

SCHOOL FUNDING GUIDE FOR A MINDFUL MOVEMENT PROGRAM

UPDATED AUGUST 2021

Currently, there are federal, state, and local funding programs available that can be used to purchase programs that support social-emotional learning and mental health. This document highlights such funding opportunities.

Learn more about our programs at yogaed.com



CONTENTS

School Funding Opportunities to Support Health and Social-Emotional Learning	03
Why Yoga Ed.?	05
COVID-19 Relief Funds	08
Title Funds	11
Additional Federal Funds	15
Non-Federal Funds	16
Local Support	17
Next Steps	18
Contact Us	19

SECTION ONE

SCHOOL FUNDING OPPORTUNITIES

TO SUPPORT HEALTH AND SOCIAL-EMOTIONAL LEARNING



The pandemic has exposed and exacerbated existing mental health challenges that were on the rise. Studies show 25% of isolated children and adults experience PTSD (Sprang & Silman, 2013) and 68% of parents and caregivers report an increase in stress (Minn & Hau, 2020). A steep increase in mental health-related ER visits among kids—a 24% increase in 5-11 year olds and 31% in 12-17 year olds—point to the growing trauma and challenges they’re facing during these formative years (CDC, 2020).

Schools are now grappling with how to help their students cope with the psychological effects of the pandemic including stress, anxiety, depression, and trauma.

Supporting the physical & mental health of communities worldwide since 1999.

For 20 years, Yoga Ed. has supported school communities with trauma-informed yoga and mindfulness resources to improve physical fitness, mental health, and social-emotional learning competencies across all ages. 5 years ago, we brought all of our programs online.

During the pandemic, educators and mental health professionals worldwide have turned to Yoga Ed. as a trusted place of community, resource, and support.

Online programs that meet schools where they're at.

Yoga Ed. offers evidence-based online trainings, classes, and resources that cultivate physical, mental, emotional, and social health. Our mission is to affect sustainable change through accessible programming that effectively improves the health and wellness of school communities worldwide.

Through evidence-based training, classes, and resources, Yoga Ed. equips individuals with yoga and mindfulness tools to improve their own wellness and the lifelong health of the children and teens they work with. We're willing and able to work with anyone who wants to use yoga and mindfulness to make a positive impact in a child's life.

Yoga Ed. Tools are ideal for:

- 1 Brain breaks during the school day
- 2 Morning mindfulness during morning meetings
- 3 Physical education classes
- 4 Health education classes
- 5 Teacher health and wellness program
- 6 Indoor recess
- 7 Yoga and mindfulness classes to support existing SEL instruction.



As a school leader, you may recognize that our evidence-based yoga and mindfulness program will likely support your student outcomes, but are wondering how you find the funding. The purpose of this resource is to provide information about funding sources to support Yoga Ed.'s [Mindful Movement Program](#) within your school or district.

SECTION TWO

WHY YOGA ED.?



OUR WORK IS EVIDENCE-BASED

Our programs have been studied with proven beneficial outcomes for physical, emotional, mental, and social health, and align with Tier 1 – Strong Evidence under ESSA's Tiers of Evidence-Based Interventions. Research conducted by Harvard, Tulane, and California State University of Fullerton have found that Yoga Ed. programs can:

- Improve symptoms of anxiety.
- Improve focus and attention.
- Play a protective role in maintaining mental health.
- Improve physical health and academic performance.



YOGA ED. SUPPORTS SEL

Our programs are aligned with CASEL and designed to develop social-emotional learning competencies. In addition to existing funds for social-emotional learning within schools, at least 20% of funds from the American Rescue Plan Act of must be used to address learning loss through evidence-based interventions that respond to students' academic, social, and emotional needs. Yoga Ed. meets this mark by providing sustainable, evidence-based programs that are long-term investments into students' social and emotional development.



WE MEET STANDARDS

Our evidence-based yoga and mindfulness curriculum for children and teens meets national & international PE & Health standards and is aligned with social-emotional learning competencies from CASEL (The Collaborative for Academic, Social, and Emotional Learning).



