators, parents, kids' yoga teachers, therapists and others to share the transformative gifts of yoga and mindfulness in schools and communities worldwide.

Flow and Grow Kids Yoga

<http://flowandgrowkidsyoga.com>

Offers Yoga training, professional development and workshops not only to children but also to educators, parents, clinicians and other important adults in the lives of children. The programs includes yoga at home(for individuals, couples, families, prenatal or just children) and yoga at school(chair yoga, yoga before during and after school), yoga workbooks, teacher training, stress management workshops, self-care workshops and mindfulness workshops.

Little Flower Yoga

<http://littlefloweryoga.com>

With the mission to bring yoga and mindfulness to children, they train schools, youth organizations, teachers and families in comprehensive yoga and mindfulness programs. This includes books, online courses, webinars, blogs and videos. There is also a listing of various workshops and special events.

The Little Yoga House

<http://thelittleyogahouse.com>

Austin's first kids-only studios and high school offers prenatal yoga, mommy & me style classes and kids aerial yoga classes. Their offerings in school include semester long programs with a focus on mindfulness and other specific yogic themes. Private yoga and yoga camps are also offered.

Move With Me Yoga Adventures

<http://move-with-me.com>

Offers active play and self-regulation resources for home and classroom. Their unique yoga story video series teaches kids specific self-regulation skills reinforced on flash cards. Participation enhances fitness, coordination, mindfulness, focus, impulse control, emotional resilience, self-care, and empathy.

Grounded Kids Yoga.com

<http://www.gogrounded.com/>

A leader in children and youth yoga, Grounded provides an extensive array of in and out of school offerings at all grade levels, plus teacher and administrator training and after-school yoga clubs.

Yoga 4 Classrooms

www.yoga4classrooms.com

Yoga 4 Classrooms describes itself as an evidence-based, classroom-friendly yoga and mindfulness program that provides schools with easy-to-use, cost-effective, sustainable solutions for improving student wellness and readiness to learn while supporting social and emotional learning and a positive school climate. Among other attributes, Yoga 4 Classrooms empowers schools to integrate simple, developmentally-appropriate mind/body tools throughout the class day to support social, emotional, physical and cognitive well-being and it facilitate learning-readiness, which improves student achievement.

Yoga in Schools

<http://yogainschools.org>

Aims to promote lifetime wellness by making yoga available in all schools and empowering students and teachers with yoga-inspired exercises. Their programs include custom school programs, Health & Physical Education teacher professional development, and mind body tools for teaching and trainings. Some of their events include Kripalu yoga in-schools symposium and yoga service conferences.

Yoga In My School

<http://yogainmyschool.com>

Classes aim to provide real world training and examples of how teaching yoga to children can be a powerful tool to aid their development. Their yoga programs are flexible and customized to meet the school's needs such as preschool/daycare, elementary, junior and senior high, athletic teams, girl guides and camps. They also have programs for teacher training through online and weekend workshops. Videos, webinars, manuals and lesson plans are available on their website.

Yokid

<http://yokid.org>

Teaches yoga and mindfulness to children and youth to support enhanced outcomes for life, health, school and leadership. It identifies three pathways: connecting to self, connecting to school, and connecting to society. Seeks to achieve its outcome of helping children and youth be empowered, resilient, engaged and mindful. Yokid students support themselves, create a positive environment and contribute to their school and community. Also offers numerous resources for kids, teens, teachers and parents. and tools and activities.

Yoga Playgrounds

<http://yogaplaygrounds.net>

Portland's school based program offering fun and engaging yoga classes designed for kids upwards of two years. They seek to use yoga as a way to build positive change in the children. The classes also incorporate mindful awareness exercises. They also offer mobile enrichment programs for daycares, preschools, elementary and medical schools and adult yoga certifications. The program offers summer camps which are open to all children from the Portland metro area.

Zensational Kids

<http://zensationalkids.com>

The programs aim to build resilience, focus and self-regulation through yoga, mindfulness and classroom pedagogy. They offer 3 categories of programs:

- 1.School-based programs (for educators, parents & families as well as students)
- 2.Therapy- based programs (needs of special children, pediatric and preschool)
- 3.Radiant Child Yoga (children and family yoga training and yoga for differently-abled children)

Their school-based programs include: professional development trainings for administrators, teachers, therapy staff and parents; consultation and follow-up support and weekly classroom lessons led by their teachers, all of which are aimed at equipping administrators, teachers, parents and students with essential skills for effective leadership, personal well-being and academic success.



Children's Yoga Mat

Get the perfect mat for your yoga youngster!

A small portion of your purchase will go towards supporting EEquip Our Kids and the work to bring emotional intelligence training to all students.