

**YOGA + MINDFULNESS + SOCIAL
EMOTIONAL LEARNING TO TRANSFORM
INDIVIDUALS, SCHOOLS AND
COMMUNITIES**



**ALISHA DE LORENZO
MS, NCC, LPC, SAC**





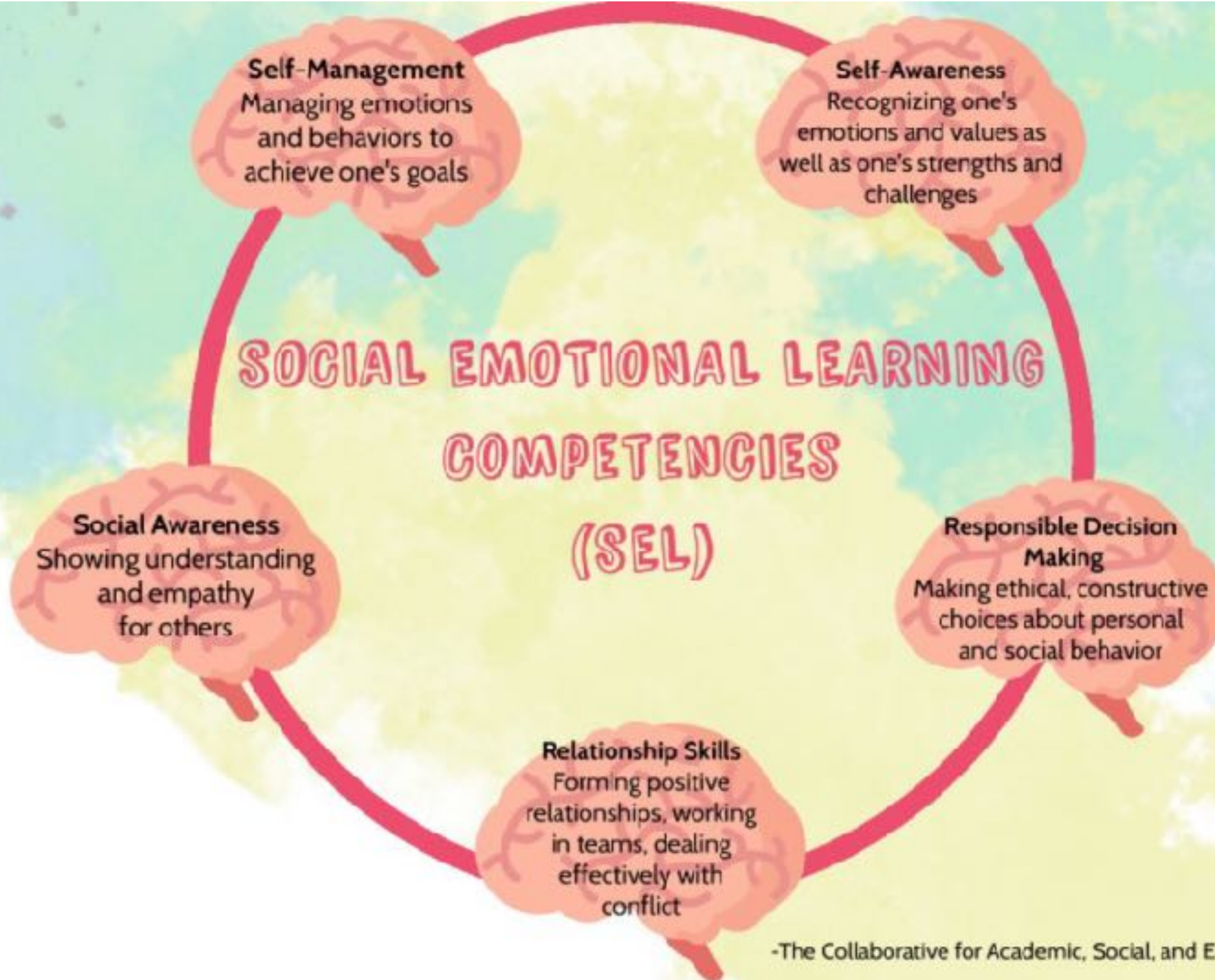
I SEE YOU! I AM HERE!