YOGA ED. IS GROUNDED IN EDUCATION

This means that our goal is to provide educational experiences through yoga to support the health and wellness of the students that we work with, rather than simply teaching a fun yoga class. We aim to improve students' wellness physically, emotionally, mentally, and socially, and teach our teacher trainees how to create and teach yoga classes that meet children and teens where they are at developmentally.



WE USE A TRAUMA-INFORMED APPROACH

We teach yoga and mindfulness from a trauma-informed lens. Our trauma-informed curricula is co-authored by Hala Khouri, MA, SEP, E-RYT and Kyra Haglund, LCSW, SEP, E-RYT, and informed by the work of Drs. Peter Levine (Somatic Experiencing), Stephen Porges (Polyvagal Theory), and Bessel Van Der Kolk (Trauma Research Foundation). Our [course facilitators](#) are **social workers, counselors, therapists, and educators who are experienced with working with youth.**



OUR MINDFUL MOVEMENT PROGRAM IS CUSTOMIZABLE AND COST-EFFECTIVE

We work with you to design a custom program that meets the needs of your school while fitting within your budget. Yoga Ed. gives you the option to choose from Online Yoga and Mindfulness Classes and/or Online Professional Development led by our certified Education Specialists to create the program that works best for your school.



WE SUPPORT TEACHER RESILIENCE

What Teachers Are Saying...

“ **Yoga Ed. is by far the very best source for teaching yoga in schools**, the most pedagogically enriching experience, and Yoga Ed. courses provide THE most directly implementable content. I am sharing that discovery with all my coworkers! ”

Sophie, Classroom Teacher, New York

Since last month, I am faced with extra challenges every day; as a teacher being back in my physical classroom, trying to adjust my own 9th Grade daughter to high school life and now my 3rd grade son being back in his physical classroom only yesterday, just to name a few. My hands are always so full, but I am so blessed that I have you for support and guidance to help me get to the other things in my life that also matters. You have been completely understanding and supportive, and for that I am truly grateful. I feel confident to know that I can tap into my yoga resources to keep myself, my own children, students and loved ones thriving even more than ever during this unprecedented times. **I am so fortunate to have found Yoga Ed!**

Gina, Classroom Teacher, Parent

I'm just finishing up this course with several others from my district, and we have LOVED it! Very well put together and run. It's been easy to follow along, is self-paced, and the communication with the Yoga Ed. staff has been very prompt. **I am so grateful that our district saw the value in this course, and we are excited to be able to teach it to our kiddos whenever we return to in-person instruction.** Thank you guys!

Sara, Classroom Teacher, Texas

My students have embraced this beautifully. I teach 3rd, 4th, 5th Special Education. We start our day with Calendar, then 20 minutes of mat yoga, then transition to math, growth mindset moment, and our morning classes with a 3-5 minute chair yoga session. After lunch and recess we do a short slow-down yoga or focus breathing then afternoon classes. End of day wrap-up includes one of the chair yoga, then off to buses. It's totally changed the climate of our day and our students' abilities to handle stress and new challenges. I highly recommend this class for any teacher, parent, therapist, etc.

Dawn, Classroom Teacher

SECTION THREE

COVID-19 RELIEF FUNDS

Current Funds

Fund	Description	Allowable Uses	Yoga Ed. Offerings	Source / More Info
ESSER from the American Rescue Plan	Approved March 2021, the American Rescue Plan provides \$123 billion for K-12 education for COVID-19 Pandemic relief	American Rescue Plan Section 2001 (e) (1) : <ul style="list-style-type: none"> Address learning loss through the implementation of evidence-based interventions...[to] respond to students' academic, social, and emotional needs and address the disproportionate impact of the coronavirus 	Yoga Ed. offerings that may qualify under American Rescue Plan's ESSER funds in your district: <ul style="list-style-type: none"> Online Trainings for teachers, mental health professionals and administrators Online Yoga and Mindfulness Classes School-wide Mindful Movement Program 	American Rescue Plan: K-12 Dive American Rescue Plan: District Administration For more information, visit: CDC.gov, FutureEd.org, EdWeek.org, and Congress.gov.
ESSER from Coronavirus Aid, Relief, and Economic Security (CARES) Act	Elementary and Secondary School Emergency Relief (ESSER) Funds Program to provide relief from COVID-19 Pandemic	CARES Act Section 18003(d)(10) : <ul style="list-style-type: none"> Providing mental health services and supports. 	Yoga Ed. offerings that may qualify under ESSER in your district: <ul style="list-style-type: none"> Online Trainings for teachers, mental health professionals and administrators Online Yoga and Mindfulness Classes School-wide Mindful Movement Program 	U.S. Department of Education: Office of Elementary and Secondary Education: ESSER FAQs ESSER and ESSER II Fact Sheet

