

Professional Development

Social and emotional skills are an important part of any successful classroom. However, studies are showing a decline in these skills and kids are not born with them, so they must be learned. The Collaborative for Academic, Social, and Emotional Learning identifies five core social-emotional skills as critical for student success.

Social-Emotional Success

Five Core Social-Emotional Skills for Student Success



Collaborative for Academic, Social, and Emotional Learning

By building these skills, students will form better relationships and as a result there will be a decrease in emotional distractions and an increase in learning.

The practices of yoga and mindfulness are naturally suited for the task of teaching these critical skills. Not only do they get the job done, but they also make it fun for the students and the teachers. Our curriculum is comprised of five main components that put the tools of yoga and mindfulness to work.

Curriculum Components



We created this Professional Development training to introduce the BalancED Learning program and explain how yoga and mindfulness address social and emotional learning. We share the research behind the curriculum components to provide a better understanding of how the activities work towards our common goals. We also experience a few of the curriculum lessons and work through each of the breathing and movement techniques used throughout the year. This training is available in-person or via live web meeting depending on the school location.

The Professional Development training is required for everyone who will be using the BalancED Learning curriculum.

**Creating Mindful Communities of Resilient Students
and Empowered Teachers *One Breath at a Time***