**DOES YOUR
FAMILY NEED A
TECH TIMEOUT?**



ADDRESSING THE ROOT CAUSES OF DIS-EASE





Social and Emotional Learning

New Jersey SEL Competencies and Sub-Competencies

Social and emotional learning (SEL) involves the process through which children and adults acquire and apply the knowledge, attitudes and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. The purpose of the SEL competencies is to provide schools with guidelines for integrating SEL across grades and subject areas.



- Recognize one's feelings and thoughts
- Recognize the impact of one's feelings and thoughts on one's own behavior
- Recognize one's personal traits, strengths and limitations
- Recognize the importance of self-confidence in handling daily tasks and challenges



- Understand and practice strategies for managing one's own emotions, thoughts and behaviors
- Recognize the skills needed to establish and achieve personal and educational goals
- Identify and apply ways to persevere or overcome barriers through alternative methods to achieve one's goals



- Recognize and identify the thoughts, feelings and perspectives of others
- Demonstrate an awareness of the differences among individuals, groups and others' cultural backgrounds
- Demonstrate an understanding of the need for mutual respect when viewpoints differ
- Demonstrate an awareness of the expectations for social interactions in a variety of settings



- Develop, implement and model effective problem solving and critical thinking skills
- Identify the consequences associated with one's actions in order to make constructive choices
- Evaluate personal, ethical, safety and civic impact of decisions



- Establish and maintain healthy relationships
- Utilize positive communication and social skills to interact effectively with others
- Identify ways to resist inappropriate social pressure
- Demonstrate the ability to prevent and resolve interpersonal conflicts in constructive ways
- Identify who, when, where, or how to seek help for oneself or others when needed



