



TAKE 5 PROGRAM

TAKE 5's mission is to address and manage childhood obesity, stress, self abuse, bullying, and violent behavior with a comprehensive, researched based program (currently being done with UNL), designed to help students, teachers, and parents learn to self regulate and navigate the demands of our ever changing environment. The methods to control violence and aggression include breathing practices, concentration techniques, exercise/movement, and conflict-resolution tools. The program's emphasis is awareness of body, mind and internal conflict. Respect for personal space, and high-level concentration practices to enhance self control (reactions/resolutions) are taught and used daily. Learning that we are powerful, not powerless has a major impact on focus, academics and nonviolent behavior. TAKE 5 is also a way of leading by example. Allowing educators, parents, and siblings to say, "I need to TAKE 5 because I'm about to react poorly", connects us all as humans, neither "good" nor "bad". We all have internal battles. The earlier we understand this and find solutions, the better it is for all.

TAKE 5 Curriculum (choices are customized to each situation and person)

5 deep breaths or 5 min. of breath work

5 sets of exercise or movement for 5 min.

5 min. of drawing or journaling

5 min. of concentration/quiet time

5 min. of contact (talking or *touch)

*Depends on situation. Studies show touch is essential to building compassion for self and others.

This program was developed by Sheila Palmquist E-RYT, RPYT, RCYT, Calming Kids Certified, Owner of Lincoln Yoga Center (Registered Yoga School through the Yoga Alliance). Sheila has 12 years of experience instructing yoga to children and adults as well as training instructors. The TAKE 5 program is based on yoga psychology and the needs she saw while working in the public schools.

To set up a training program contact:

LincolnYogaCenter@gmail.com or 402-570-1114

Namaste

TAKE 5 ~ Breathing Practices

Open & Close My Book

Buzzing Bee

5 in 5 out

Heart & Tummy

Right & Left

TAKE 5 ~ Exercise & Movement

Happy Elephant

Up & Down

Rock & Roll

Happy Baby

Sun Salutations

TAKE 5 ~ Drawing or Journaling

Doodle

Imagine Elsewhere

Happy List

Positive People

Your Choice – Pick from a coloring page or a sentence starter.

TAKE 5 ~ Concentration & Relaxation

Rock Pose

Power Down

Squeeze & Release

Earth Pose

On Repeat

TAKE 5 ~ Talk or Touch

Talk It Out

Stress Test

Reaction/Resolution

Rhythmic touch

Hold Hands