



## Graduate-Level Professional Development for Teacher and Educators

Earn up to 3 graduate-level semester credits (per workshop) with Yoga 4 Classrooms and University of the Pacific, Benerd College. Together, Yoga 4 Classrooms and UOP are proudly committed to helping educators and teachers across the nation, like you, earn graduate-level semester credit for implementing yoga, mindfulness and SEL (MY-SEL) classroom strategies that are meaningful and effective, all while meeting educational standards set by your school district or state. Now you can finally earn credit doing what you love! And at only \$62 per semester credit, our courses are convenient, practical and affordable.

Course participants will develop and implement interactive yoga strategies into their lessons, curriculum development, or any other unique academically related program. Regardless of teaching grade level, subject or topic, creative yoga activities and projects are incorporated into any classroom or program setting. The course objective is to enhance student achievement through effective and proven educational yoga strategies that work. A University of the Pacific course instructor is available for guidance, support and feedback throughout the entire course duration.

**Course:** [EDUP 9156: Yoga & Mindfulness in the Classroom: IMPLEMENT Leader Training](#)

**Credits:** 1-3 graduate-level semester credits

### Prerequisites:

- Completion of [Yoga & Mindfulness in the Classroom](#): Trauma-Informed Tools to Support Social and Emotional Learning, Student Success and Positive Climate
- Completion of [IMPLEMENT Leader Training](#)

### Course Description:

You are a school staff member who has previously attended the full day foundational workshop, “Yoga & Mindfulness in the Classroom,” and you have experienced the many benefits of yoga and mindfulness integration in your own classroom or school counseling program, and you have yearned for the day when these simple, accessible, transformative skills are universally shared, practiced and supported throughout your entire school. If you are ready to lead the charge, this leadership training is for you!

The Yoga 4 Classrooms IMPLEMENT program was developed to inspire and empower schools to affordably, effectively, and sustainably integrate yoga and mindfulness school-wide by providing training and resources to encourage and support implementation from the inside. It is an advanced training program for school-based teams and individual school professionals who wish to launch and maintain Yoga 4 Classrooms as a school-wide initiative supporting physical, social and emotional health and wellness, learning-readiness and a positive school climate. Join us for 6 hours of online home study, plus 17 live contact hours of engaging education, support, action planning and teaming. Go back to your school ready to LEAD and IMPLEMENT!

## **What's included in the IMPLEMENT™ Leadership Training?**

This is a combination home study and in person training which includes approximately 6 hours of online home-study to be completed prior to the in-person training, and 17 live training contact hours:

- 6 hours preparatory online home-study to be completed prior to the in-person training
- 17 contact hours (typically 2 to 2.5 days) of engaging, interactive training
- An introduction to mindfulness and self-care which focuses on promoting core skills and habits of mind teachers and school leaders need to create and sustain supportive learning environments while maintaining and nourishing their well-being and joy in teaching
- Case studies (including live and virtual presentations) showcasing how other educators and school administrators have implemented Yoga 4 Classrooms in their school communities
- Comprehensive curriculum review and training to ensure leaders are well prepared to share all aspects of the program at their school
- Interactive implementation action planning and support
- Reference and planning materials to ensure staff and administration buy-in and support, learning, brainstorming, action planning and implementation
- Membership in the private IMPLEMENT Leaders Facebook group
- Digital repository of IMPLEMENT Leader materials including, but not limited to:
  - Yoga 4 Classrooms Professional Development Workshop Curriculum
  - 10- and 18-lesson Elementary Curricula
  - 5-lesson Middle-School / High School Curriculum
  - Presentation outlines
  - Case studies
  - Library of helpful videos
  - Family education tools
  - Database of supporting and related research and articles
  - Data collection resources and supports
  - Forms, template and other supporting documents
  - Action planning tools
  - Fundraising tools and tips, and more...

## **Course Objectives:**

1. Articulate the benefits of integration of yoga and mindfulness to support one's own school / district improvement goals, various educational standards and current education policy.
2. Utilize advanced teaching skills in sharing dozens of simple, classroom-friendly yoga and mindfulness techniques to support social and emotional learning competencies, physical activity, resilience and positive climate in various contexts school-wide through the use of illustrated activity cards, sequences and other curricula and resources provided.
3. Facilitate training for classroom teachers and other school-based colleagues in utilizing yoga and mindfulness techniques to support school, classroom and students' individual needs, learning readiness, and an inclusive, compassionate, positive climate.
4. Teach classroom lessons to provide modeling and support for classroom teachers.
5. Provide education to, and involvement of, families and community.
6. Design curricula and a phased, realistic implementation plan unique to the needs and goals of one's students and school/s.

7. Incorporate self-care strategies to reduce stress, build resilience and promote more mindful and effective teaching and learning.
8. Provide leadership within the school community for creating a culture of wellness for students and educators.
9. Access additional tools and resources to ensure continued progress.

