

YOGA

CARDS - FLOWS - SLIDES

Build self regulation skills with simple mindfulness practices.



What you'll love

Simple movements that teach self-regulation skills.



Multiple formats: Add them to a keyring or project them on your smartboard.

Clear instructions for each pose. **No experience is needed!**

Yoga improves focus, memory, self-esteem, academic performance, and classroom behavior and reduces anxiety and stress .

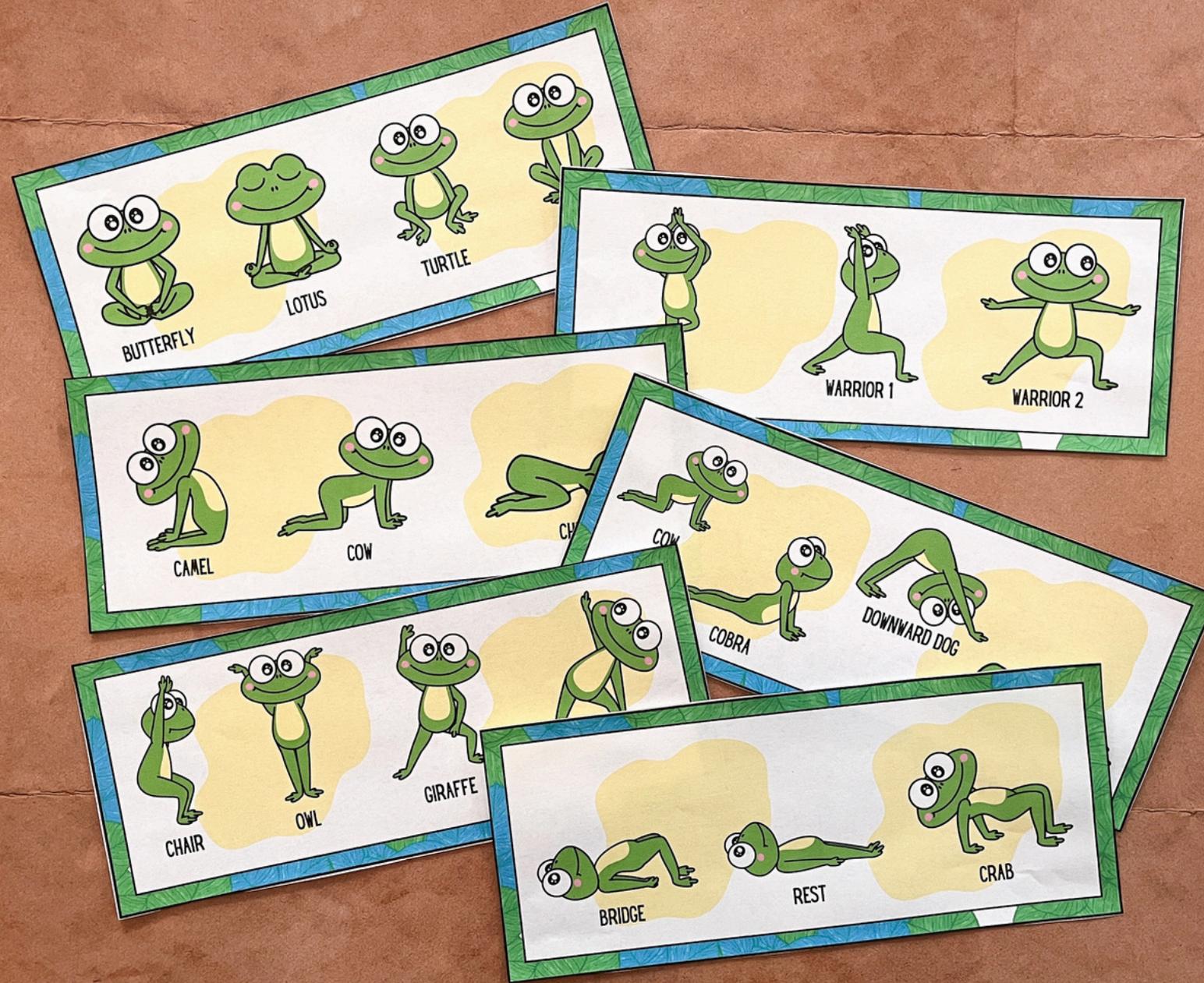
20 Unique Poses

Detailed illustrations and instructions.



