

SCHOOL INFORMATION

Name of School\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grade levels requested for program \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Average number of students per grade\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please circle the type of class you are requesting:

* Art- 30 min
* Yoga- 30 min
* Art and Yoga - 45 min combined class, 20 minutes of yoga and 20 minutes of art

Number of classes school is requesting\_\_\_\_\_\_\_\_\_\_\_\_\_

Date and time of classes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

There will be 2 teachers per class and possibly an intern or volunteer. We ask that the teachers please stay in the classroom during activities and communicate with PLAY teachers any needs or concerns with their students.

We look forward to seeing you soon!

The PLAY Team

Information and Benefits on Mindfulness Through the Practice of Art and Yoga

* Enhances Concentration
* Mind relaxation
* Self-awareness
* Increases body balance and flexibility
* Boosts confidence
* Improves movement
* Improves overall well being
* Enhances social and emotional learning skills