

Allied Health Media	SpeechPathology.com
<h2 style="margin: 0;">Storybook Yoga</h2> <p style="margin: 10px 0 0 0;">Presenter: Susan Hendler Lederer, PhD., CCC</p> <p style="margin: 10px 0 0 0;">Moderated by: Amy Hansen, M.A., CCC-SLP, Managing Editor, SpeechPathology.com</p>	

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<ul style="list-style-type: none"> <li>➤ Log in to your account and go to Pending Courses under the CEU Courses tab.</li> <li>➤ Must pass 10-question multiple-choice exam with a score of 80% or higher</li> <li>➤ Two opportunities to pass the exam</li> </ul>	

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Peer Review Process

Interested in Volunteering to be a Peer Reviewer?

APPLY TODAY!

3+ years SLP Professional Experience Required

Contact Amy Natho at [anatho@speechpathology.com](mailto:anatho@speechpathology.com)

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This handout is for reference only.  
It may not include content identical  
to the powerpoint.

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StoryBook Yoga

Susan Hendler Lederer, PhD.,  
CCC  
Adelphi University

Speechpathology.com  
4/9/15

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### Learning Objectives

- After this course, participants will be able to define shared book reading and list 3 techniques.
- After this course, participants will be able to define yoga and list 2 reasons each for why it is good for a child's body, brain, and well-being.
- After this course, participants will be able to describe how to plan and implement a storybook yoga session.

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### AGENDA

- Shared Book Reading
  - What
  - Why
  - How
- Yoga
  - What
  - Why
  - How
- StoryBook Yoga
  - What
  - Why
  - How

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### SHARED BOOK READING

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## WHAT IS SHARED BOOK READING

- Parent, professional, older sib...
- Expressively models how to be a reader (fluency)
- Helps child understand the story
- Introduces a variety of authors/styles
- Makes reading enjoyable
- Child gradually assumes more responsibility

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## WHY SHARED BOOK READING?

- “the single most important activity for building the knowledge required for eventual success in reading is reading aloud to children...especially so during the preschool years” (National Commission on Reading; Anderson, Hiebert, Scott, & Wilkinson, 1985, p.23)
- National Reading Panel KEY SKILLS (2003)
  - **PHONEMIC AWARENESS**
  - **PHONICS/PRINT AWARENESS**
  - **FLUENCY**
  - **VOCABULARY**
  - **TEXT COMPREHENSION**

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## SHARED BOOK READING TECHNIQUES

- **FLUENCY**
  - Read through with expression and joy
- **VOCABULARY**
  - Read same story over and over to increase vocabulary (Horst, Parsons, & Bryan, 2011; Elley, 1989)
  - Elaborate meanings of words (Justice, Meier, Walpole, 2005)
  - Teach meanings of words in most contextualized way (out of story IN real life) (Wask & Bond, 2001)
  - Teach vocabulary across the day (Kaderavek & Justice, 2002)
- **PHONEMIC AWARENESS**
  - Provide opportunities to join in (echo, choral, call and response, fill-in)
    - Fill-in rhymes or alliterations

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## MORE SHARED BOOK READING TECHNIQUES

- STORY COMPREHENSION
  - Read and review (ask Qs during and after)
  - Preview the story (teach vocab; plot)
  - Discuss personal reactions
  - Discuss relevance to own and child's life

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## EVEN MORE SHARED BOOK READING TECHNIQUES

- PHONICS/PRINT AWARENESS
  - ABCs
  - Words vs. pix
  - Writing name (Cabell et al., 2009)
- OTHER
  - Praise, feedback, rewarding experience
  - Teach parents techniques
  - Dialogic Reading (Zevenbergen & Whitehurst, 2003)

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## YOGA

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### WHAT IS YOGA?

- Yoga originated in India 5000 years ago
- Arrived in US probably in late 1800s but not widely known until the 1960s
- Way of life to promote health and well-being
- Practice includes asana (postures; vinyasas), pranayama (breathing), and dhyana (meditation)
- Not a religion (8 limbs = living guide)

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### YOGA STYLES

- VOTE!
  - Iyengar (props, alignment)
  - Ashtanga (ancient, sequence, link breath/movement)
  - Anusara (1997; heart opening, alignment)
  - Bikram (30 years old, HOT, single poses)
  - Vinyasa (flow)
  - Restorative/Yin (ahhhhhh)

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### YOGA FAST FACTS

- 6.9% (over 15 million) people in US practicing yoga (Yoga Journal, 2008); 8.7 % (20 million now)
- \$10 billion industry
- Fastest growing sport in US
- 1.5 million yoginis in US (CDC; Barnes & Nahin, 2008)
- Google “yoga and children” = 35 million hits (2012); 204 million (2015)

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## WHAT DOES YOGA MEAN?

