

Helping Emotionally Disturbed Children with Yoga



GRANT RECIPIENTS

Dawn Cooley , Kathy Turenne

OCM BOCES
Cedar Street Day
Treatment Program

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NYS STANDARD

Social Studies 1.1, SS 8.1
English Language Arts 2
English Language Arts 4

GRADE LEVEL

K-3

STUDENTS SERVED

16 students

PROGRAM DESCRIPTION

The purpose of this grant was for students to learn Yoga that was incorporated into the curriculum in order to help regulate their emotions and increase participation in academic activities.

We were trained in Yoga Tools for Schools over the summer. Then we taught Yoga classes for 15 minutes three times a week. As the students learned the concepts we gradually integrated Yoga into the curriculum. We observed the students using Yoga independently and we tracked the amount physical interventions.

We used the *Yoga Tools for Schools* Curriculum by Marcia Wenig, and Yoga mats.

To implement the grant we met monthly to discuss lesson plans. We also joined a professional study group on Yoga with Julie Daniels through the CNYTC.

STUDENT OUTCOMES

Students reduced the amount of time spent away from class in time out and they reduced the number of physical interventions. At the same time students increased their focus, attention and actively engaged in academic lessons. Our students have started to use Yoga on their own to regulate their behavior.