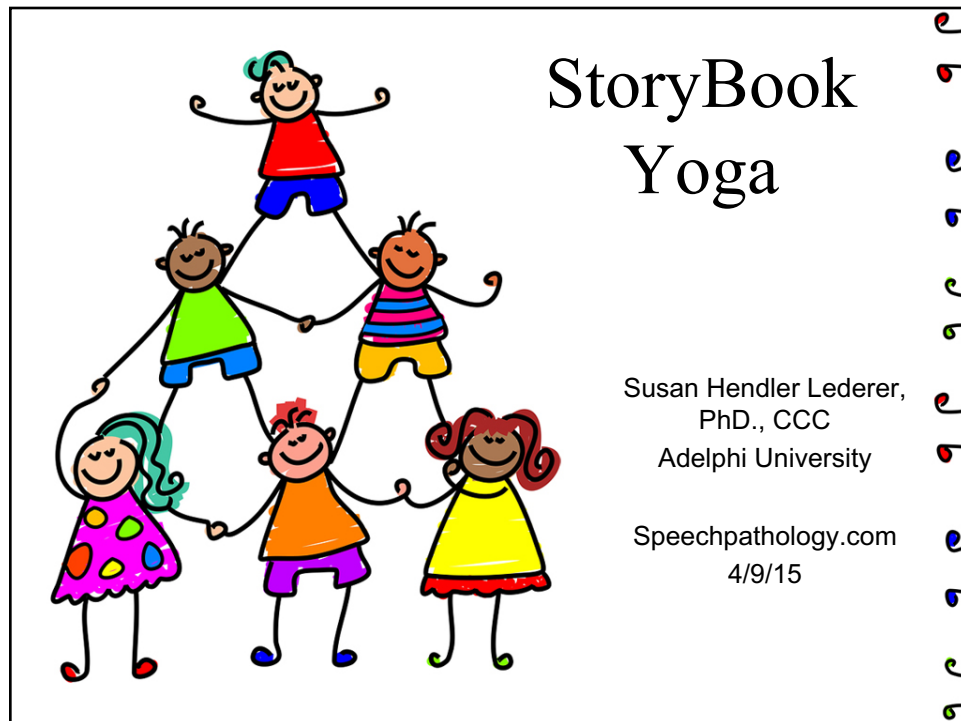



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Learning Objectives

- 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.



AGENDA

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



SHARED BOOK READING





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



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**



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) (Wasik & 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



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





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)



YOGA





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)



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)





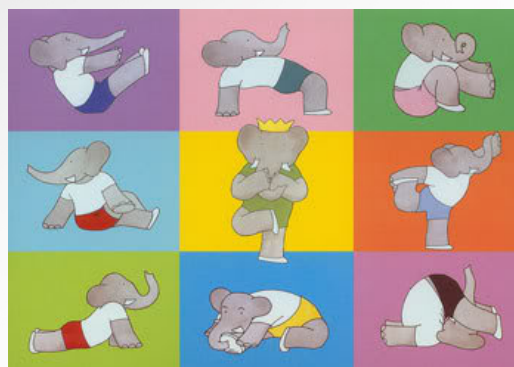
YOGA FAST FACTS


- 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)



WHAT DOES YOGA MEAN?

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





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



YOGA FOR THE CHILD'S BODY

STRENGTH & STABILITY




FLEXIBILITY & BALANCE






YOGA FOR THE CHILD'S BODY

MOTOR PLANNING




Salute
The
Sun

BODY AWARENESS



Downloaded from
Dynamilis.com



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




YOGA FOR THE CHILD'S BRAIN

COBRA



SOPHIA'S JUNGLE ADVENTURE






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





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



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)





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)



"WHY DON'T YOU PICK ON SOMEONE YOUR OWN SIZE, YOU BIG BULLY?"