Fund	Description	Allowable Uses	Yoga Ed. Offerings	Source / More Info
ESSER II Funds from Coronavirus Response and Relief Supplemental Appropriations (CRRSA) Act	Elementary and Secondary School Emergency Relief (ESSER) Funds Program to provide relief from COVID-19 Pandemic	(CRRSA Act), Public Law 116-260: <ul style="list-style-type: none"> Activities authorized under the federal Every Student Succeeds Act (ESSA), the Individuals with Disabilities Education Act (IDEA), the Carl D. Perkins Career and Technical Education Act of 2006, the McKinney-Vento Homeless Assistance Act, or the Adult Education and Family Literacy Act. Providing mental health services and supports. Implementing evidence-based activities to meet the comprehensive needs of students. 	Yoga Ed. offerings that may qualify under ESSER II in your district: <ul style="list-style-type: none"> Online Trainings for teachers, mental health professionals and administrators Online Yoga and Mindfulness Classes School-wide Mindful Movement Program 	ESSER and ESSER II Fact Sheet
GEER and GEER II: Governor's Emergency Education Relief (GEER) fund from Coronavirus Aid, Relief, and Economic Security (CARES) Act and from from Coronavirus Response and Relief Supplemental Appropriations (CRRSA) Act	Governor's Emergency Education Relief (GEER) fund provides relief from the the COVID-19 Pandemic	(CARES Act), Section 18002 Activities approved for funding under ESEA may also be approved under GEER and GEER II	Yoga Ed. offerings that may qualify under GEER : <ul style="list-style-type: none"> Online Trainings for teachers, mental health professionals and administrators Online Yoga and Mindfulness Classes School-wide Mindful Movement Program 	U.S. Department of Education: GEER U.S. Department of Education: GEER and GEER II Fact Sheet National Governors Association: Governors' Emergency Education Relief Fund

SECTION FOUR

TITLE FUNDS

Fund	Description	Allowable Uses	Yoga Ed. Offerings	Source / More Info
Title I (Part A)	Funds to help all children meet state academic standards	<p>Sec. 1114, Schoolwide Programs: (A) counseling, school-based mental health programs, specialized instructional support services, mentoring services, and other strategies to improve students' skills outside the academic subject areas; (B) implementation of a schoolwide tiered model to prevent and address problem behaviors and support early intervention services, coordinated with similar activities and services as carried out under IDEA.</p> <p>Sec. 1115, Targeted Assistance Schools: (A) a schoolwide tiered model to prevent and address problem behaviors and support early intervention services, coordinated with similar activities and services as carried out under IDEA; (C) integrated student supports (D) professional development necessary to assist teachers, specialized instructional support personnel, other staff, and parents in identifying and meeting the comprehensive needs of eligible children.</p>	<p>Yoga Ed. offerings that may qualify under Title I (Part A) in your district:</p> <ul style="list-style-type: none"> • Online Trainings for teachers, mental health professionals and administrators • Online Yoga and Mindfulness Classes • School-wide Mindful Movement Program 	U.S. Department of Education: Office of Elementary and Secondary Education: Title I A

