

Why Should Children Practice Yoga?

- Develop Creativity – Yoga allows children to experience yoga poses along with creative activities such as storytelling, expressive movement, and even art.
- Builds Self-Esteem - Children will have a better sense of self after practicing yoga.
- Body Exploration and Exercise - They learn ways to exercise that don't involve winning or losing. Everybody feels good after doing yoga.
- Develop Self-Discipline - Children learning yoga also learn to master their own behavior. They learn to control themselves, rather than waiting for others to tell them what to do.
- Improves Strength - yoga requires greater muscular strength the more advanced one becomes. Children develop stronger muscles from practicing yoga.
- Develop Flexibility - Deep stretching and breathing involved in yoga improves muscular flexibility, which is important for avoiding injuries.
- Improves Focus & Attention - Yoga requires concentration. While some kids might not find this easy at first, the more they practice, the easier focusing will be.
- Develops Self-Awareness - When deliberately moving the body and thinking about the way it feels, children develop self-awareness.

Yoking the Breath, Movement
and the Senses to Support
Creative and Exploratory
Learning

Workshop Length 2 hours

Cost \$ 10/child

Bring Water and Light Snack



YOGA and CLAYART

Workshop



Selena Neily

RYT Yoga Alliance, Exercise
Physiologist and Nutritional
Therapist

780-238-4795

Selenaneily17@gmail.com

When I Rise....

I will take time to, Breathe....

Then I will aim to keep an open heart and a curious mind.

*I will try to speak kind words while offering gentle hands
and strong shoulders to others in need.*

I will think loving thoughts.....for all living things.

I will be grateful for my human moments and accept

them with a smile and

know it is all for learning.

*After each day I will know that
there is always another morning and it*

will always begin with a

Breath.



workshop outline

- Exploration and Explanation of Featured Oils and How They Can Support Students - 20mins
- Creation of Personalized Clay Necklace Diffusers - 20mins
- Creation of Personal Oil Blend to Add to the Students' Diffusers - 20mins
- 45 min yoga practice to promote movement exploration, body awareness and re-centering for the remainder of the academic day
- Final sharing circle for student to express their experience - 15min

What Can Essential Oils Do to Create an Atmosphere for Learning?

Young Living Essential Oils

https://www.youngliving.com/en_CA/products

Many teachers and instructors throughout the country are incorporating essential oils in to their classrooms and hallways to support a calm learning and teaching environment and maintain everyone's health.

Oils can improve and help support classroom behavior. Each oil and blend has a specific organic property that supports the senses to initiate certain moods, emotions and behaviors. Take for example lavender, when

the energy needs to come down or when you're heading into a transition throughout the day these oils can help to support a positive and calm focus for students. These are just a few examples of how essential oils can support a productive, healthy and happy learning environment for students and by creating their own special blend to add to their personal necklace diffuser student can explore the oils that they feel will support their needs and have a chance to express why they are drawn to certain oils.

Samples of How to Integrate Oils into Your Classroom

Need help to focus at the end of a long day and students are starting to slump;

En-R-Gee essential oil blend revitalizes with a blend of stimulating oils that have been used traditionally to help restore mental alertness

Wanting to ground students and bring a peaceful presence to the classroom for collaborative work and exploration;

GeneYus essential oil blend is excellent to diffuse for young minds while focusing and concentrating on school projects



Clay Personalized Oil Diffusers



Concerns Regarding Essential Oils

Will I have to worry about allergic reactions as an educator or instructor?

The answer is no. 100% pure Essential Oils are steam distilled from plants and do not contain allergens, fillers, or chemicals of any kind. They are Certified GRAS (safe for human consumption) by the FDA. However, talk with your students and their parents and find out if anyone has an allergy to a particular plant. Avoid an oil that is made from that plant.

Documentation to Support;

- Waivers for Use and in School Field Trip
- Resources for Parent and Guardian Research Prior to the Workshop
- Access to Information Lines Directly to Young Living Essential Oils for Further Consultation and Q/A

https://www.youngliving.com/en_CA/company/scientificadvisorycouncil/index