

SCHOOL TIPS & TRICKS

Let's unite yoga and mindfulness to unlock each student's potential. Here are some teacher-approved tips to get the most out of ZENworks Yoga.

Classroom Integration



- **Preventative Usage:** Scaffold students' minds and bodies through preventative daily practice. Schedule ZENworks Yoga after morning meeting, before transition times, or during the mid-afternoon slump.
- **Reactive Tools:** Switch gears as needed through reactive yoga and mindfulness sessions. Re-energize students, de-stress during challenging topics, or provide a much-needed brain break.
- **Commit:** ZENworks Yoga videos are 5 minutes or less. Commit to at least one video daily, so that these lifelong skills become healthy habits.

Create Community



- **Individuality Triumphs:** Poses look different on everyone. Remind students to focus on individual challenges and progress.
- **You're Part of ZENworks Yoga:** Your students are watching. Participate during the videos not only to model them for your students, but to reap your own benefits!
- **Share the Breath:** Share ZENworks Yoga with families and encourage them to use their family access at home. More breath = more tools to succeed in and out of the classroom.

Student Engagement



- **Watch. Try. Repeat!:** Watch the video together. Then, try the video as a class. Repeat the video throughout the week to ensure mastery.
- **Play Favorites:** You'll find specific videos that just seem to work for your students. Favorite them--they'll be saved in your Teacher Dashboard for easy access.
- **Be Leaders:** Encourage students to lead an ZENworks Yoga session for their peers. The more students practice ZENworks Yoga together, the more likely it will carry over into each student's everyday life.