



LEARN TO TEACH KIDS MINDFULNESS AND YOGA WITH BREATHE AND LEARN!

WE'RE ON A MISSION TO HELP NOURISH THE PHYSICAL, MENTAL, SOCIAL AND EMOTIONAL HEALTH OF CHILDREN AND WE WANT YOU TO BE A PART OF IT!

WHY BREATHE + LEARN?

Our 15-hour teacher training program will help you develop skills to relate to children ages 5-12 (K-6th Grade) and promote physical, mental and emotional health through yoga and mindfulness. We believe yoga offers an opportunity to teach important life skills and plant the seeds for a lifetime of health and wellness.

Founder & CEO, Joanie Plake, will lead the training along with B+L's Workshop Director, Heather Tuttle. Joanie's experiences in the elementary and middle school classrooms in NYC and LA, and as an adult 200hr RYT, informed the development of the B+L curriculum and this training. Heather brings over 14 years of classroom teaching and special education experience and has been teaching for B+L since 2018.



WHAT YOU'LL LEARN...

- **CHILD DEVELOPMENT & THE BRAIN**
- **CLASSROOM MANAGEMENT**
- **UNDERSTANDING BEHAVIOR**
- **YOGA POSES**
- **BREATHING & MINDFULNESS EXERCISES**
- **CREATIVE GAMES & ACTIVITIES**
- **LESSON PLANNING**
- **TEACHER SELF-CARE**



WHAT YOU'LL WALK AWAY WITH...

- **BREATHE + LEARN TRAINING MANUAL**
- **ACCESS TO THE B+L CURRICULUM THROUGH THE ONLINE FACILITATOR PROGRAM (\$330 VALUE)**
- **PRACTICE TEACHING EXPERIENCE**
- **THE OPPORTUNITY TO TEACH FOR B+L OR CREATE YOUR OWN PRIVATE CLASSES**



Next Training: March 7-10, 2024

Thurs. + Fri. - Virtual, 5:00pm -7:00pm

Sat. + Sun. - In-person @ Sol Seek, Manhattan Beach



The Breathe + Learn
Kids Yoga and Mindfulness Teacher Training Manual

Creating a meaningful yoga and mindfulness experience for children.

MARCH 2024
TEACHER TRAINING PREVIEW

MARCH 7 - 10 @ SOL SEEK, Manhattan Beach

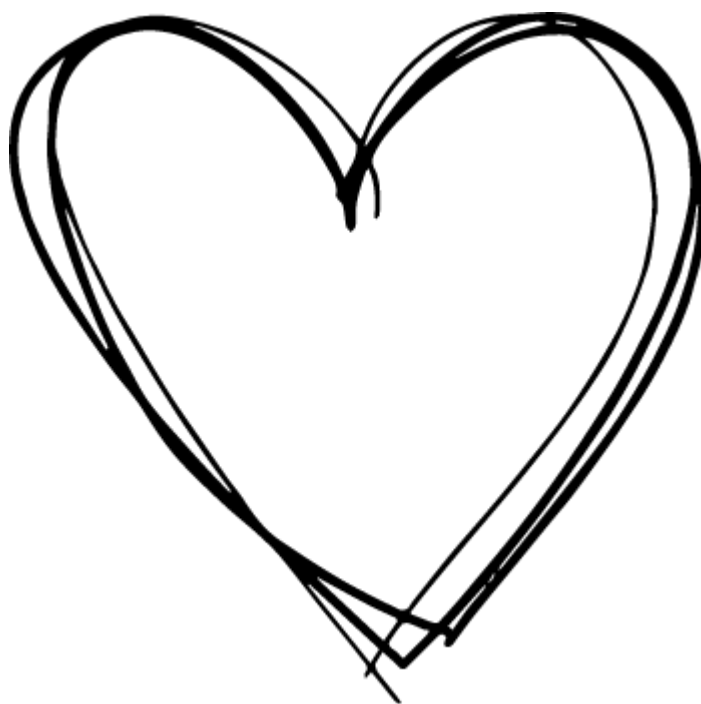


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Introduction



*"Bliss begins with the breath.
We breathe in, and accept all that is new.
We breathe out, and release all that has passed."*

- Sarah Wiseman





About Breathe + Learn

Intention Letter

Dear Future B+L Teacher,

I started Breathe + Learn to support students social-emotional journeys at school and home. As an elementary school teacher, I observed so many children carrying burdens and stress throughout the day which impacted their ability to learn and fully engage in academic work.

While I did my best to incorporate mindfulness practices during the day to help ease some of these feelings, I yearned to have the time and space to offer more.

After deepening my own yoga practice through a 200 hour yoga teacher training, I was inspired to create a workshop for kids that offered a full yoga experience paired with thoughtful discussions and self-reflection. Children love moving their bodies into silly poses and are intrigued by breathing exercises and visualizations that help them relax and feel a sense of calmness.

Yoga has brought so much joy to my life. It is much more than the fancy handstands (although I do love practicing them!). It is my therapy, an outlet - physically and emotionally, a community, a safe space, a challenge and a commitment to my health and wellness. I am my best self when I am practicing and teaching. I wake up excited to practice yoga every day and love that I get to share it with kids.