- Yoga is Sanskrit for “union”
- Union of body, mind, spirit
- 3 Bs: Body, Brain, Being

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## YOGA FOR THE CHILD’S BODY

(ALIGNED WITH NYS PRE-K FOUNDATION FOR COMMON CORE)

- Gross motor development & fitness
  - Strength, stability, flexibility, balance
- Motor planning
- Fine motor development
  - mudras
- Body awareness in space
  - On the mat
- Body self-respect
- Body self-confidence
- Healthy habits
- Safety
  - Own expression of pose

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## YOGA FOR THE CHILD’S BODY

STRENGTH & STABILITY

FLEXIBILITY & BALANCE

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## Y YOGA FOR THE CHILD'S BODY

**MOTOR PLANNING**

**BODY AWARENESS**

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## YOGA FOR THE CHILD'S BRAIN

(ALIGNED WITH NYS PRE-K FOUNDATION FOR COMMON CORE)

- **READY TO LEARN**
  - STANDARD: Engaged, persistent, creative, curious
  - Focus and concentration for listening and learning
  - Memory (pose sequences)
- **COMMUNICATION, LANGUAGE, LITERACY**
  - Vocabulary: Names of poses
    - Science goal = names of animals and natural wonders
  - Literacy: SBY = story comprehension and storytelling, yoga ABCs
- **COGNITION AND KNOWLEDGE OF THE WORLD (ARTS)**
  - Make up own poses
  - Travel to distant lands
  - Pretend to be animals

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## YOGA FOR THE CHILD'S BRAIN

**COBRA**

**SOPHIA'S JUNGLE  
ADVENTURE**

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## YOGA FOR WELL-BEING

(ALIGNED WITH NYS PRE-K COMMON CORE SOCIAL AND EMOTIONAL STANDARDS)

- SOCIAL
  - Accountability
    - Following rules and routines
  - Relationships/Cooperation
    - partner and group poses
    - Namaste (“We are all special”)
- EMOTIONAL
  - Self-regulation (inhibition)
  - Self-concept & self-awareness
  - Adaptability

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## SCIENCE OF YOGA

- Decreases cortisol (stress hormone)
  - High levels = Inhibits memory retrieval
  - Long term exposure impairs learning
- Increases serotonin (hormone)
  - “the happy hormone”
- Increases GABA (neurotransmitter)
  - Well-being vs. anxiety
- Increases dopamine (neurotransmitter)
  - Working memory, sleep, motivation, mood, learning, behavior, attention
  - Higher dopamine = lower impulsivity

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## SCIENCE OF YOGA

- Decreases sympathetic “fight or flight” stress reactions; increases parasympathetic calm = emotional balance
- Amygdala vs. cortex function response; Increases activity in prefrontal cortex, parietal, temporal regions assoc with attention and impulsivity
- Meditation increases brain density (Lazar, 2005)

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## YOGA RESEARCH

- Systematic reviews
- See PUBMED
- Randomized controlled trials
- Current clinical trials
- <http://nccam.nih.gov/health/yoga/>
- International Journal of Yoga Therapy (peer-reviewed)

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## CHILDREN WITH ADHD: TWO RCTs

- Behavior therapy, in conjunction with medication, can improve attention skills (Kerns et al., 1999)
- Jensen & Kenny (2004)
  - 19 school-aged boys randomly assigned
  - 20 weekly one hour sessions
  - **Yoga better than motor games on parent report measure**
- Haffner, et al. (2006)
  - 19 school-aged children randomly assigned
  - 1 hr/session, 3X/ week for 8 weeks
  - **Yoga better than motor games on test of attention and parent report measure**

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## CHILDREN WITH AUTISM

- Decreased maladaptive behaviors (total score) reported by teachers (Koenig, Buckley-Reen, Garg, 2012)
  - 25 experimental; 24 control
  - Mean age 9 yrs
  - IQ = 62-72
  - Daily 15 minutes X 16 weeks
  - Aberrant Behavior Checklist-Community
  - **Small decrease in irritability**
  - **social-withdrawal, and hyperactivity/non-compliance approached significance**

