

# STRETCH YOUR STORYTIME

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Youth Librarian

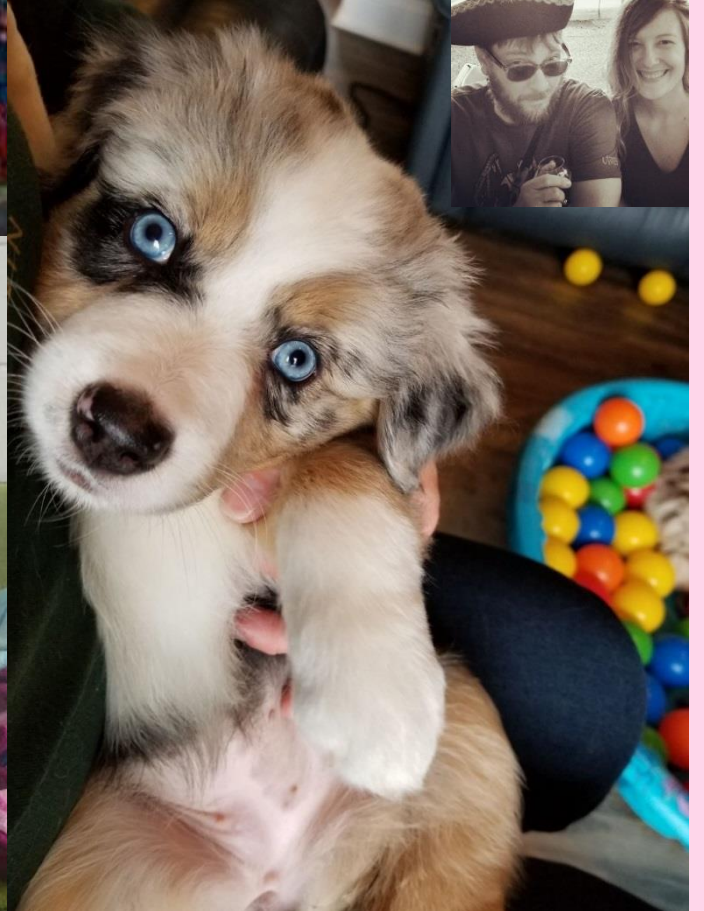
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# AGENDA:

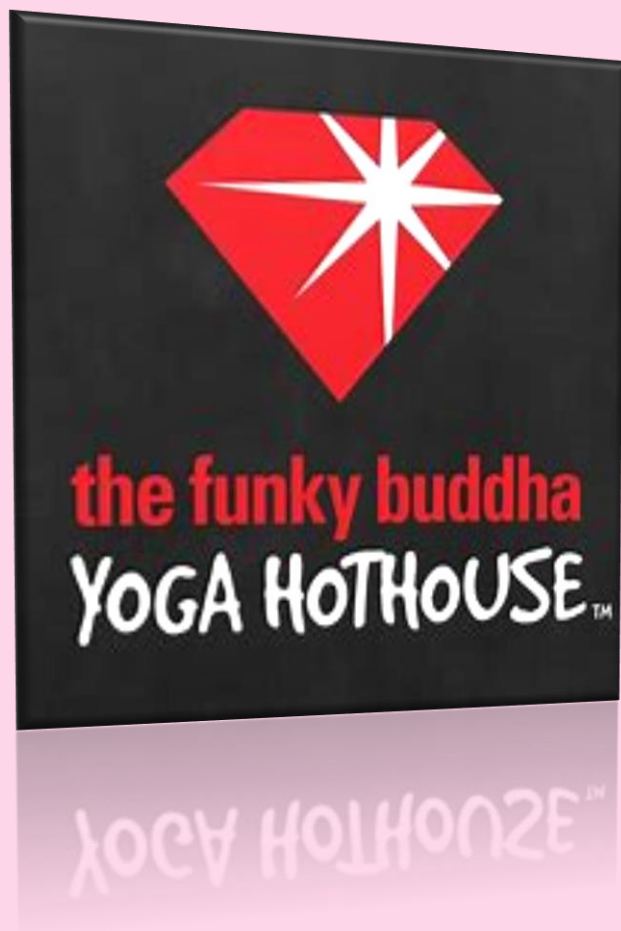
- Get to know your presenter
- Understanding your brain and mindfulness
- Connecting yoga to early literacy
- Building a Yoga Storytime
- Q&A

