



Yoga Bears

Our Learning Mentor supports a number of children who struggle with Anger in school. Increasingly we see children displaying angry behaviour, and parents coming in to meet with the Learning Mentor about anger in the home.

Some time ago staff received information on running a yoga class called Yoga bears written for young children. We already have Yoga bear program instructions in school and have ordered 12 Yoga mats.

It seems lunch times can be a flash time for children who are finding anger a problem.

We need an intervention to try and de-escalate this issue, and support children to use self-calming techniques for themselves in and out of school.

Children will be identified through the learning mentor, and young carers and other children who have been discussed with the learning mentor will be prioritised.

Mrs Reyat who has experience of running the program will deliver the session, with Jo Johnson in support.

We will run on a **Friday Lunctime from 12-12.30 in the intervention classroom.**

Children will be offered a place for a term initially, before moving on, so a place becomes available for those children on the waiting list.