My hope is that all students walk away from Breathe + Learn classes with a more positive outlook on life, a deeper understanding of themselves and tools to continue nourishing their minds and bodies in healthy ways.

Thank you for sharing this important work with the children in your life. I wish you the best on this journey.

Namaste,

Joanie





About Breathe + Learn

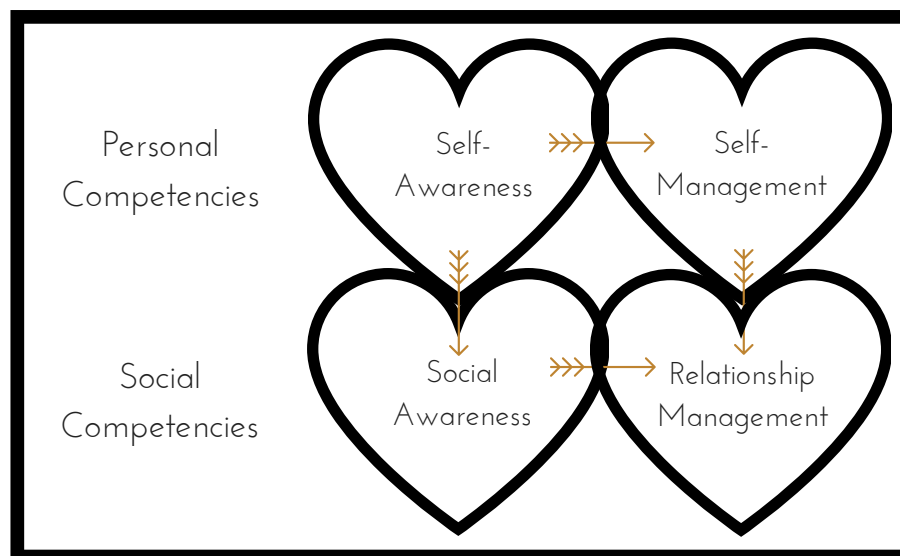
The Mission + Curriculum

The Mission

The mission of Breathe & Learn is to create a positive and safe environment where students can be self-reflective and use yoga and mindfulness as a tools to strengthen their physical, mental, social and emotional health.

The Breathe & Learn Curriculum

The B&L curriculum was designed through the lens of emotional intelligence and yoga. Emotional Intelligence is a concept coined by two researchers, Peter Salavoy and John Mayer, and later popularized in 1995 by Daniel Goleman in his book, *Emotional Intelligence*. EI is broken down into two main categories, personal competencies and social competencies. Within these competencies lie four main skills; self-awareness, self-management, social awareness and relationship management. All lessons support the development of these four core skills. The first half of the curriculum focuses on the personal competency skills, while the second half addresses the social competency skills.



Yoga and mindfulness are essential pieces of the curriculum, as they tie everything together and help students further connect mind and body. The components of a B&L yoga class (journaling, breathing, moving and relaxing) naturally support the four core EI skills. A breakdown of a B&L class is provided on the following page to help further explain each component.

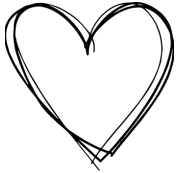




About Breathe + Learn

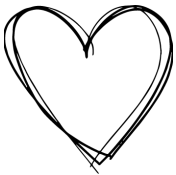
The Components of Class

Journal



During the JOURNAL portion, students sit with the teacher in a circle and spend time reflecting on the topic as a group, in partnerships or independently. The teacher may lead the discussion, or older students may read aloud. Depending on age and/or ability, students may draw or write. A whole group or partner share is an option as well. This is also a time when books that support the theme are shared.

Breathe



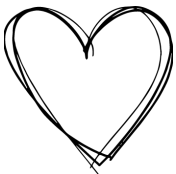
During the BREATHE portion, students spend time practicing a breathing or mindfulness exercise. This can be done in the circle as a group or on their yoga mats.

Move



During the MOVE portion, students typically learn around 6 - 8 yoga poses. Then, they create their own yoga flow, play a game or engage in a yoga story lead by the teacher. During special classes, a craft may take place during this time as well.

Relax



During the RELAX portion, students lie in Savasana. The teacher may play soft music, spray essential oils, read a visualization, tell a story that matches the theme or simply have quiet resting time. Make it your own. Make it special. This is often a favorite part of class.





About Breathe + Learn

Benefits of the B+L Approach

Emotional Awareness: The combination of mindfulness and yoga work helps students identify and regulate emotions. We nurture emotional intelligence through discussions and activities centered around the weekly topics. Building strong self-awareness and social awareness are at the core of our program.

Stress Management: The movement and relaxation portion of class gives students the time and space to release energy and slow down. They learn breathing exercises, visualizations and postures they can use outside of the yoga studio.

Sense of Self: The journaling portion and weekly topics support students in developing a true sense of self.

Physical Development: Students practice postures and play games which require balance and hand-eye coordination. They also learn to connect breath and movement.

Positive Relationships: Small-group work and partner postures provide opportunities for students to build and maintain relationships with their peers and teachers.

Creativity: Yoga flows, stories and games engage imaginations and offer an alternative way for students to practice and showcase their yoga knowledge.