# YOUR PRESENTER



# COMMUNITY





# WHAT IS MINDFULNESS?



“Mindfulness is the act of being intensely aware of what you’re sensing and feeling at every moment – without interpretation or judgment.” – Mayo Clinic

“Mindfulness in its most general sense is about waking up from a life on automatic, and being sensitive to novelty in our everyday experiences. With mindful awareness the flow of energy and information that is our mind enters our conscious attention and we can both appreciate its contents and come to regulate its flow in a new way. – Dr. Dan Siegel

“Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment.” – Greater Good Science Center at the University of California at Berkeley

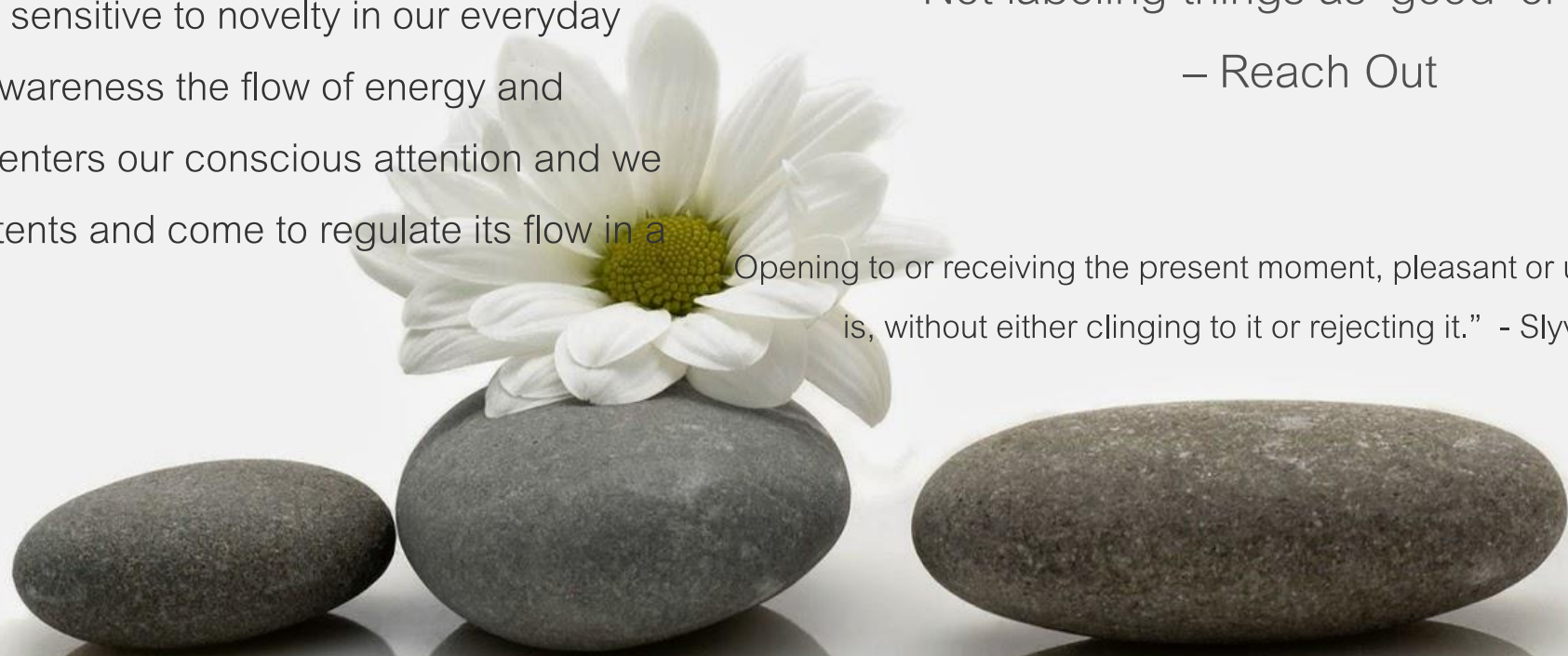
“Mindfulness shows us what is happening in our bodies, our emotions, our minds, and in the world. Through mindfulness, we avoid harming ourselves and others.” - Thich Nhat Hanh

Not labeling things as ‘good’ or ‘bad’.