Fund	Description	Allowable Uses	Yoga Ed. Offerings	Source / More Info
Title I (Part D)	Prevention and Intervention Programs for Children and Youth who are Neglected, Delinquent, or At-Risk	<p>Sec. 1414, State Plan and State Agency Applications: (A) Professional development for teachers and staff</p> <p>Sec. 1423, Local Educational Agency Applications: (C) Coordination of health and social services for such children, including day care, drug and alcohol counseling, and mental health services.</p>	<p>Yoga Ed. offerings that may qualify under Title I (Part D) in your district:</p> <ul style="list-style-type: none"> • Online Trainings for teachers, mental health professionals and administrators • Online Yoga and Mindfulness Classes • School-wide Mindful Movement Program 	U.S. Department of Education: Part D
Title II (Part A)	This fund exists to prepare, train, and recruit high quality teachers and principals to improve the academic achievement of all students.	<p>ESEA Section 2101 (1) increase student academic achievement through strategies such as improving teacher and principal quality and increasing the number of highly qualified teachers in the classroom and highly qualified principals and assistant principals in schools</p>	<p>Yoga Ed. offerings that may qualify under Title II (Part A) in your district:</p> <ul style="list-style-type: none"> • Online Trainings for teachers, mental health professionals and administrators, featuring our evidence-based curricula • Classroom-focused and collaborative professional development for beginning teachers • Sustained, collaborative, job-embedded in-person professional development for experienced teachers, administrators, and support staff • Sustainable School-wide Mindful Movement Program, featuring our evidence-based curricula 	U.S. Department of Education: Title II

Fund	Description	Allowable Uses	Yoga Ed. Offerings	Source / More Info
Title IV (Part A)	<p>Student Support and Academic Enrichment (SSAE)</p> <p>This fund supports well-rounded education for all students.</p>	<p>Under SSAE, Section 4108 funds can be used for programs that support student health and wellness, and professional development training for teachers and staff.</p> <p>Safe and Healthy Students (ESEA Section 4108)</p> <ul style="list-style-type: none"> Implementing programs that support a healthy, active lifestyle (nutritional and physical education) Developing relationship building skills to help improve safety through the recognition and prevention of coercion, violence, or abuse 	<p>Yoga Ed. offerings that may qualify under Title IV (Part A) in your district:</p> <ul style="list-style-type: none"> Online Trainings for teachers, mental health professionals and administrators Online Yoga and Mindfulness Classes School-wide Mindful Movement Program 	<p>U.S. Department of Education: Title IV (Part A) SSAE</p>
Title IV (Part B)	<p>The purpose of this fund is to provide resources for 21st Century Community Learning Centers</p>	<p>Sec. 4201:</p> <p>(2) Offer students a broad array of additional services, programs, and activities, such as youth development activities, drug and violence prevention programs, counseling programs, art, music, and recreation programs, technology education programs, and character education programs, that are designed to reinforce and complement the regular academic program of participating students</p>	<p>Yoga Ed. offerings that may qualify under Title IV (Part B) in your district:</p> <ul style="list-style-type: none"> School-wide Mindful Movement Program Training for staff to lead after school yoga classes or summer yoga programs Online Trainings for teachers, mental health professionals and administrators Online Yoga and Mindfulness Classes 	<p>U.S. Department of Education: Part B</p>

Fund	Description	Allowable Uses	Yoga Ed. Offerings	Source / More Info
Title VI (Part B)	Title VI Part B consists of the Rural Education Achievement Program (REAP) to help rural districts use Federal resources to improve instruction and academic achievement. REAP includes two programs: Small, Rural School Achievement (SRSA) and Rural and Low-Income Schools (RLIS).	<p>Activities and programs authorized under Title I, Part A; Title II, Part A; Title III; and Title IV, Part A or B also qualify under Title VI Part B</p> <p>For more information, please refer to the other Title funds listed in this chart.</p>	<p>Yoga Ed. offerings that may qualify under Title VI (Part B) in your district:</p> <ul style="list-style-type: none"> • School-wide Mindful Movement Program • Online Trainings for teachers, mental health professionals and administrators • Online Yoga and Mindfulness Classes • Training for staff to lead after school yoga classes or summer yoga programs 	U.S. Department of Education: Title VI Part B
Title VIII — Impact Aid	Title VIII (formerly called Impact Aid) supports LEA with a large number of children residing on Indian lands, military bases, low-rent housing properties, or other Federal properties and may also fund programs for children of uniformed services or parents employed on Federal properties who do not live on Federal property.	<p>Section 8003 B: Basic Support Payments</p> <p>Section 8003D: Children with Disabilities Support Payments</p>	<p>Yoga Ed. offerings that may qualify under Title VIII in your district:</p> <ul style="list-style-type: none"> • School-wide Mindful Movement Program • Online Trainings for teachers, mental health professionals and administrators • Online Yoga and Mindfulness Classes • Training for staff to lead after school yoga classes or summer yoga programs 	U.S. Department of Education: Impact Aid