MINDFULNESS

increase
emotional
regulation

increase
attention and
self
compassion

Self
Management

Self
Awareness

SEL

Social
Awareness

Responsible
Decision
Making

Relationships

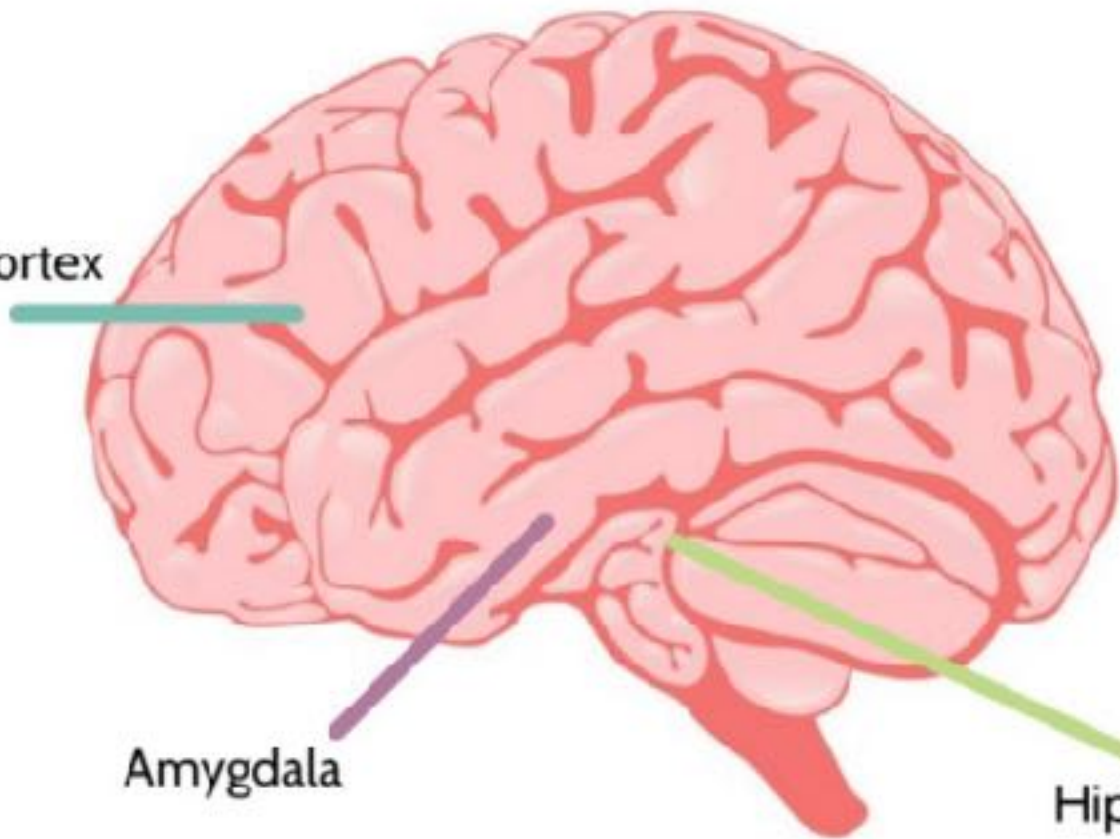