– Reach Out

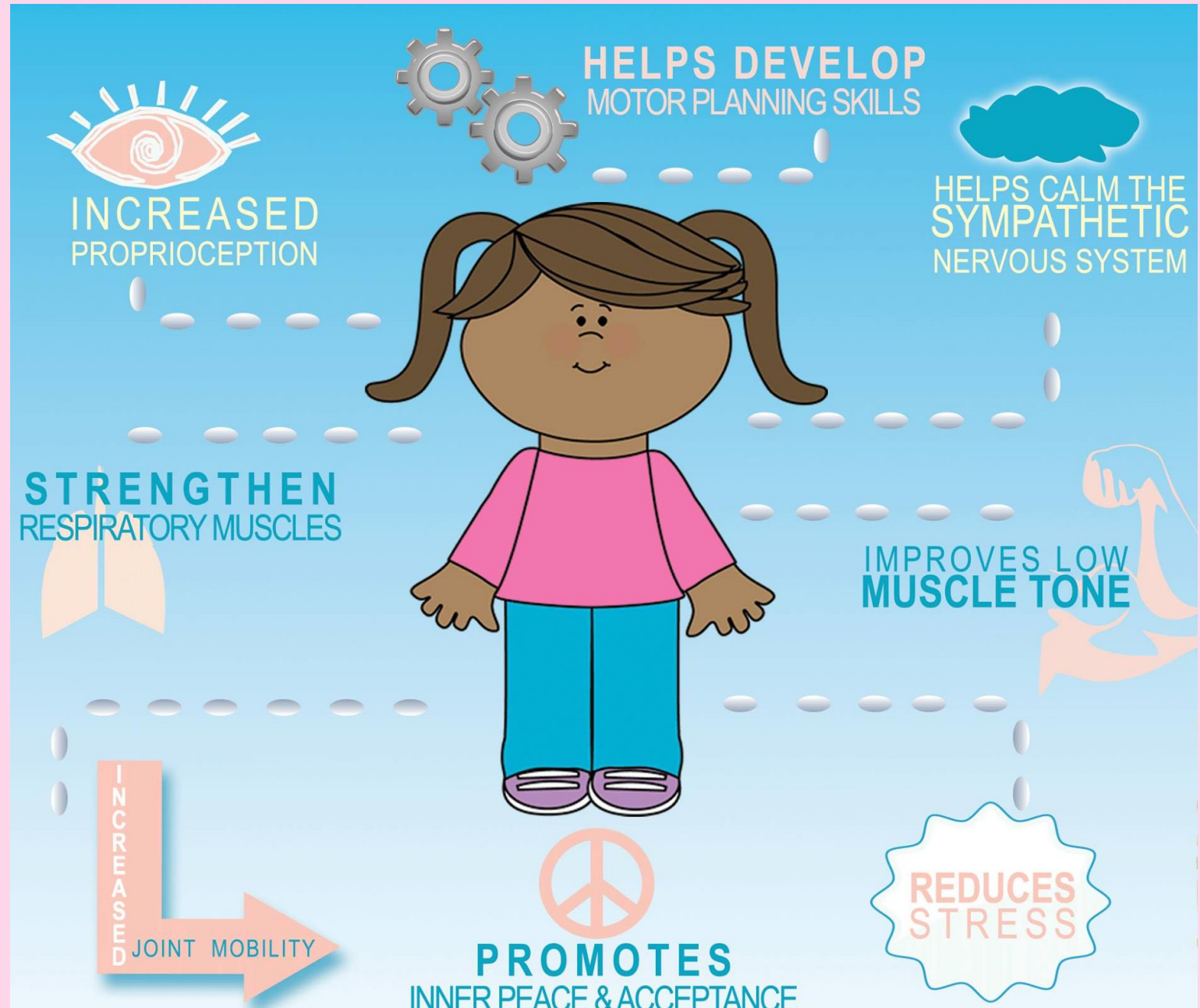
Opening to or receiving the present moment, pleasant or unpleasant, just as it is, without either clinging to it or rejecting it.” - Sylvia Boorstein

