

Twisty Tweens, Bendy Brains, Focused Friends



GRANT RECIPIENTS

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NYS STANDARD

The Arts and HPE

GRADE LEVEL

Grade 5

STUDENTS SERVED

80 students

PROGRAM DESCRIPTION

The purpose of the grant was to see if yoga could be used with students to increase time on task and increase the ability the ability to follow school rules.

To develop the program, the fifth grade staff attended *Yogakids: Tools for Schools* and were certified as trainers. In November, all 5th grade students took a pre-program assessment through Zoomerang.com to analyze school-based behaviors. After the survey we used the pose cards in our tool kits to lead the class in yoga poses throughout the school days as needed. We invited Michael Smith, from Morningside Yoga, to lead an afterschool yoga group that met once a week for seven weeks. In February, the students took a post program survey to measure results from the program.

In order to implement this grant, teachers must be trained in *Yogakids: Tools for Schools*, have purchased class sets of yoga mats, and procured the services of a yoga instructor for the after school sessions.

STUDENT OUTCOMES

As a result of this grant, students expressed an increase ability to calm themselves and increase focus for standardized testing. Students expressed an increase in self-esteem, and an increase in positive school related attitudes.