SECTION FIVE

ADDITIONAL FEDERAL FUNDS

Fund	Description	Allowable Uses	Yoga Ed. Offerings	Source / More Info
IDEA (Individuals with Disabilities Education Act): Part B	IDEA has three formula grant programs to help states provide “a free appropriate public education in the least restrictive environment for children with disabilities ages 3 through 21.” (U.S. Department of Education)	<p>Individuals with Disabilities Education Act, Part B, Sec. 611</p> <p>Individuals with Disabilities Education Act, Part B, Sec. 619</p>	<p>Yoga Ed. offerings that may qualify under IDEA Part B, Sections 611 and 619:</p> <ul style="list-style-type: none"> • Online Trainings for special education personnel or for regular education teachers who teach children with disabilities • Online Training: Chair Yoga and Mindful Practices for Deaf and Hard of Hearing Children (facilitated in ASL) 	<p>U.S. Department of Education: IDEA Funding</p> <p>U.S. Department of Education: Office of Special Education Program (OSEP)</p>
The Education Innovation and Research (EIR) Program	According to the U.S. Department of Education, the EIR Program “provides funding to: create, develop, implement, replicate, or take to scale entrepreneurial, evidence-based, field-initiated innovations to improve student achievement and attainment for high-need students; and rigorously evaluate such innovations.”	Section 4611 of ESSA	<p>Yoga Ed. offerings that may qualify under EIR Program:</p> <ul style="list-style-type: none"> • Online Trainings for teachers, mental health professionals and administrators • Online Yoga and Mindfulness Classes • School-wide Mindful Movement Program • Training for staff to lead after school yoga classes or summer yoga programs 	U.S. Department of Education: EIR Program

Fund	Description	Allowable Uses	Yoga Ed. Offerings	Source / More Info
Office of Juvenile Justice & Delinquency Prevention	The OJJDP awards two types of grants: Discretionary Grants and Formula Grants	Yoga Ed. may qualify under one of OJJDP's Open Funding Grants	Yoga Ed. offerings that may qualify under OJJDP funds : <ul style="list-style-type: none"> • Online Trainings for teachers, mental health professionals and administrators • Online Yoga and Mindfulness Classes • School-wide Mindful Movement Program 	Open Funding from Office of Juvenile Justice & Delinquency Prevention
Fundsnet Services	This website allows the option to search for a wide variety of grants sorted by states.	Yoga Ed. may qualify under grants supporting youth and/or educators.	Yoga Ed. offerings that may qualify with Fundsnet grants : <ul style="list-style-type: none"> • Online Trainings for teachers, mental health professionals and administrators • Online Yoga and Mindfulness Classes • School-wide Mindful Movement Program • Training for staff to lead after school yoga classes or summer yoga programs 	Fundsnet Services Database

Fund	Description	Allowable Uses	Yoga Ed. Offerings	Source / More Info
The Federal Grants database	This database includes federal funding organized by opportunity status, funding type, eligibility, category and agency.	Yoga Ed. may qualify under grants supporting youth and/or educators. We recommend searching the Education category in the database. Grants in this category will start with the code: ED-GRANTS	Yoga Ed. offerings that may qualify with ED grants: <ul style="list-style-type: none"> • Online Trainings for teachers, mental health professionals and administrators • Online Yoga and Mindfulness Classes • School-wide Mindful Movement Program • Training for staff to lead after school yoga classes or summer yoga programs 	Federal Grants Database Search Engine