...mindfulness is the practice of paying attention in a way that creates space for insight.” Sharon Salzberg



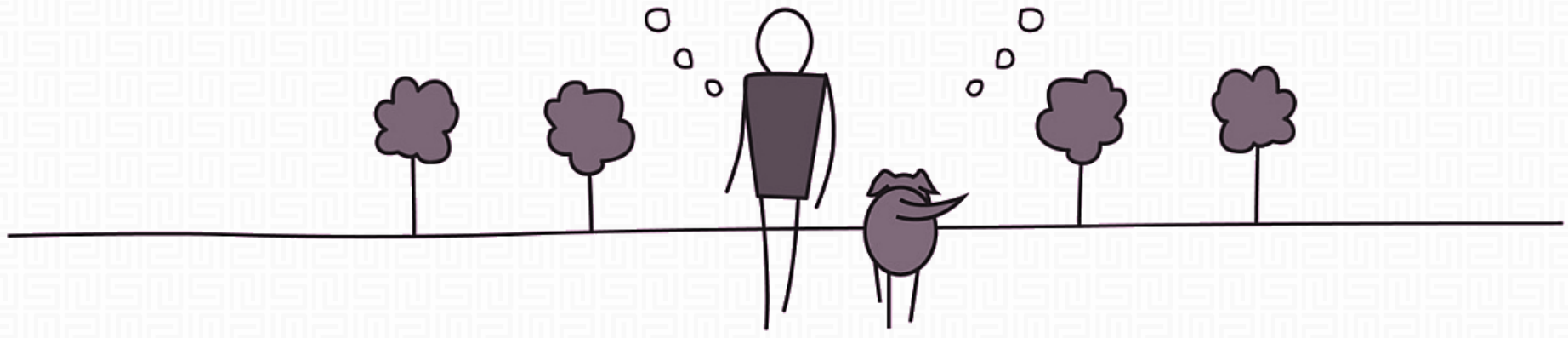
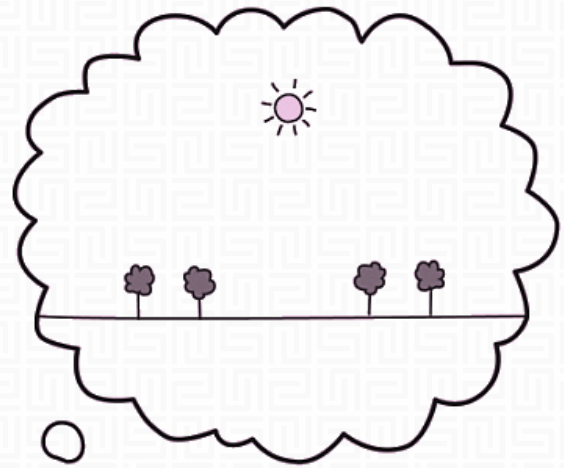
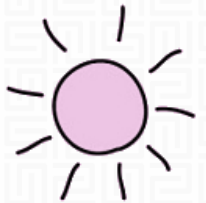
## COMMON BENEFITS

- ◇ Body awareness & acceptance
- ◇ Stress management
- ◇ Increased concentration
- ◇ Increased confidence
- ◇ Exercise
- ◇ Provides an alternate way to handle challenges





MIND FULL  
OR  
MINDFUL?





