

Designing a Yoga Intervention for All Bodies

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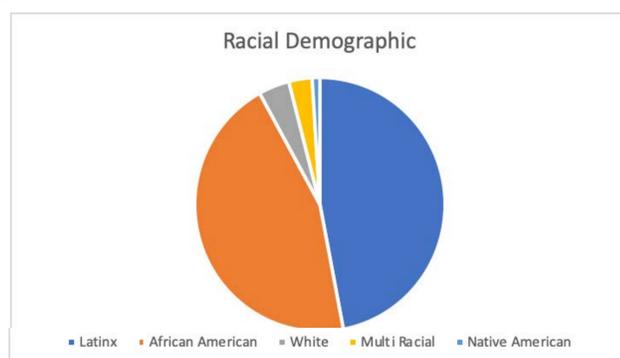
A little background...

Recently, yoga and mindfulness have become integrated into educational settings. Research suggests that these practices may help students develop self-regulation strategies, which may then foster positive student outcomes, including improved academic performance, classroom behavior, mental state, and overall health. This year's project focused on yoga for elementary



Sample Characteristics

R.N. Harris is a Title I school in the Durham Public School system. In the 2018-19 academic year, 99% of Harris' student population was eligible for free and reduced lunch.



Treatment group included one kindergarten, two 1st grade, and one 5th grade classroom. Control group included one Kindergarten, one 1st grade, and one 5th grade classroom.

What methods did we use?

To prepare for this pilot program, 4 classroom teachers and the Dance Specialist completed the 40-hour Y.O.G.A. for Youth teacher training in August, 2019. This research builds on previous years of study with middle school aged children.



11- WEEK PROTOCOL:

- 1 yoga class per week delivered by a professional Y.O.G.A. for Youth teacher.
- 5-minute yoga moments delivered daily by the classroom teachers.

Quantitative Data Collected:

- End Of Grade (EOG) test scores for all yoga and control students.
- Pre- and post- student surveys: self-assessment questionnaire (kindergarten and 1st grade), Emotion Regulation Questionnaire for Children and Adolescents (5th grade).

Qualitative Data Collected:

- Pre- and post- survey questions with four classroom teachers who delivered 5-minute yoga moments.
- Post- survey interviews with Y.O.G.A. for Youth teachers.

Next Steps

- COVID-19 interrupted our study after week 7. We are working to collect post- data remotely.
- Publish a case study about implementing a pilot yoga program in an elementary school.
- Continue working with RN Harris in 2020-2021 to complete an entire year of expanded yoga programming.

Embodied Learning Summit

Every year the team works on convening a conference that brings diverse communities together, including teacher, activists, academics. These conversations further interest in yoga research. This year's *Embodied Learning Summit*, "Empowering All Bodies" explored how yoga can be used to promote body positivity without categories of inclusion and exclusion.



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