



# Stephensens Elementary



September 3, 2019

We are practicing yoga at Stephensens Elementary this year!!

Mrs. Young is a yoga instructor certified through Yoga Foster to teach Kids Yoga in the classroom. Yoga Foster provides training and curriculum for teachers to bring movement and mindfulness into the classroom. These easy yoga poses and breathing techniques help kids feel more focused, calm, and prepared to learn. They do NOT use any spiritual or religious content in their resources.

### When it will take place

Kids yoga will take place Tuesdays and Thursdays from 7:30 am - 8:00 am every week (beginning September 10th) and the students will meet Mrs. Young in the STEM Room. If we have a large turnout Mrs. Young will break up the group to meet on a specific morning to make two smaller groups.

### How this helps kids learn

This group aims to increase collaboration between students, and get kids even more excited to learn and grow. Yoga helps build confidence in the children, and helps them have better clarity on how they feel. It also provides a chance for physical activity to kick start their day.

We will be providing all the supplies that the students will need to complete kids yoga!

Please discuss this opportunity with your student and let us know if he/she would like to participate by signing the permission slip below and returning it to your teacher. Remember, Yoga will start September 10th.

Thank You,

Mr. McCluskey & Mrs. Young

### Yoga Foster Permission Slip

Yes, my child \_\_\_\_\_ would like to take part in the Stephensens Elementary Kids Yoga Program.

Student Signature \_\_\_\_\_

Parent Signature \_\_\_\_\_

Preferred day if class is split:

Tuesday

Thursday