MINDFULNESS AND YOUR BRAIN



**MAMMALIAN  
BRAIN**



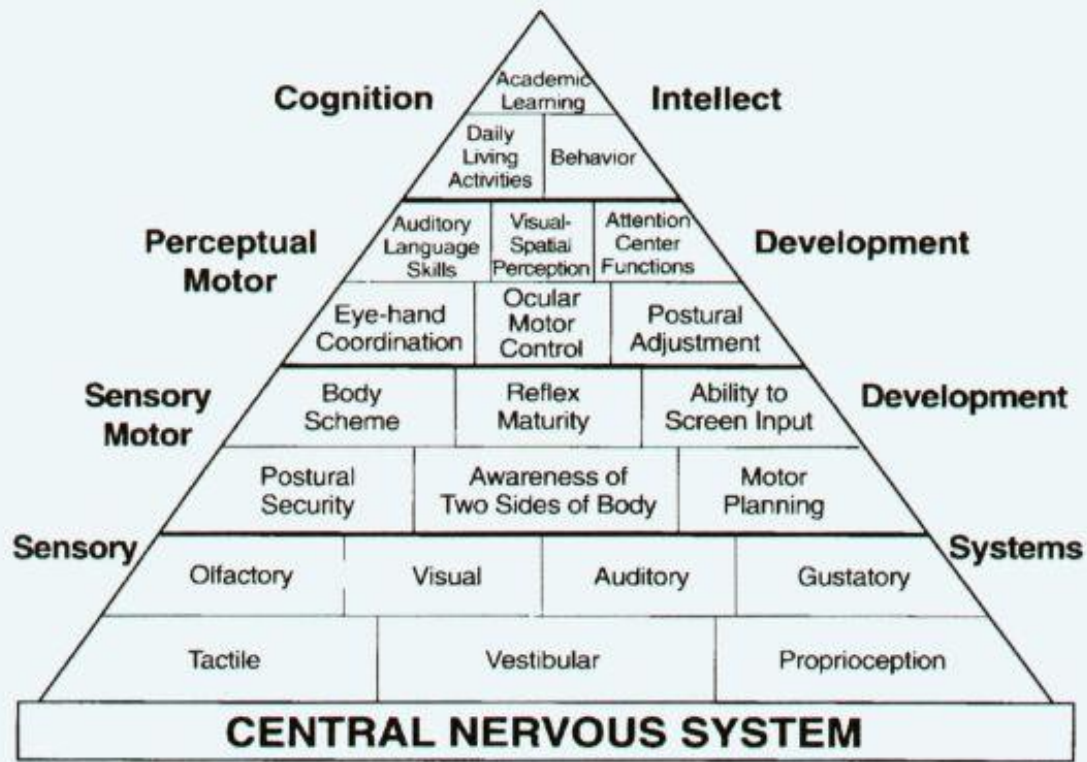
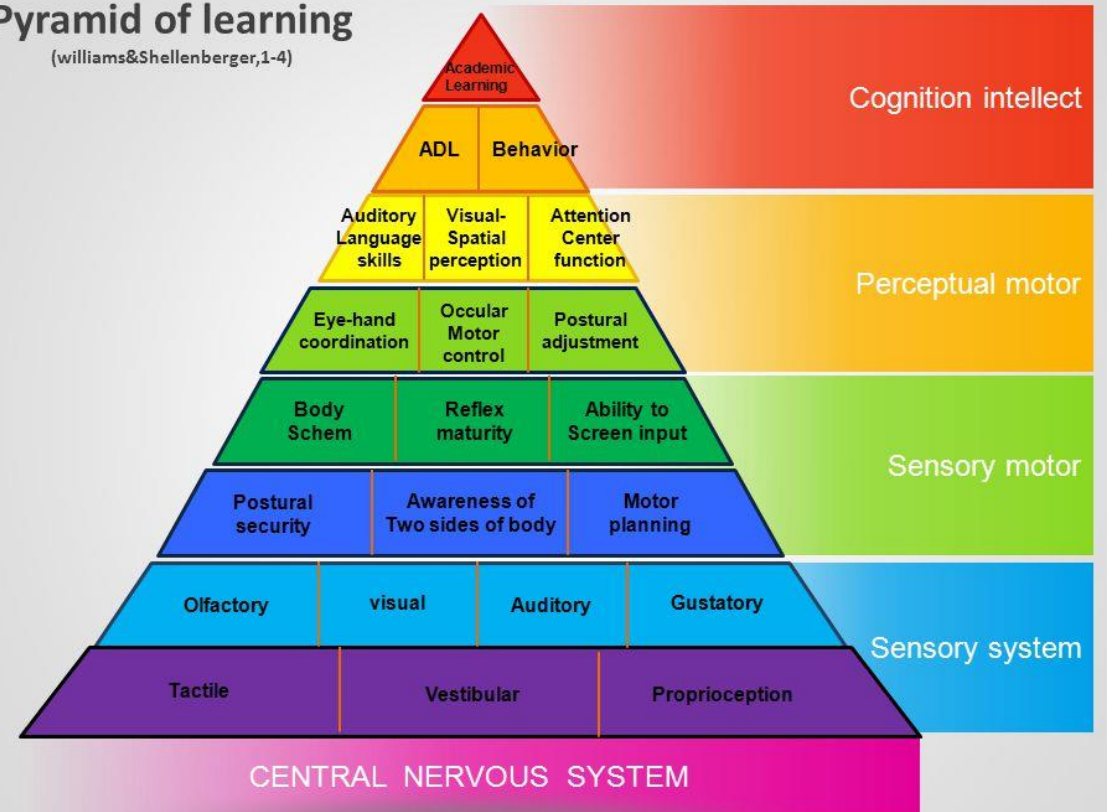


