

Resources and Research

Yoga for Children

Yoga for Children - Resources and Research

Recent Research Articles – Yoga and Children

Implementing yoga within the school curriculum : a scientific rationale for improving social-emotional learning and positive student outcomes

1. Butzer, B., Bury, D., Telles, S., and Khalsa, S. B. S. (2016). Implementing yoga within the school curriculum: a scientific rationale for improving social-emotional learning and positive student outcomes. *Journal of Children's Services*, 11(1), pp. 3-24.

This paper reviews evidence about school-based yoga programs as a way to promote social-emotional learning (SEL) and positive student outcomes. It finds that providing yoga within the school curriculum may assist students develop self-regulation, mind-body awareness and physical fitness. In turn, this may foster additional SEL competencies and other positive outcomes for students.

[Find full research here](#)

Are There Benefits from Teaching Yoga at Schools? A Systematic Review of Randomized Control Trials of Yoga-Based Interventions

2. Ferreira-Vorkapic, C., Feitoza, J. M., Marchioro, M., Simões, J., Kozasa, E., & Telles, S. (2015). Are There Benefits from Teaching Yoga at Schools? A Systematic Review of Randomized Control Trials of Yoga-Based Interventions.

Evidence-Based Complementary and Alternative Medicine, 2015.

This study systematically examines literature about yoga interventions in school settings and the evidence for academic, cognitive, and psychosocial benefits. Effect size was found for mood indicators, tension and anxiety in the POMS scale, self-esteem, and memory when the yoga groups were compared to control.

[Find full research here](#)

Yoga as a School-Wide Positive Behavior Support

3. Accardo, A.L. (2017) Yoga as a School-Wide Positive Behavior Support, *Childhood Education*, 93(2), pp. 109-113. Here, the use of yoga as a school-wide positive behavior support (SWPBS) was examined through reviewing existing literature and interviews with yoga program facilitators. Yoga was reported to increase mindfulness, emotional regulation, and positive behaviors of school students.

[Find full research here](#)

Using Yoga to Reduce Stress and Bullying Behaviors among Urban Youth

4. Erin E. Centeio, Laurel Whalen, Erica Thomas, Noel Kulik, Nate McCaughtry

The purpose of this study was to examine multi-level influences of a yoga-based intervention on 3rd to 5th grade students. Results revealed a significant reduction in stress and bullying behaviours among participants. Students also

revealed that experiencing yoga reduced stress and improved focus and attention.

[Find full research here](#)

Yoga in public school improves adolescent mood and affect.

5. Felver JC, Butzer B, Olson KJ, Smith IM, Khalsa SBS. Yoga in Public School Improves Adolescent Mood and Affect. *Contemp School Psychology*, pp. 2014:1-9.

The study compares the effects of participating in a single yoga class versus a standard physical education (PE) class on student mood. Results suggest that school-based yoga may provide unique benefits for students above and beyond participation in PE.

[Find full research here](#)

Benefits of yoga for psychosocial well-being in a US high school curriculum: a preliminary randomized controlled trial.

6. Noggle JJ, Steiner NJ, Minami T, Khalsa SB. Benefits of yoga for psychosocial well-being in a US high school curriculum: a preliminary randomized controlled trial. *J Dev Behav Pediatr*. 2012, 33(3), pp.193-201.

The study was preliminary and aimed to test the feasibility of yoga within a high school curriculum and evaluate preventive efficacy for psychosocial well-being in year 11 and 12 students. While physical education (PE)-as-usual students showed decreases in primary outcomes, yoga students maintained or improved.

[Find full research here](#)