increase
empathy

increases
cognitive
functioning

increase
compassion



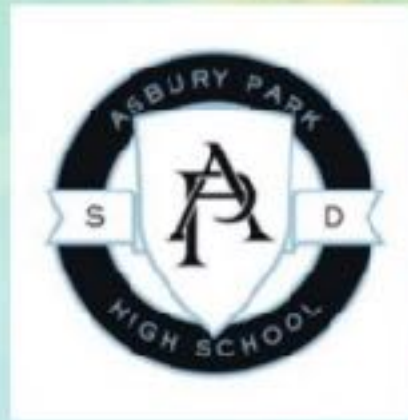
Prefrontal cortex



Amygdala

Hippocampus

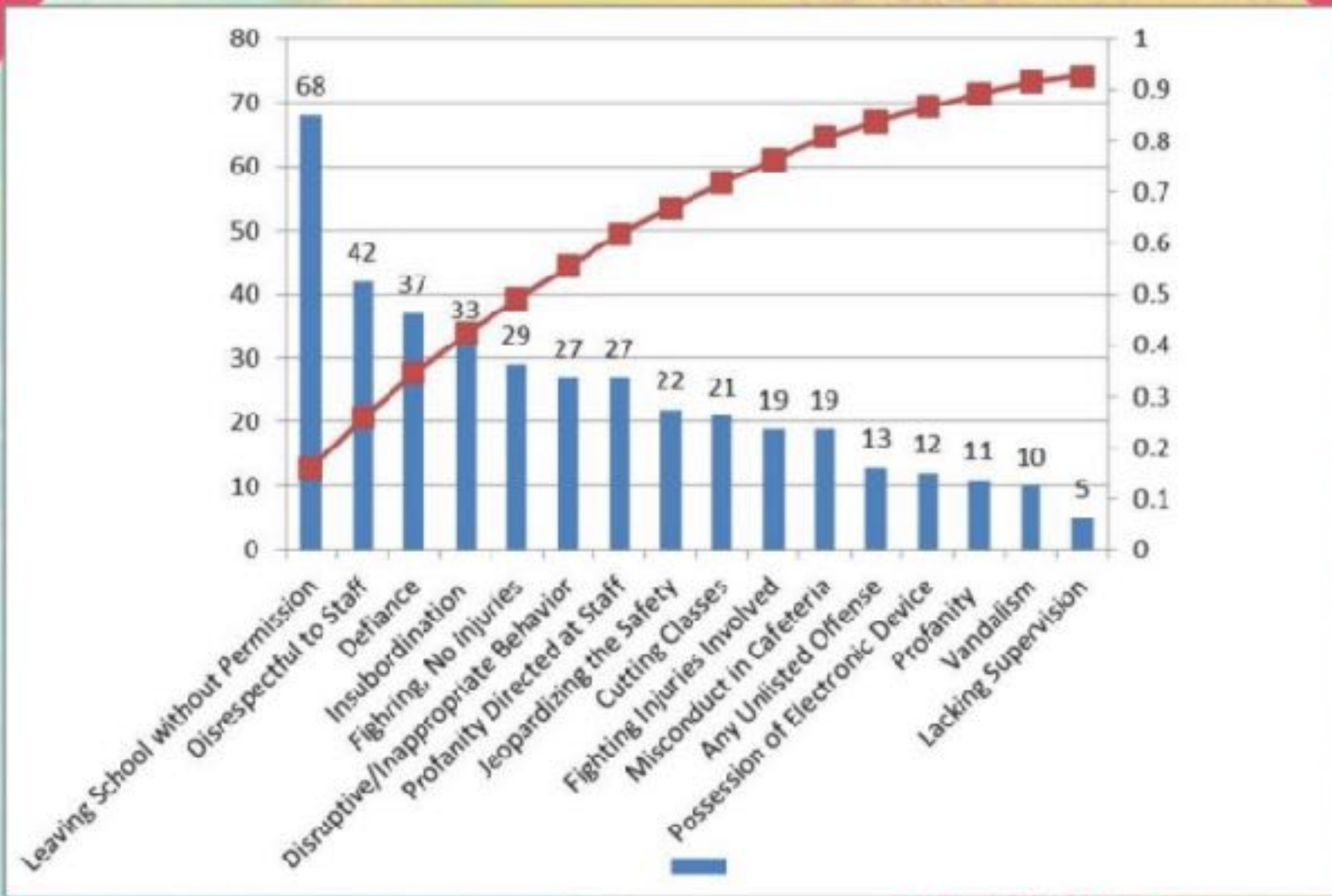
THE IDENTIFIED PROBLEM...