6 Yoga Flows

Easy step by step flows with 3-4 poses, instructions and visuals.



Detailed Instructions

Simple and clear instructions for each pose and flow.

Helpful Visuals

Illustrations to show each pose.

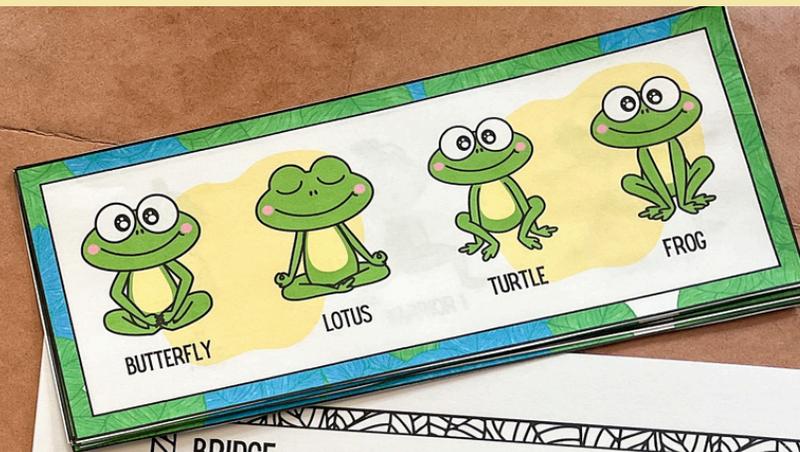


Multiple Formats

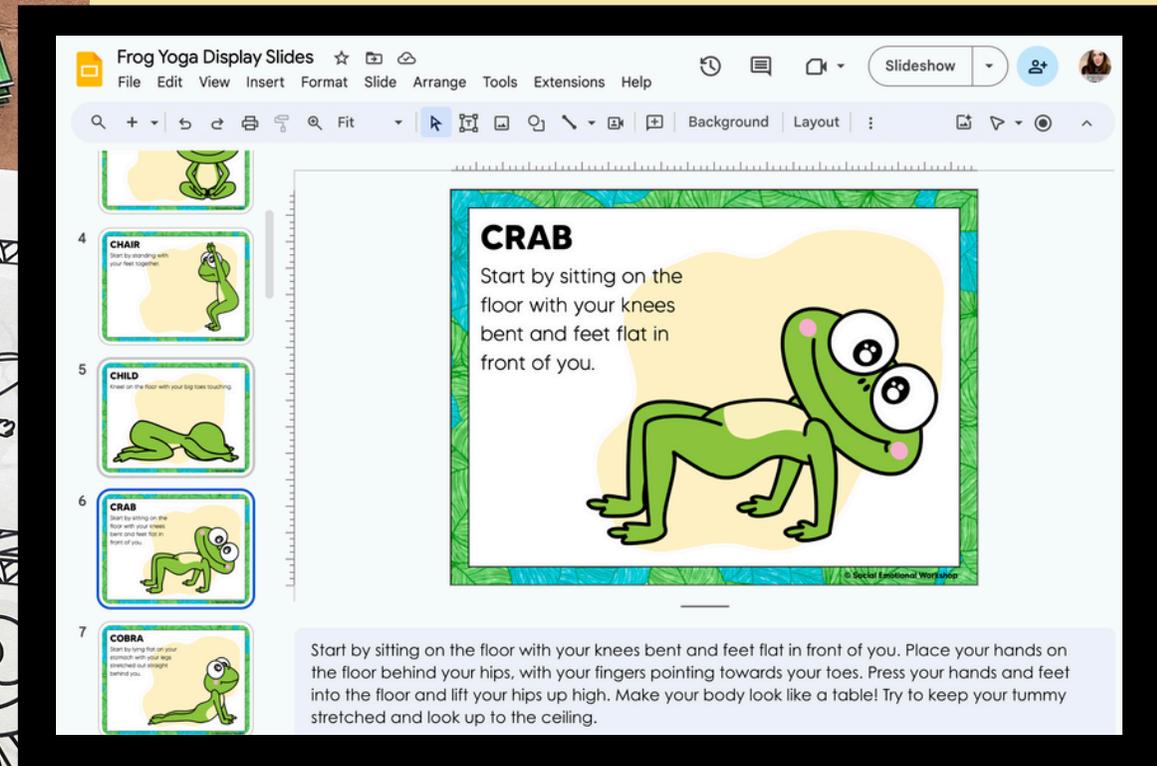
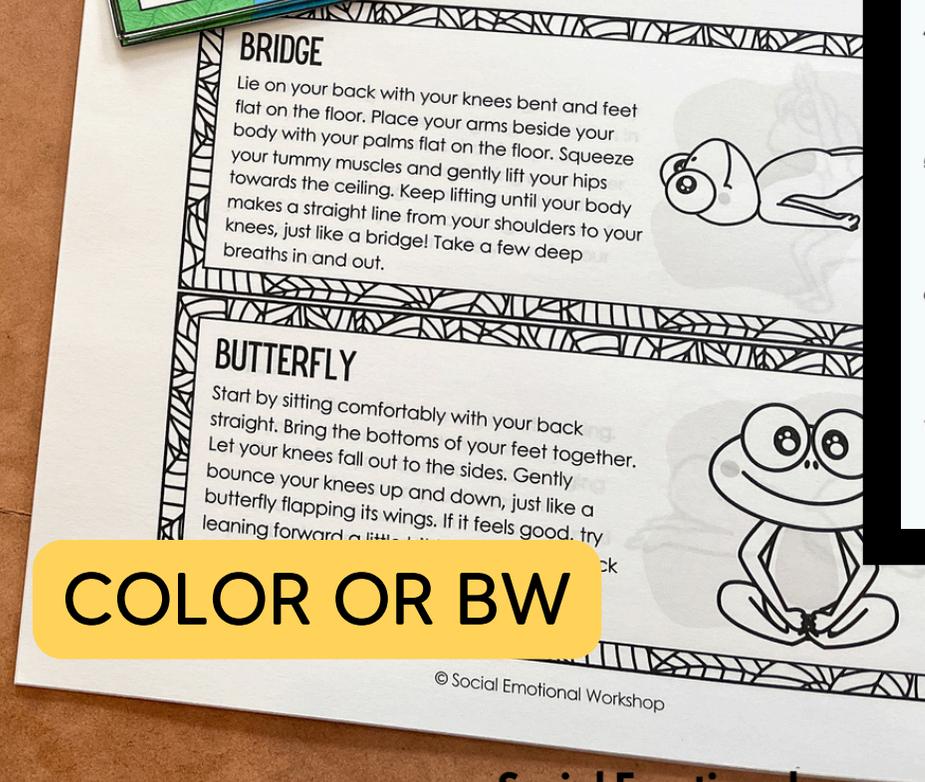
GOOGLE SLIDES FOR DISPLAY



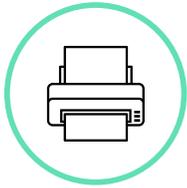
CARD SIZE



COLOR OR BW



DETAILS



Color and blackline



Use with whole groups,
small groups, or with
individual students



Google Slides for Display



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MINDFULNESS EXERCISES

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SELF REGULATION TOOLS

SELF REGULATION CLASSROOM TOOLS

FOR THE CLASSROOM

Hi! I'm Laura

I create research-driven, uncomplicated tools and resources designed to build students' social and emotional skills in counseling or the classroom.

During ten years as a school psychologist, I wore all the hats - but the one I never took off was supporting my colleagues.

Whether you're a first-year counselor or a seasoned teacher, I want you to have the tools you need to support each student.

Visit [my blog](#) for more ideas and [subscribe](#) for exclusive resources!

contact: support@socialemotionalworkshop.com

