



"Zen the Night"

A night full of health and wellness, self-care,
relaxation, and mindfulness

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Donegan Elementary



Introduction:

"ZEN" emphasizes the value of meditation and intuition. This night focused on how children can cope with stress and learn relaxation.

5 Rotations:

1. Yoga
2. Zumba/Photobooth
3. Calming Bottles
4. Zen Coloring Pages
5. Therapy Dogs



Introduction:

We chose to do "Zen the Night" because of the different studies on meditation and yoga in the classroom. Young students are learning social emotional skills and how to control their emotions and bodies. We read about the Baltimore public schools that replaced detention with after school yoga. Their detention and expulsion rates decreased greatly. We thought the students in our school could greatly benefit due to behaviors we see.

School Replaced Detention With Meditation And It Created Incredible Results

Posted on 2019/04/9

TAGS: MEDITATION



Flyer



ZEN THE NIGHT!

COME JOIN US WITH A
FREE FUN FILLED NIGHT DEDICATED TO
HEALTH AND WELLNESS, SELF-CARE,
MINDFULNESS, AND RELAXATION!

WEDNESDAY, NOV. 6TH

5:00-7:00PM

AT DONEGAN ELEMENTARY

HOSTED BY EAST STROUDSBURG UNIVERSITY PRIMARY II STUDENTS



¡LA NOCHE ZEN!

VEN Y ÚNETE A NOSOTROS DURANTE UNA
NOCHE DIVERTIDA DEDICADA A LA SALUD, EL BIENESTAR,
Y EL CUIDADO PERSONAL, ATENCIÓN PLENA Y
RELAJACIÓN. GRATIS PARA TODA LA FAMILIA.

MIÉRCOLES 6 DE NOVIEMBRE

5:00-7:00PM

EN DONEGAN ELEMENTARY

ORGANIZADO POR LOS ESTUDIANTES DE MAGISTERIO DE LA
UNIVERSIDAD EAST STROUDSBURG

Cafeteria/Gym of Donegan Elementary



Importance for students & families:

- Taught how to cope with stress through each rotation:
 - Yoga
 - Yoga instructor taught different breathing techniques and mindfulness
 - Zumba
 - Instructors taught dances with friends, family, teachers, and staff which allowed individuals to release energy
 - Music
 - Through the music in between rotations, students and their families participated in singing and dancing to different songs
 - Photo Booth
 - Being silly and letting loose!



Importance for students & families:

- Taught how to cope with stress through each rotation:
 - Calming Bottles
 - Students used sensory items to put within the bottle and glycerin to change the pace of the water
 - Zen Coloring Pages
 - Expressing themselves through art
 - Therapy dogs
 - Interacting with the dogs helped calmed down individuals nerves



Importance for students & families:

- Every family member is brought together through receiving prizes for places in the community.
 - Each family member received a free ice cream card to Applebee's along with a chance to win \$30 worth of gift certificates to dine at Applebees. This will give families a change to get out together and spend time with each other.
 - 4 Cinemark Movie vouchers provided in a gift basket.
 - 18 Vouchers for a free swim.
 - \$20 gift card to playa bowls
 - Crayola art materials





Documentation from the Event

YOGA:



Documentation from the Event

ZUMBA:





Documentation from the Event

CALMING BOTTLES:



Documentation from the Event

ZEN COLORING PAGES:





Documentation from the Event

THERAPY DOGS:



Documentation from the Event

RAFFLE BASKETS:





Documentation from the Event

JUST FOR FUN....



Who was involved...



- ★ Students and Families of Donegan
- ★ Teachers, Staff, and Student Teachers of Donegan
- ★ Dr. Nelson and Dr. Scala
- ★ Our family and friends came out to help and support
- ★ Tony D from Holiday Sounds - DJ & Photobooth
- ★ Beverly Raymond & Jean Theman - Therapy Dogs
- ★ Dora Buitrago & Gabriella - Zumba Instructors
- ★ Michaela - ESU Yoga Instructor





Roles played for success...



- ★ Organization of materials
 - Decorations
 - Centers
- ★ Layout of the event
 - Each at a center
- ★ Advertisement
- ★ Communication
- ★ Time Management
- ★ Creativity
- ★ Having fun!

What we learned....

- ★ Advocating
- ★ Preparation
- ★ Collaboration
- ★ Communication
- ★ Patience
- ★ Leadership
- ★ Motivation



Picture from
beginning of
Primary Two
semester!



Thank You **ESU!**

We are all so for thankful for
this learning experience
given to us by the University
and Dr. Nelson.

