

Happy December!

I hope this email finds you and your school well, regardless of what teaching format you may be utilizing. I encourage you to pass this email along to staff members so they can receive the full benefit of the Yoga in the Schools program.

November Content

Please check for our new December content on the Peace Out Portal. You will see lesson 4 extension activities, a new activity calendar, additional video and printable resources, and a teacher self-care journal (highlighted below).

POP Tips

This month, I would like to highlight the breath practices section. This section is divided by the type of breath, but how do we determine which category each falls into?

- Relaxation Breaths: The most relaxing way to breath is in and out through the nose (if physically possible). This begins to activate the parasympathetic nervous system, reducing the impacts of stress.
 - Utilize these breaths when you notice your students beginning to get stressed or anxious.
- Concentration Breaths: These breaths are also in and out through the nose, but there is a visual or imagined focal point. Concentrating on this focal point allows for students to refocus their attention.
 - These breaths may be helpful before a test or teaching new content.
- Energizing Breaths: Energizing breaths involve breathing in through the nose and out through the mouth. This awakens the nervous system and senses.
 - These breaths may be utilized when students need to rid themselves of excess energy or when you need to energize your class.
- Multiple Energetic Categories: These breaths fall under two or more of the previously mentioned categories. The description of each breath will tell what it helps with.
 - These are great to use when you have different students who need to experience different types of breaths at once.

YouTube Lessons

I know that December is going to look quite a bit different than normal school years, so I am sending everyone our YouTube links for the lessons, regardless of whether you have requested these links or not. It is my hope that you will be able to utilize these lessons at some point this month, regardless of the format. We do ask that you only share these links with students and parents, not the general public if possible.

Please share the link with any staff members who may need access and reach out if you have any questions.

Be Here Now Webinar Series (1 Relicensure or Graduate Credit!)

Challenge to Change will be partnering with AEA Online to bring teachers a webinar series to start 2021 on a positive note. The best part? This can be taken for 1 relicensure or graduate credit! [Sign up here for more info](#)

Be Here Now: Mindfulness Practices for Teachers & Students, highlights the impact of self-care for both teachers and students through mindfulness techniques. Throughout this webinar series, teachers will participate in mindfulness practices, explore how mindfulness can be implemented into the classroom setting with a community of teachers, and experience how their own self-care impacts others in their lives.

Each class will introduce four new mindfulness practices and provide guidance about how to utilize these tools within the classroom. Teachers will then be given support in the implementation of mindfulness within their own classrooms. Lastly, when teachers prioritize their own self-care, they can bring the best versions of themselves to the classroom. Because of this, teacher self-care will be highlighted throughout this course.

We understand that a teacher's schedule can get a bit crazy and that you won't always be able to be there, so attendance will only be required for 15 of the 20 classes! Sign up [here](#) to invest in your self-care for 2021!

21 Days to Live More Mindfully Journal

The holiday season can be stressful under ordinary circumstances, but add in a pandemic, navigating virtual learning and social distancing from loved ones, and we've got a solid recipe for anxiety and worry.

To help support our teachers with balance and self-care through the holidays, we've made our 21 Day Journal available for FREE! Journaling can have an awesome impact on our emotional health, but we've also added in some additional daily prompts to spark goal setting, gratitude, positive thinking, acts of kindness and healthy habits!

They say if you want to create healthy habits, commit to 21 days!

What better time to start than NOW. This journal is available in the Teacher Self-Care section of the POP!

Please let me know what you would like to see on the Peace Out Portal and in our next newsletter and have a wonderful month!

Amy