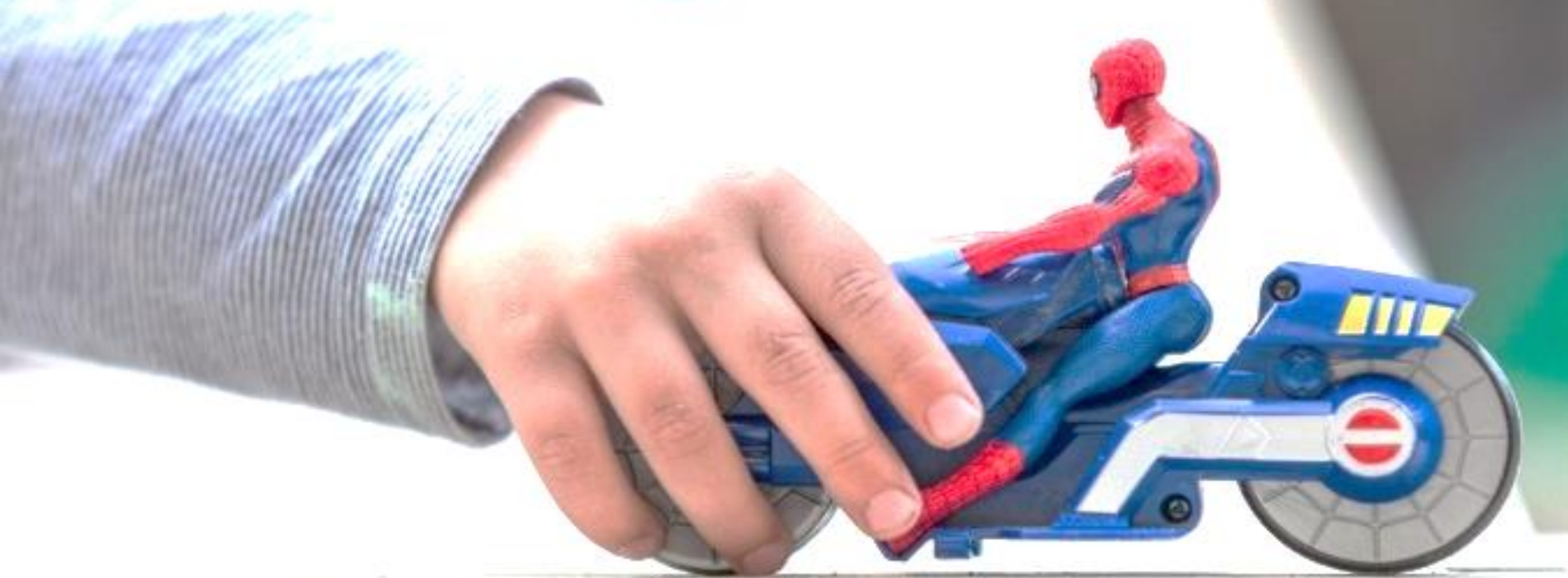
Figure 5. Pyramid of Learning. (Williams & Shellenberger, 1-4)

