

Yoga and Mindfulness

IN-SERVICE MENU

In-Service Menu

During the course of the year, we encourage you to offer the following three professional development opportunities for your staff. We recommend doing the first prior to or towards the beginning of implementing Yoga and Mindfulness Programming. The second and third can be divided throughout the course of programming. For example, if you are following a September - May school year calendar, you may wish to provide the second in-service in November or December and the third in February or March. Please see the descriptions of the three professional development opportunities below for additional details.

Navigating Online Tools Staff Onboarding:

This hour-long session will highlight the Yoga and Mindfulness Program that will be implemented across your facility. The program created by Challenge to Change encompasses yoga, mindfulness, breath techniques, and social-emotional learning, specifically in the areas of self-awareness and emotional regulation. In this session, you will hear more from the Challenge to Change staff, learn what programming will look like, and walk through the online resource center that all staff will have access to throughout the school year. Please bring your laptop, as we will spend time ensuring you can successfully connect to our Yoga and Mindfulness Portal.



Staff Self-Care In-Service:

This hour-long session provides an opportunity for participants to learn different techniques to help with their emotional and mental well-being. Throughout this session, educators will have the opportunity to rejuvenate themselves both physically and mentally, while learning about the importance of self-care. Participants will be led through multiple techniques and discussions that will help their social and emotional health, leaving them relaxed and inspired. A small amount of yoga may be included, so please dress comfortably.

Yoga and Mindfulness Tools to Set Your Students up for Success:

This hour-long session will highlight tools taught through the Yoga and Mindfulness Program and how they can be utilized in the educational setting. From breath practices to mindfulness tools, posters to worksheets, you will have the opportunity to practice tools that can be used immediately within the educational setting to help students self-regulate. Many of the techniques shared within this in-service may serve as MTSS prevention, intervention and social-emotional techniques.

Live In-Services:

- \$125 per 1 hour
- Travel expenses may apply for locations outside of Dubuque, Iowa including mileage calculated at .58 cents per mile and/or hotel accommodations
- Please note that included in the Live Program are the three live in-services and the Online Program includes three in-service videos.