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## YOGA AND EXECUTIVE FUNCTIONS IN PRESCHOOLERS

- Razza, Bergen-Cico, Raymond (2013)
  - Two classrooms; yoga embedded into one all year
  - **Sustained attention, delayed gratification, inhibition** assessed (tasks and Children's Behavior Questionnaire)
  - Pencil tap (I tap once, you tap twice)
  - Head, shoulders, knees & toes (do the opposite)
  - **All YOGA KIDS improved on all measures...but kids most at risk improved the most!**

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## YOGA RESEARCH FOR EVERYONE

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YOU DO NOT HAVE TO BE A CERTIFIED YOGA TEACHER  
TO TEACH YOGA TO KIDS

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## STORYBOOK YOGA

- Integrated language/literacy, movement, and music program to nurture the whole child
- <https://www.edact.com/downloads/yoga-music-downloads/storybook-yoga.html>

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## STORYBOOK YOGA BOOKS

**Yoga embedded**

**Do it yourself**

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## HOW TO CHOOSE A BOOK

- Yoga embedded
  - My daddy is a pretzel; Babar's yoga for elephants
- Animals, natural wonders
- See-saw books, list books, illustrated songs
  - Dear Zoo, It Looked Like Spilt Milk, Brown Bear, The Feel Good Book
- Universal themes such as peace
  - The Peace Book
  - The Feel Good Book
- Pose opportunities: one strength, one flexibility, one balance
  - DOG FOR STRENGTH
  - CAT FOR SPINAL FLEXIBILITY
  - TREE FOR BALANCE

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## DEAR ZOO: A DEMONSTRATION LESSON

- Take 5
- Introduce book
- Book song (butterfly, twists)
  - These are my glasses
  - It's time to read
- Read until come to a yoga opportunity; put book down, breathe, and do pose or vinyasa; finish with slow breathing again

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## DEAR ZOO

- So, they sent me a lion.  
He was too fierce. I sent him back.
  - LION BREATH
  - CHILD'S RESTING, CLOSE EYES, BREATHE
- So they sent me a camel. He was too grumpy. I sent him back.

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## DEAR ZOO

- I wrote to the zoo to ask for a pet. They sent me an elephant. He was too big. I sent him back.
- So, they sent me a giraffe. He was too tall. I sent him back.
  - BALANCE TIP TOES (ADD SIDE BENDS)
  - CLOSE EYES & BREATHE

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## DEAR ZOO

- So, they sent me a snake. He was too scary. I sent him back.
  - FLEXIBILITY
  - CHILD’S RESTING, CLOSE EYES, BREATHE
- So, they sent me a monkey. He was too naughty. I sent him back.

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## DEAR ZOO

- So, they sent me a frog. He was too jumpy. I sent him back.
- So, they thought very hard and sent me a puppy. He was perfect. I kept him.
  - STRENGTH
  - WHO LET THE DOGS OUT!
  - CHILD’S RESTING, CLOSE EYES, BREATHE

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## A STORYBOOK YOGA LESSON

- THE END
- Bell or chime to transition
- Lie down to rest with soft music
  - Guided relaxation (pretend travels)
  - Rainstick
  - Eye pillow
  - Songs about relaxing or “Don’t worry, be happy”
- Conclude with unison chanting of “Om” (“We are one”) and “Namaste” (“We are all special”)

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## ADAPTATIONS FOR KIDS

- Don't expect poses to look like adult forms
- Safe & fun (use yoga mats to delineate personal space)
- Use props, the wall, your assists
- Create environment with music, lighting, uncluttered
- Bells to transition
- Return to child's resting pose or breathing after each pose/pose sequence or more
- Forward bends are calming; backbends/heart opening poses are energizing
- Challenging poses (count to 10) and games (freeze yoga)
- Partner and group poses
- Back/foot/hand rubs in child resting pose
- Eye pillows

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## PARENT ARTICLES

- Tips for doing yoga with children with disabilities
- <http://www.pbs.org/parents/education/learning-disabilities/strategies-for-learning-disabilities/tips-for-doing-yoga-with-children-with-disabilities/>
- Why kids and yoga go together
- <http://www.pbs.org/parents/food-and-fitness/sport-and-fitness/why-yoga-and-kids-go-together/>
- Practice yoga with your child
- <http://www.pbs.org/parents/food-and-fitness/sport-and-fitness/practice-yoga-with-your-child/>

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## NAMASTE!

- <https://sites.google.com/site/drsuzylederer/>
- [LEDERER@ADELPHI.EDU](mailto:LEDERER@ADELPHI.EDU)

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