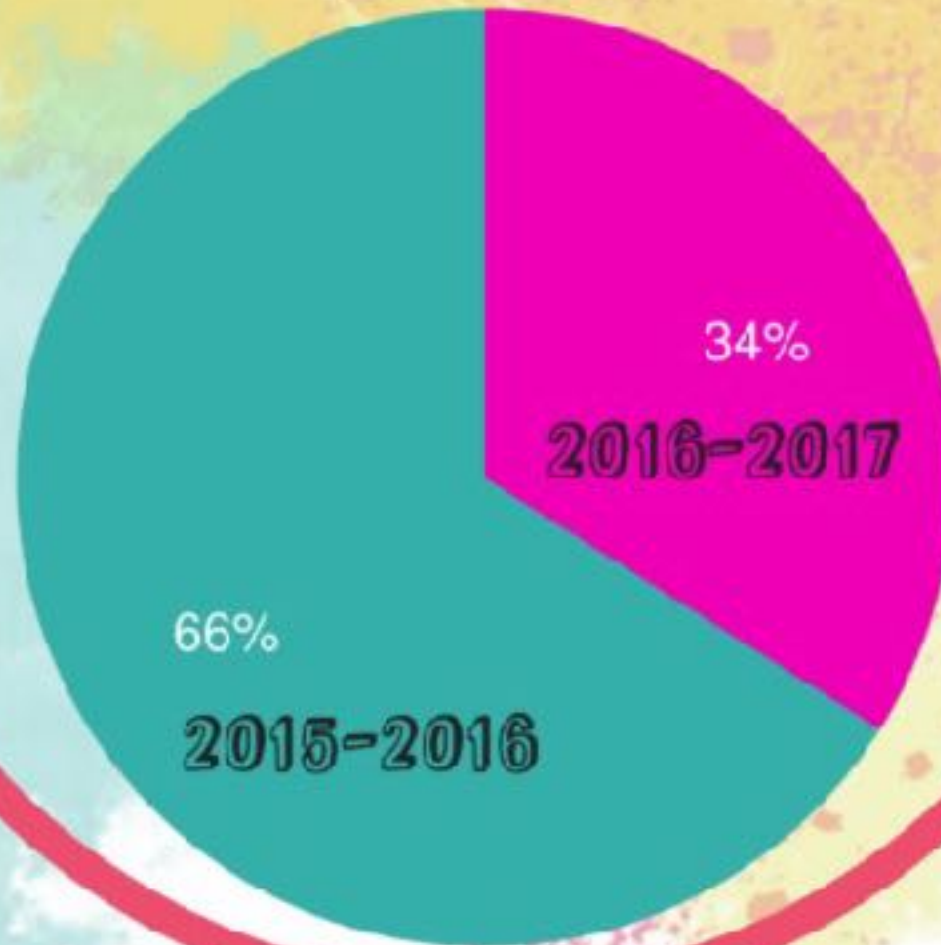
2015-2016

1002 SUSPENSIONS

PARETO ANALYSIS



**ALTERNATIVE LEARNING
LAB DISCIPLINE REFERRALS**



ASBURY PARK HIGH SCHOOL WELLNESS PROJECT

PHASE 1

2016-2017

SEPTEMBER

- SCHOOL BEAUTIFICATION
- REVIEW DATA
- BUILD RELATIONSHIPS

NOVEMBER

- PBSIS

JANUARY

- YOGA CALM STAFF TRAINING

MARCH

- YOGA CALM CLASSROOM LESSONS

MAY

- DISTRICT P.E. YOGA TEACHER TRAINING

AUGUST

- DREAM ACADEMY YOGA AND LEADERSHIP RETREAT

OCTOBER

- STAFF PROFESSIONAL DEVELOPMENT
- "WELLNESS WEDNESDAYS"
- ALTERNATIVE LEARNING LAB
- TRANSFORMATIONAL ISS

DECEMBER

- CHALLENGE DAY

FEBRUARY

- REFLECTIVE TIME
- 1 TO 1 MEDITATION SESSIONS

APRIL

- SPECIAL EDUCATION RESPONSIVE CLASSROOM TRAINING

JUNE

- DISTRICT WELLNESS FAIR

ASBURY PARK WELLNESS PROJECT

PHASE 2

2017-2018

DISTRICT:

- WELLNESS TEAMS
- WELLNESS LOUNGE
- MONTHLY PROFESSIONAL DEVELOPMENT
- WEEKLY YOGA/MEDITATION CLASSES

ELEMENTARY:

- RESPONSIVE CLASSROOM
- DAILY INTENTIONS
- BREATHING BREAKS
- WELLNESS CORNERS
- QUIET TIME
- P.E. YOGA CURRICULUM
- YOGA CALM TEACHER TRAINING
- PBSIS

MIDDLE SCHOOL:

- RESPONSIVE CLASSROOM WEEKLY ADVISORY
- RESTORATIVE CIRCLES
- DAILY INTENTIONS
- BREATHING BREAKS
- P.E. YOGA CURRICULUM
- CHALLENGE DAY
- YOGA CALM TEACHER TRAINING
- ALTERNATIVE LEARNING LABS
- MINDFUL MOMENT ROOM
- PBSIS

HIGH SCHOOL:

- RESTORATIVE CIRCLES
- DAILY INTENTIONS
- P.E. YOGA CURRICULUM
- CHALLENGE DAY
- REFLECTIVE TIME
- ALTERNATIVE LEARNING LAB
- MINDFUL MOMENT ROOM
- POSITIVE DISCIPLINE
- PBSIS

stay connected

alishadelorenzo@icloud.com

www.alishadelorenzo.com

@alishadelorenzo

