



TRANSFORMATION YOGA PROJECT

2018-2019 School Year Program Report

Bywood Elementary is a neighborhood school located in Upper Darby, near the 69th Street shopping district. **The school motto, "A World of Understanding," exemplifies this special and unique elementary school.** Bywood serves a population of approximately 670 students and is noted for its diversity.

Over 320 students
completed a 6 week yoga
and mindfulness
curriculum

Yoga and Mindfulness at Bywood Elementary

Every child and young person deserves equitable access to tools that support physical, mental, and emotional health and wellbeing.

In this 6 session program we aimed not just to teach mind-body practices like yoga and mindfulness, but also to provide experiential development of core competencies of Social and Emotional Learning like self-awareness, self-management, social awareness, communication, and social engagement, and to encourage collaborative learning to promote connection and community.

Through a strengths-based and resilience-oriented approach, we provided a space for students to learn skills that support their holistic wellbeing and their continued growth toward their highest potential.

Research shows the tools we share
are proven to increase:

Resilience

Focus and concentration

Self-awareness

Mental and emotional wellbeing

Self-esteem

Purpose, hope and compassion

Restful sleep, relaxation and energy

Sense of community

Teachers school-wide
gained access to info and
tips to use in their
classrooms

Visit our website to learn more

www.transformationyogaproject.org

SUMMARY OF IMPACT

Student Voices

Program evaluations were administered after the completion of the program to determine students' perception of the program and to measure their self-reported levels of self-awareness, self-regulation, self-esteem, and resilience.

Our analysis of the program evaluations indicated positive results that could be attributed to practicing yoga and mindfulness, as published research studies have verified similar results.

- **71% of students responded that they "view kindness as a strength," an indication of compassion.**

Research demonstrates that yoga and mindfulness practice can increase compassion toward oneself and others. During sessions students were encouraged to consider ways to treat themselves and others with kindness.

- **74% of students responded positively to the statement "When I feel challenged, I try again," which indicates a characteristic of resilience, or the ability to overcome challenges.**

Yoga has been shown in research to increase resilience, which is a characteristic inherent in all of us that can be increased by practicing supportive techniques that elevate personal strengths. During sessions students were encouraged to reflect on and affirm their own inner strengths.

- **2/3 of students responded positively to the statement "I notice my words and actions matter," which indicates self and social awareness, purpose, and self-esteem.**

Resilience and Social and Emotional Learning are relational skills that develop through our interactions with others. During sessions students were encouraged to consider themselves as active members of their community, able to shape their communities in positive ways through their words and actions.

- **89% of students noticed changes following the 6 session program. The most commonly selected changes that they felt after they practiced yoga and mindfulness were:**

- *Approximately 2/3 (or 60%) felt they were "more calm"*
- *Over half (52%) felt they were in a "better mood"*
- *Half responded they felt less stress*

Overall, the students surveyed seemed to enjoy and value the program.

When asked **"What does yoga mean to you,"** many students described yoga as calming:

"a place to calm down, dude"

"yoga is calming to me and quiet"

"it means that I can calm myself"

"to me I think yoga is something that helps you calm down better and it helps you breathe better"

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When asked **"What does mindfulness mean to you,"** many students described being thoughtful about how they treat themselves and others:

"to be kind to me and others"

"think about other people and my actions"

"that I feel good, cool, awesome, safe and respectful"