## Pyramid of learning

(williams&Shellenberger,1-4)



# YOGA & EARLY LITERACY



# Every **CHILD** Ready to **READ**<sup>®</sup> @ your library<sup>®</sup>

## 5 EARLY LITERACY PRACTICES

### Talk Together

Children learn about language by listening and joining the conversation. As children hear spoken language, they learn new words and what they mean. Talk about the activity or book you are sharing with your child.

### Sing Together

Songs and Rhymes are a wonderful way for your child to learn about language. Singing slows down language so children can hear the different sounds that make up words. Try singing in the car, at bath time, and while doing chores. Share favorites like “Wheels on the Bus” & “Itsy Bitsy Spider”.

### Read Together

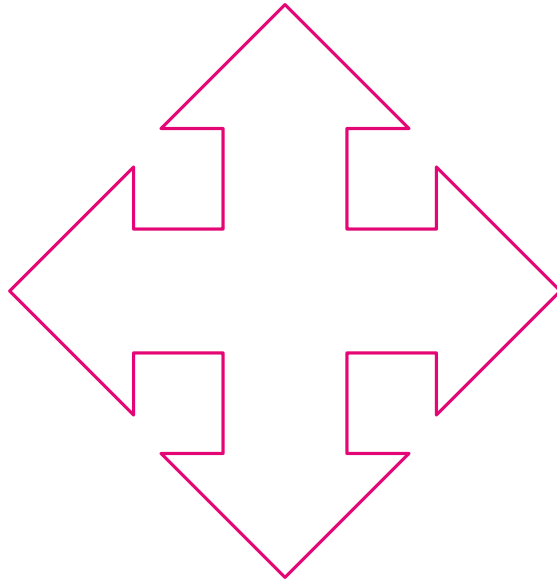
Shared reading is the single most important way to help children get ready to read. Reading together increases vocabulary and general knowledge. It helps children learn how print looks and how books work. Children who enjoy being read to are more likely to want to learn to read themselves.

### Write Together

Reading and Writing go together. Practice writing letters and drawing shapes and pictures. Using crayons and glue sticks help develop fine motor skills, preparing your child for writing.

### Play Together

Play helps children express themselves and put thoughts into words. Play helps children think symbolically, so they understand that spoken and written words can stand for real objects and experiences.











FLOW

# at a glance

1. Singing bowl & Welcome Introduction

2. Breathing Ball

3. Feather Breath

4. Welcome Song

5. Pose of the Week

6. Rhyme die (2x)

7. Choral reading

8. Scarf Song

9. Yoga Rest

10. Bubbles, sensory bins, coloring pages...toys!

Let's Talk

10%

# INVERTED POSES





# SEATED POSES



TWISTING POSES - MIDLINE



BALANCING POSES

# TUMMY POSES





# at a glance

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Let's Talk

10%

◆ A few things:

- Tone of the room matters
- Tailor to your audience
- Transitions
- Remember, they won't get it right away
- Simplicity is best. Keep it routine.



*Sensory tub digging for dinosaurs!*

# RESOURCES

<https://positivepsychologyprogram.com/what-is-mindfulness-definition/>

<http://amyoga111.com/> Professional Lab Workshop with Becky Martin,  
MA, CCC-SLP, RYT, RYCT, Speech Language Pathologist

‘Cosmic Kids Yoga’ - YouTube

Kira Willey – Mindful Moments for Kids on Spotify

<https://yogakids.com/online-kids-yoga-training/>

# CONTACT ME!

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**Katie L.**

