



Sensational Story Time Yoga

A Program of The Arc of the South Shore

TRAINING PROGRAM

SENSATIONAL STORY TIME YOGA

Sensational Story Time Yoga is a unique monthly series that is creative, effective, and positively impacts the learning of children with autism. It involves story time, sensory kits that enhance the story experience, and an interactive yoga class based upon the theme of the book. The goal is to engage children in literature by offering them enhanced story experiences coupled with physical interaction through yoga. These family-focused events are therapeutic and fun while fostering literacy and physical, emotional, and social wellness.

“By implementing Sensational Story Time Yoga, we have been able to provide inclusive programming and have opened the doors to new patrons who may be experiencing the library for the first time. This program has helped us transform into an interactive community center that is accessible to all.”


– Gail, librarian



“Sensational Story Time Yoga is a unique therapeutic program that meets the diverse physical, social, emotional, sensory, and behavioral needs of children and adults with disabilities. These modules provide the foundation and roadmap to easily implement this magical program. Together, we will address these unmet needs and improve participants’ overall well-being: centering the mind, body, and soul.”

– Janine Birmingham, Program Founder and Director of the Autism Resource Center

PROGRAM BENEFITS

-  Sessions promote increased learning, interaction, and fine/gross motor skills
-  Sessions improve families’ connections and create welcoming, safe, and inclusive spaces in the local community
-  Libraries promote a love of reading and learning and are ideal environments to combine literacy, physical movement, and socialization
-  Sensory kits bring the books to life and help children engage with the story, increase comprehension, and improve social skills
-  Yoga benefits include mindfulness, breathing techniques, and relaxation
-  Yoga teaches children how to regulate their emotions, build their confidence, and improve social skills
-  Yoga helps reduce anxiety and other behaviors that are often seen in children with autism



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LEARNING PATH

The Sensational Story Time Yoga course takes participants through a learning path of 15 modules, beginning with an introduction to the sensory kits, a review of the program's history, the research behind the approach, and then a comprehensive step-by-step guide on program implementation and execution. Each module concludes with a parking lot for questions, and certificates of completion are issued to learners at the completion of the course.

COURSE OBJECTIVES

- Explore and discuss the research-based benefits of yoga for children with autism
- Review and practice all components of Sensational Story Time Yoga
- Successfully implement Sensational Story Time Yoga at a venue of your choice



SENSORY KITS

Sensory Kits are given to families at each session and include the book, a sensory item related to the book, and yoga poses that are customized for the story. The kits are the catalyst to the multi-sensory approach used throughout Sensational Story Time Yoga, and each has been successfully field-tested by The Arc.

The course includes five books with coordinated sensory kits and yoga poses for easy program implementation.



MODULES

Modules 1: Course Folders/Resources

View links and documents with useful information about the benefits of yoga for children.

Module 2: Instructions and Introductions

View instructions for course navigation, completion tracking, and obtaining your certificate, along with an introduction and warm welcome by The Arc's CEO.

Module 3: The Evidence-Based Benefits of Yoga

View the science behind the Sensational Story Time Yoga approach and how it nurtures the mind, body, and spirit.

Module 4: From the Parents

Hear directly from parents about how Sensational Story Time Yoga has impacted their children in life-changing ways.

"This program has helped my son in so many ways. When he first started, he couldn't sit on his own mat, wouldn't listen or follow directions, and had a hard time in the group setting. This has helped him learn to follow directions in a group setting and has also allowed us to connect with other families and make friendships. It's also a safe and judgement-free zone which is hard to find in group classes. He gets excited when we pull into the parking lot now and even helps with the story sometimes." -Katie

Module 5: Sensory Kits and Book Selection

Learn about the sensory kits and how to use them in the sessions to improve engagement and comprehension.

Module 6: Prepping the Space

Learn important considerations when preparing the program space for children's social, emotional, and cognitive growth.

Module 7: The Featured Story

Learn how to execute the featured story and make the best choices for children's engagement.

Module 8: The Warm-up

Learn how to get everyone's bodies moving and prepare children for a successful session.

