Yoga and Mindfulness for Kids: A Whole-Child Approach Supporting Childhood Mental Health

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After this session, I hope you will be able to:

1. Define how movement, observation and rest are integral to wellness
2. Describe two ways yoga and mindfulness can be used in clinical or educational settings
3. Practice skills to develop a personal practice which will be necessary for introducing mindfulness and yoga to others

The Times We Live In...

Some challenges that cause our children stress:

- Reliance on technology
- Social isolation
- Mental illness ranging from rare to common
- School violence
- Cyber-bullying
- Etc, etc, etc...
A Way to Help

Mindful Awareness Practices

- Physical Health
- Concentration and Memory
- Respect for Others
- Self-Confidence
- Feeling of Wellbeing
- Emotional Balance
- Physical Fitness
- Self Regulation

Mind Full, or Mindful?
Noticing your Breath

- First notice your body
- Use your nose
- Try a few natural breaths
- Use your belly
- Notice the qualities of your breath: speed, texture, direction
- Continue to move the air easily

Yoga at Falk School

In the classroom
One-on-one
As a stand alone class

Yoga and Mindfulness for Children with Special Considerations

<table>
<thead>
<tr>
<th>Attention issues</th>
<th>Autism Spectrum</th>
</tr>
</thead>
<tbody>
<tr>
<td>Social anxiety</td>
<td>Physical disabilities</td>
</tr>
<tr>
<td>Behavioral issues</td>
<td>Separation Anxiety</td>
</tr>
<tr>
<td>Learning challenges</td>
<td>Depression</td>
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</tbody>
</table>
Let’s Practice

Let’s Plan

Questions?
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Please pick up a resource page on your way out!