SECTION SIX

NON-FEDERAL FUNDS

Fund	Description
<u>Fund For Teachers</u>	An organization that grants to teachers that allow them to “pursue self-designed professional learning experiences.” Eligibility is open to PreK-12 teachers, who apply by submitting detailed descriptions of their proposed fellowships. Awards of up to \$5,000 are made to individuals and up to \$10,000 for educator teams.
<u>The NEA Foundation</u>	A nonprofit organization that has invested over \$7.1 million funding nearly 4,500 grants to public school teachers aimed at enhancing teaching and learning. It is supported through educator contributions, corporate and foundation sponsorship, and other sources. More than \$11 million in grants have also been made directly to unions and school districts through the Foundation’s Closing the Achievement Gaps Initiative.
<u>Awesome Without Borders</u>	A global community advancing the interest of awesome in the universe, \$1000 at a time. Each fully autonomous chapter supports awesome projects through micro-grants, usually given out monthly. These micro-grants, \$1000 or the local equivalent, come out of pockets of the chapter’s “trustees” and are given on a no-strings-attached basis to people and groups working on awesome projects.

SECTION SEVEN

LOCAL SUPPORT

Fund	Description
PTO or PTA	<p>PTO and PTA organizations may be able to offer grants or funds to support Yoga Ed. offerings in schools. We recommend reaching out to the PTO or PTA at your school. If you are interested in our Mindful Movement Program and would like an information packet with sample lesson plans and sample video classes to share with your PTO / PTA, please email info@yogaed.com.</p>
Local Businesses or Organizations	<p>Local businesses or organizations may be interested in supporting Yoga Ed. programming for your school. We recommend reaching out to:</p> <ul style="list-style-type: none">• Local businesses such as stores and restaurants• Local colleges or universities• Health care providers such as family practices, dental or orthodontic offices• After School programs such as the YMCA or YWCA• Non-profit organizations• Community centers

SECTION EIGHT

NEXT STEPS

Funding can be daunting, but you and your team can do this. Here are some helpful tips and next steps for putting this information into use and getting a Mindful Movement Program in place.

1. Understand Funding and Acceptable Uses

Research which funding sources that your school or district qualifies for. Dedicate members of your team and resources to distill eligibility requirements, deadlines, and use of funds.

2. Manage Funding Applications

Once you have determined which funding options are available, your next step is to get organized. Create a calendar with due dates and deadlines and share your team on it. Check in frequently with this calendar to hold yourself accountable and keep track of the progress.

3. Assemble Support Documents

Create a system for organizing your supporting documents. Also, don't recreate the wheel every time! Remember that you can reuse and shapeshift previous work so as to avoid doing duplicate work. And, we are here to support you with the creation of a [free program outline](#), customized to your school and district needs.

4. Connect with the Yoga Ed. Team to Tailor a Program for Your Needs

Let us know what you are looking for and our team will help you design and implement a yoga program that will best serve your needs. We will review your plan for free and provide your custom program outline and quote for your school, including equipment (if any), time allocation each week, space, training, and technology needed.



A photograph of children in a library or bookstore practicing yoga. In the foreground, a young boy with blonde hair is seen from the side, with his hands pressed together in a prayer position above his head. Behind him, another child is also in a similar pose. The background is filled with bookshelves, creating a warm and educational atmosphere.

BRING YOGA TO YOUR SCHOOL TODAY

Schedule a call with our team or
email us for more information:

info@yogaed.com

WHAT SCHOOLS ARE SAYING...

“ My staff has not been more excited or engaged during a professional development session. It was **enjoyable, inspiring and informative** and has translated to success in the classroom. ”

Justin Brecht

Founder & Executive Director of Nevada Rise Academy

“ We do yoga every day in my room and have graduated to student-led yoga! Thank you for coming and working with me and my students to make this successful. ”

Jessica Uptegrove

Teacher at Kalihi Kai Elementary School

“ Mindfulness and Yoga have been a critical part of our approach to wellness and health. The tools to regulate well being have made a tremendous difference from top to bottom. ”

Ignacio Prado

Executive Director of Futuro Academy

LEARN MORE ABOUT YOGA ED.

Evidence-based online programs that improve
physical and mental health worldwide.

www.yogaed.com

By Email: info@yogaed.com

By Phone: 310-471-1742 (US)