Module 9: Pranayama Power

Pranayama means breathing, and breathing is the most important part of yoga. Learn about the role of Pranayama and its transformative nature.

Module 10: Meditation Magic

Learn how to support the magic of meditation and the art of stillness that transfer to children as they engage in the practice.

Module 11: The Second Reading

Learn how to execute the second reading, when the yoga poses are in full bloom.

Module 12: Yoga Song and Dance for the Sun

Learn a variety of session components that include savasana and the secret garden and how they fit into the flow of the class.

Module 13: Guided Relaxation and Closing Wish

Learn the art of guided relaxation and how it works its magic on children with autism and has long-lasting results that impact positive behavior and lifelong learning.

Module 14: Participant Engagement

Learn the secrets to high participant engagement, including communication, social and emotional learning, self-regulation, safety, and positive reinforcement.

Module 15: Adaptations and Other Venues

Learn a variety of ways to offer the program, along with how to market it for the widest reach.



PURCHASING THE PROGRAM

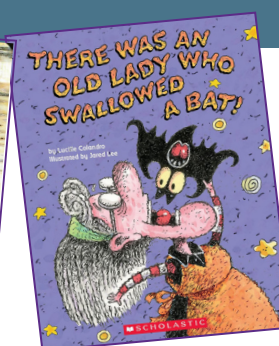
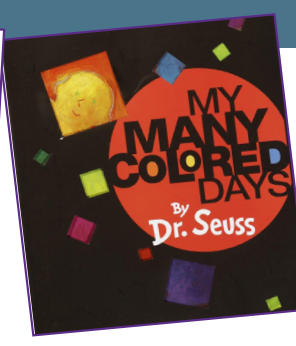
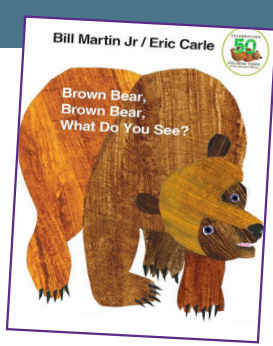
Sensational Story Time Yoga is a magical program that addresses the unique learning needs of children with autism through the transformative power of stories and yoga. By taking this training, you will be empowered with the information and tools you need to implement Sensational Story Time Yoga in your own community. Together, we will vastly improve learning and community inclusion for people with autism.

For pricing information, please contact Elizabeth Jones, Chief Program Officer, at EJones@ArcSouthShore.org.



"Sensational Story Time Yoga is an amazing space for kids and families of all kinds to come together to share the benefits of yoga and literature. It meets each little yogi where they are and is a magical and safe space. This program belongs at every library to reach families who may feel isolated and include them in a meaningful way."

– Jennifer, mother



ABOUT THE ARC OF THE SOUTH SHORE

Since 1951, The Arc of the South Shore has helped more than 100,000 individuals with intellectual and developmental disabilities, including autism, live their best lives and achieve high-quality outcomes. Our Autism Resource Center provides information, referrals, and community-based programming to more than 2,500 individuals with autism and their families each year. The Center offers caregiver support groups, community dances, educational workshops, a social club for young adults based on animated films, sensory-friendly movies, the Sensational Story Time Yoga program, and more.

ABOUT SENSATIONAL STORY TIME YOGA

Sensational Story Time Yoga began in 2017 as a collaboration between The Arc of the South Shore, Little Bee Yoga, and the Paul Pratt Memorial Library in Cohasset. Currently offered at libraries across the South Shore, Sensational Story Time Yoga involves story time, sensory kits that enhance the story experience, and an interactive yoga class based upon the theme of the book.

A special thank you to Ralph James and his wife Janice, who made a generous donation as part of the James Charitable Gift Fund to support the development of this training program.



MISSION

We empower families and individuals of all ages with disabilities to reach their fullest potential. We achieve this by providing high-quality individualized services and opportunities that foster independence, community inclusion, and advocacy.

Visit: ArcSouthShore.org
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The Arc of the South Shore is the Heart of the South Shore