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**



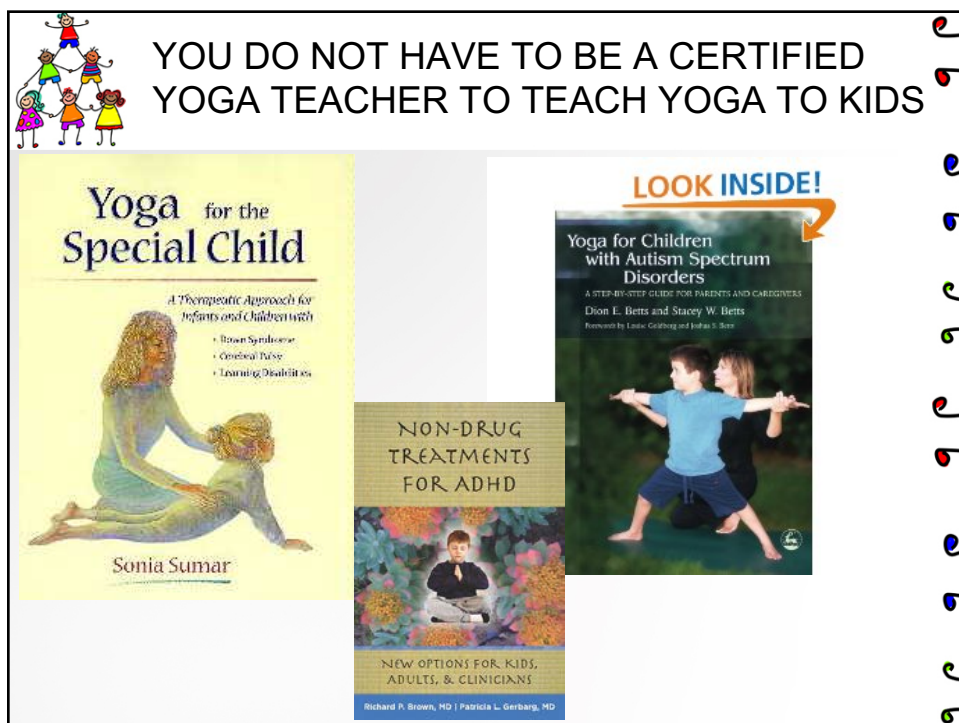
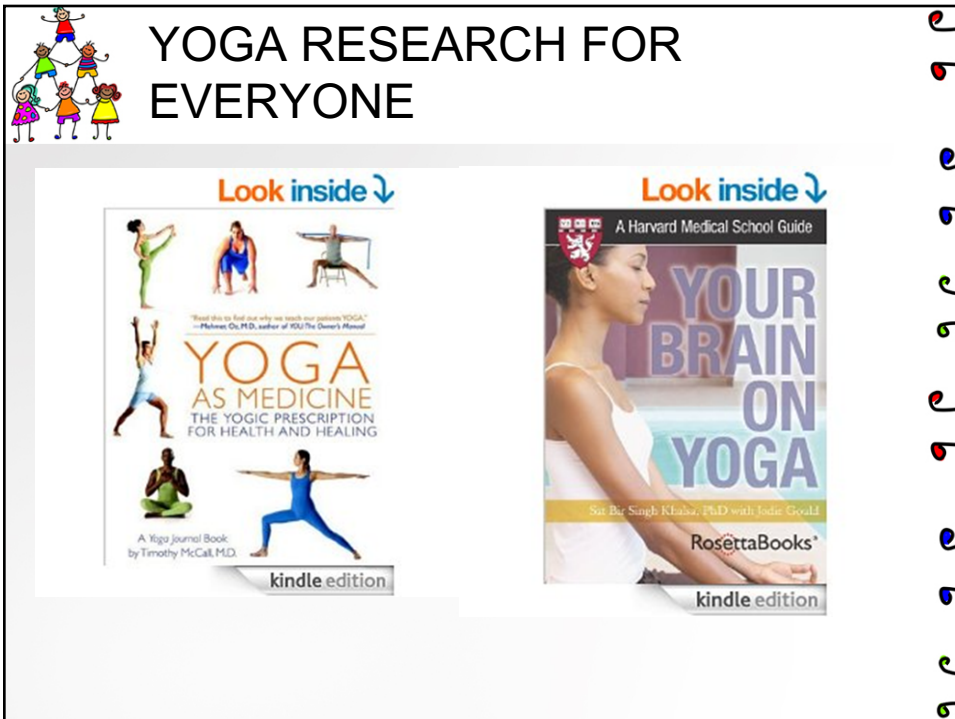
CHILDREN WITH AUTISM

- 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**



YOGA AND EXECUTIVE FUNCTIONS IN PRESCHOOLERS

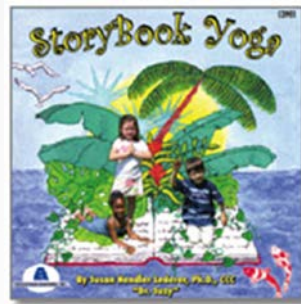
- Razza, Bergen-Cico, Raymond (2013)
 - Two classrooms; yoga embedded into one all year
 - **Sustained attention, delayed gratification, inhibition** assessed (tasks and Children's Behavior Questionnaire)
 - Pencil tap (I tap once, you tap twice)
 - Head, shoulders, knees & toes (do the opposite)
 -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





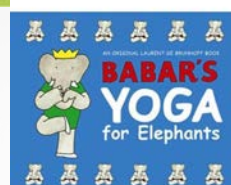
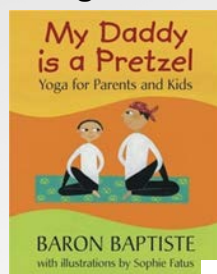
STORYBOOK YOGA

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



STORYBOOK YOGA BOOKS

Yoga embedded



Do it yourself





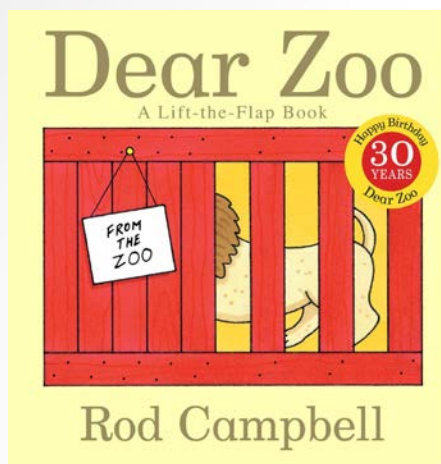
HOW TO CHOOSE A BOOK

- 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



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





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.



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





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.



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





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”)



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



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/>



NAMASTE!

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