



SECONDARY SCHOOL YOGA AND MINDFULNESS



BUMBLEBEE YOGA

YOUTH YOGA AND MINDFULNESS WITH LEAH

We always ask our students to "Pay Attention", but have we ever actually taught them how to do that?

Yoga and Mindfulness are shown to have fantastic outcomes in school environments across all year levels, promoting wellbeing and building skills to support learning and growth.

The practices are highly evidence-based, holistic, person-focused, and accessible for students across demographics, abilities, and interests.

Some of the many benefits of yoga and mindfulness for young people include:

- Develops emotional and self-regulation skills, which can also impact behavioural outcomes
- Improves attention skills and can improve academic performance
- Builds self esteem and positive body image
- Shows significant positive impact on mental health, particularly for ages 15-18
- Strengthens interpersonal skills, empathy, and social awareness



Yoga, Mindfulness, and the Curriculum

Our programs are designed to be consistent with the Australian Curriculum. Here are some ways that we do that:

1. Personal and Social Capability

Mindfulness practice develops self-management and self-awareness by learning to recognise, identify, and express emotions appropriately. We also work on resilience and adaptability.

Social awareness and management is also developed through empathy and relationship building, as we cultivate loving-kindness and connection to others.



2. Critical and Creative Thinking and Ethical Understanding

In learning about brain, body, and mind function, we practice meta-cognition and develop inquiry skills to think about thoughts and emotions.

We also talk about values, rights, and bodily autonomy, which is related to ethical understanding.

3. Health and Physical Education

Yoga and mindfulness are consistent with both domains of this learning area, which are 'Personal, Social, and Community Health', and 'Movement and Physical Activity'. It also covers several focus areas, including Mental Health and Wellbeing, Fundamental Movement Skills, Benefits of Physical Activity, and Lifelong Physical Activities. The primary aim for this learning area is to *"Protect, enhance and advocate for their own and others' health, wellbeing, safety and physical activity participation across their lifespan"*

In our courses, we have a strong focus on building long term skills and positive attitudes towards healthy minds, bodies, and relationships.

4. Science

In some of our courses we have a 'Brains and Bodies' component, where we talk about how the body's systems respond to stress and mindfulness. This compliments the biological sciences part of the curriculum.



The Programs

Bumblebee Yoga would love to partner with your school to offer yoga and mindfulness sessions to your students!

All of our programs have a focus on growth mindset, body positivity, social and emotional intelligence, self-awareness, and kindness to ourselves and others.

Mindfulness Foundations

In this 8-week evidence-based program, we aim to build mindfulness skills in a way that's engaging and accessible. We explore how to be mindful of the breath and body, what it means to be mindful of emotions and thinking styles, how to cultivate loving-kindness, and connecting to ourselves and others. We include content about how our brains and bodies work, and how they influence our mind and behaviour. Each lesson involves discussion, experiential activities, and stories that are relatable for young people. Sessions can be 1 hour or 90 minutes. Shorter or longer programs can also be negotiated, or we can do a one-off workshop that introduces the basic ideas.

Yoga foundations

In this course, we go right back to basics with the foundations of mindful movement. Each session has a different focus, including balance, flow, strength, and flexibility. The sessions are designed to be suitable for all abilities and all types of students. Ideally, this program runs weekly for 5-10 weeks for 1 hour to 90 minutes, and is suitable for all year levels.

+ Add on the 'Bodies and Brains' program. While we do cover this briefly in all our courses, this program goes more in depth to talk about mental health, neuroscience, and the body's stress response.

Sensory and Adaptive Yoga

Specially designed small group classes for young people with disabilities or special needs. This can include physical and mobility challenges, neurodiversity, developmental and learning difficulties, or trauma and mental health. Programs are custom built for your students' needs, with accessibility, inclusiveness, and fun in mind.



The Programs

Senior School Yoga and Mindfulness

Year 11s and 12s face really unique challenges as they complete their SACE and prepare for the whirlwind of changes that come with being that age. This program is specifically designed to work with young people in this age group to develop skills around stress management, emotional regulation, self-efficacy, self-compassion, and empathy. The program involves mental health education, mindfulness skills building, and mindful movement. Smaller groups are preferred, and the program works well in anywhere from 1-6 sessions.

Caring for Carers

This 4 week program can be delivered to teachers, staff, and/or parents. We focus on the wellbeing and self-care needs of people working in caring roles using evidence-based approaches. It involves some yoga and mindful movement, mindfulness skill building, breathing and meditation, and self-care development. This course also includes a bundle of resources and information for you to keep.

Programs start at around \$6 per student per session.

Cost varies depending on what type of sessions are requested, how many students, and how many sessions are booked. We can work with you to build a custom program that fits your needs and budget.

If you'd like to enquire about how we can make yoga work for your school, please don't hesitate to get in touch with us for a no-obligation quote.

About Us

Bumblebee Yoga is dedicated to accessible and inclusive yoga, mindfulness, and wellbeing practices.

We specialise in mental health, working with people who have disabilities, people who care for others, and yoga through the lifespan, including everyone from toddlers up to the golden years!

We do this through regular classes in the community, short courses and workshops specially designed for NGOs and community groups, and programs for schools and other institutions.

