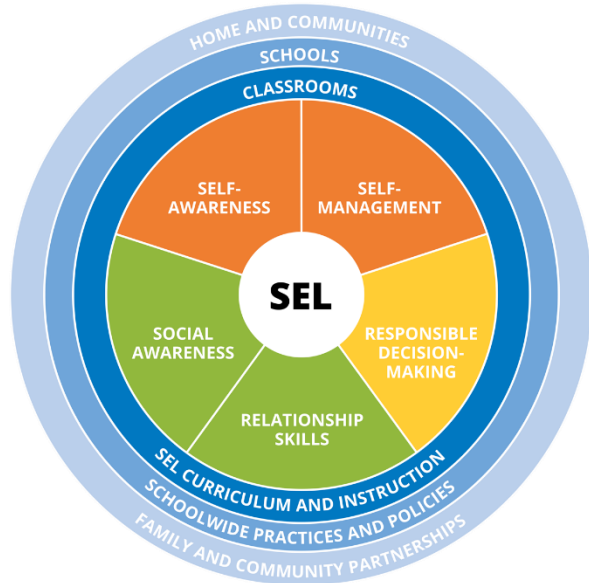


# Yoga Calm Supports Social/Emotional Learning

## CASEL

The Collaborative for Academic, Social, and Emotional Learning is an organization advancing the practice of promoting integrated academic, social, and emotional learning for all children in preschool through high school.

Social and emotional learning (SEL) enhances students' capacity to integrate skills, attitudes, and behaviors to deal effectively and ethically with daily tasks and challenges. Like many similar frameworks, CASEL's integrated framework promotes intrapersonal, interpersonal, and cognitive development through their five core SEL competencies (see diagram).



## Yoga Calm Supports CASEL Core Competencies

Like CASEL, Yoga Calm features an integrated approach that promotes intrapersonal, interpersonal, and cognitive competence, yet adds a fourth, complementary, physical health component. Yoga Calm's experiential learning activities engage students physically in learning, not only supporting SEL competencies, but also developing lifelong health and wellness habits.

Supported by decades of research into physical fitness and sports education, the over 40 physical poses and movement sequences of Yoga Calm develop a physical sense of self, tangible self-confidence and self-efficacy that supports all other domains, as well as trauma recovery.

Integral to the Yoga Calm approach is student leadership of activities, community/teamwork building processes and class compliments/feedback on each other's measurable improvements. The combination of mindful movement activities with positive, supportive feedback in a safe community context helps students to recognize their strengths and builds self-esteem and intrinsic motivation.

Though all activities in Yoga Calm's Integrated Approach to Wellness curriculum are conducted in a SEL context, there are over 25 specific activities that uniquely support CASEL competencies, as outlined below (please refer to *Yoga Calm for Children* for detailed information on each activity).

## Self-Awareness

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."

- Identifying emotions
- Accurate self-perception
- Recognizing strengths
- Self-confidence
- Self-efficacy

Yoga Calm activities that support self-awareness competencies include:

- Physical Yoga Poses
- Belly/Hoberman Breathing
- Pulse Count
- Calm Voice
- [Strong Voice](#)
- Exploring Feelings
- [Happiness Recipe](#)

### **Self-Management**

The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

- Impulse control
- Stress management
- Self-discipline
- Self-motivation
- Goal-setting
- Organizational skills

Yoga Calm activities that support self-management competencies include:

- Physical Yoga Poses
- [Belly/Hoberman Breathing](#)
- Pulse Count
- Calm Voice
- Strong Voice
- [Changing Channels](#)
- One-Minute Exploration
- Progressive Relaxation
- Roots

### **Social Awareness**

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

- Perspective-taking
- Empathy
- Appreciating diversity
- Respect for others

Yoga Calm activities that support social awareness include:

- [Volcano Breath/Heart Thoughts](#)
- Communication Game
- Conflicting Feelings
- Mindful Snack
- [Community Circle](#)
- Compliment Circle
- Happiness Recipe
- [Tree Circle](#)
- Personal Space
- Yes/No Game

### **Relationship Skills**

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

- Communication
- Social engagement
- Relationship-building
- Teamwork

Yoga Calm activities that support relationship skills include:

- Trust Walk
- [Communication Game](#)
- Tree Circle
- [Mindful Snack](#)
- Community Circle
- Compliment Circle
- Harassment Prevention
- Past, Present, Future

### **Responsible Decision-making**

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

- Identifying problems
- Analyzing situations
- Solving problems
- Evaluating
- Reflecting
- Ethical responsibility

Yoga Calm activities that support responsible decision-making include:

- Student Leadership of activities, noting what class needs (e.g., how many breaths to take, how long to hold poses, what poses are needed now)
- [Conflicting Feelings](#)
- Communication Game
- Tree Circle
- Tree Challenge
- Guided Relaxations
- [Trust Walk](#)
- Partner Pull
- Block Creek