### **Course Outline:**

#### **6 Hours Pre-Training Self Study**

Review workshop video and classroom videos and curriculum

Complete school information / reflection

#### **Day 1**

Agreements for Creating a Safe & Trustworthy Space

Introduction to Mindfulness & Self-Care for Educators

School Info and Self-Reflection Sheet & Share

Course Materials Overview & Scavenger Hunt

- Pre-Implement Support
- Planning Tools & Resources
- Case Studies
- Workshop Resources
- Classroom Curricula & Parent Education
- Data Collection Tools

Mindful Moment / Experiential Practice

Advanced Teaching Concepts

Practice teach / Group work

Creating intentional sequences

Mindful Moment / Experiential Practice

Case Studies – Review & Discussion

Book resource review / connection to Be Well Discussions

“I have a dream” Visioning

#### **Day 2**

Mindful Movement / Experiential Practice & Teaching Intentional Sequence

Intention Setting

School-wide Implementation Group Brainstorm Activity

Challenges & Opportunities

Mindful Movement / Experiential Practice & Teaching Intentional Sequence

Introduction to Phased Action Planning

Mindful Moment Break

Action Planning

Next Steps Review

Course Evaluation

Closing activities, Reflection & Wrap Up

## Coursework Overview/Requirements:

There are four requirements for the awarding of each credit:

1. Complete the prerequisites as outlined above.
2. Complete the [Yoga & Mindfulness in the Classroom: IMPLEMENT Leader Training](#) as presented at your school or organization as an inservice training or attend a scheduled public training to receive a certificate of completion.
3. **Self-Created Time Log:** Create a PDF, JPEG, or Word document including a self-created time log documenting the time you spend creating curriculum, activities, projects, strategies, or techniques inspired by the workshop that you attend. Creating your own log gives you the freedom of documenting all the time and effort you have dedicated to completing your coursework requirements. Your log must be specific and include dates and accomplishments. For each Graduate-Level Unit, document 15 hours of involvement. All your coursework participation must be away from professionally paid hours.

Whether you spend time brainstorming new ideas, creating new curriculum, researching, reading, typing your reports, reviewing Yoga 4 Classrooms materials/resources, action planning, or composing notes at the training, you are able to document all the professional time that you have invested enhancing your professional growth. You may also backdate your log to include previously developed teaching techniques or activities.

### Time Log Sample:

Date	Objective	Hours
5/19/2020	Completed Implement Leader Training Session 1	8.5
6/07/2020	Completed Implement Leader Training Session 2	8.5
6/14/2020	Reviewed notes and materials from training session	1
6/15/2020	Developed new lesson plans incorporating Yoga 4 Classroom	2
6/16/2020	Created new learning activity to help students engage in reading	1
6/18/2020	Typed 3-page reflection paper for first credit	2
<b>Total hours of involvement must equal 15 hours per credit</b>		<b>23</b>

4. **Reflection Paper:** For each graduate-level credit, type a 3-page, single-spaced narrative report summarizing your overall experience of creating and/or developing new ideas inspired by the training you attended. You may modify, change, or adapt any ideas to meet your professional needs. The culminating goal of this report is to demonstrate how Yoga 4 Classrooms has enhanced and empowered your professional development.

**Coursework Submission:** Coursework can be submitted up to 6 months from registering, and extensions are always granted upon request. You may also submit your coursework earlier if needed. The true course ending date that will appear on your transcript will reflect the date your coursework was received. Completed coursework should be saved as a PDF, JPEG, or Word document and include the following:

1. **Title page** with your last name, first name, course number and title, number of units, last 4 digits of SSN, and course beginning/ending date.

2. **PDF** of the workshop certificate of completion.
3. **Self-created time-log** documenting 15 hours per unit with dates and accomplishments. Include the total number of hours calculated for all coursework. (See log example below.)
4. **Reflection Paper(s)** summarizing how Yoga 4 Classrooms enhanced your professional growth.

Email your completed coursework as an attachment to [coursework@creditsforeducators.com](mailto:coursework@creditsforeducators.com). Please include in the subject line "Coursework Submission "Upon submitting your coursework, you will receive a confirmation email within 1-2 business days. You will also receive step-by-step instructions on how to request an Official transcript.

### Reflection Paper Requirements

<b>1 Graduate-Level Credit:</b> \$62 / 3-page reflection paper	<b>2 Graduate-Level Credits:</b> \$124 / 6-page reflection paper	<b>3 Graduate-Level Credits:</b> \$186 / 9-page reflection paper
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Each graduate-level credit requires a 3-page, typed, single-spaced narrative report. Try to incorporate the following key points into the structure of your report.

#### **Activities, projects, strategies, or techniques of implementation:**

Describe the activity, project, strategy, or technique that you developed as a result of attending the workshop or conference. Be sure to include materials and resources utilized. For example, handouts, visual aids, props, books, learning strategies, etc. Detail why you chose this idea and how it fits into your professional development needs or those of your learners. Explain the actual process of introducing your project and the methods used for instruction.

#### **Population target: grade level, type of class, groups:**

Define the needs and goals of the learners that you designed these ideas for and how they might correlate to their specific needs and/or core objectives. Indicate if these learning methods were designed for special need students, specific groups within a class, developmental ages, etc.

#### **Objectives and goals:**

Describe the specific targeted learning objectives and how they related to the goals of your instructional program. Try to correlate the objectives/goals to the specific activity/project you presented. Possibly correlate, when appropriate, the objectives/goals with the Common Core Standards set for your curriculum.

#### **Evaluation methods utilized:**

Describe how you evaluated the success of the projects you developed. What methods or criteria did you use to assess your achievement of specific goals?

#### **Overall outcomes and reactions:**

Include your personal assessments of how the learning objectives and goals were achieved. What were the reactions of your learners? How would you redesign or change the methods utilized with future utilization of the projects?

**Required Textbook/Resource Materials:**

[Yoga 4 Classrooms Activity Cards](#), Lisa Flynn

**Additional Recommended Resources:**

[Yoga for Children: 200+ Yoga Poses, Breathing Exercises and Meditations for Healthier, Happier, More Resilient Children](#), by Lisa Flynn

[Yoga for Children-Yoga Cards: 50+ Yoga and Mindfulness Activities for Kids](#), by Lisa Flynn