

# ZENworks Yoga Impact Report

Fall 2016 Student & Teacher Data Analysis



# Executive Summary

- Almost all of all students self reported that they enjoy yoga with high satisfaction from younger students (ages 6 to 8)
- Majority of all students reported that yoga has helped them and that they will use it in the future
- Of those that mentioned yoga has helped them, majority said it helped them calm down, feel happier at school, and focus better
- All of the teachers reported that the program and knowledge of the instructor were excellent or great
- Almost all teachers reported that majority of their students benefitted from the program especially increased self awareness
- Majority of teachers stated that they are using yoga on their own in the classroom and personally benefitted from the program



# Student Feedback

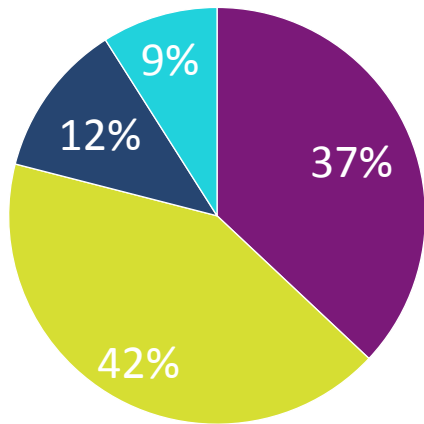
- Students received 10 weeks of weekly yoga classes that ranged from 30-60 min on a mat or 15 min at their desks sponsored by ZENworks Yoga
- Students in grades 3-12 were surveyed at the end of the 10 week program
- Students in K-2 grades were asked to draw and write about their experience at the end of the 10 week
- Fall 2016 schools include:
- Orchard, Adlai Stevenson, Lincoln West, Charles Dickens, Joseph Gallagher, Fullerton, Denison, Hannah Gibbons, Garrett Morgan, Mound.



# 308 students we surveyed between the ages of 6-21

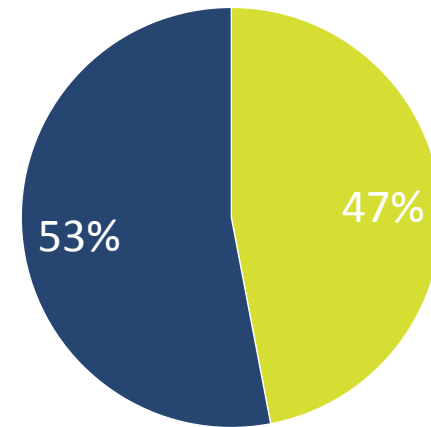
## Age of students

6 to 8   9 to 11   12 to 14   15 and up



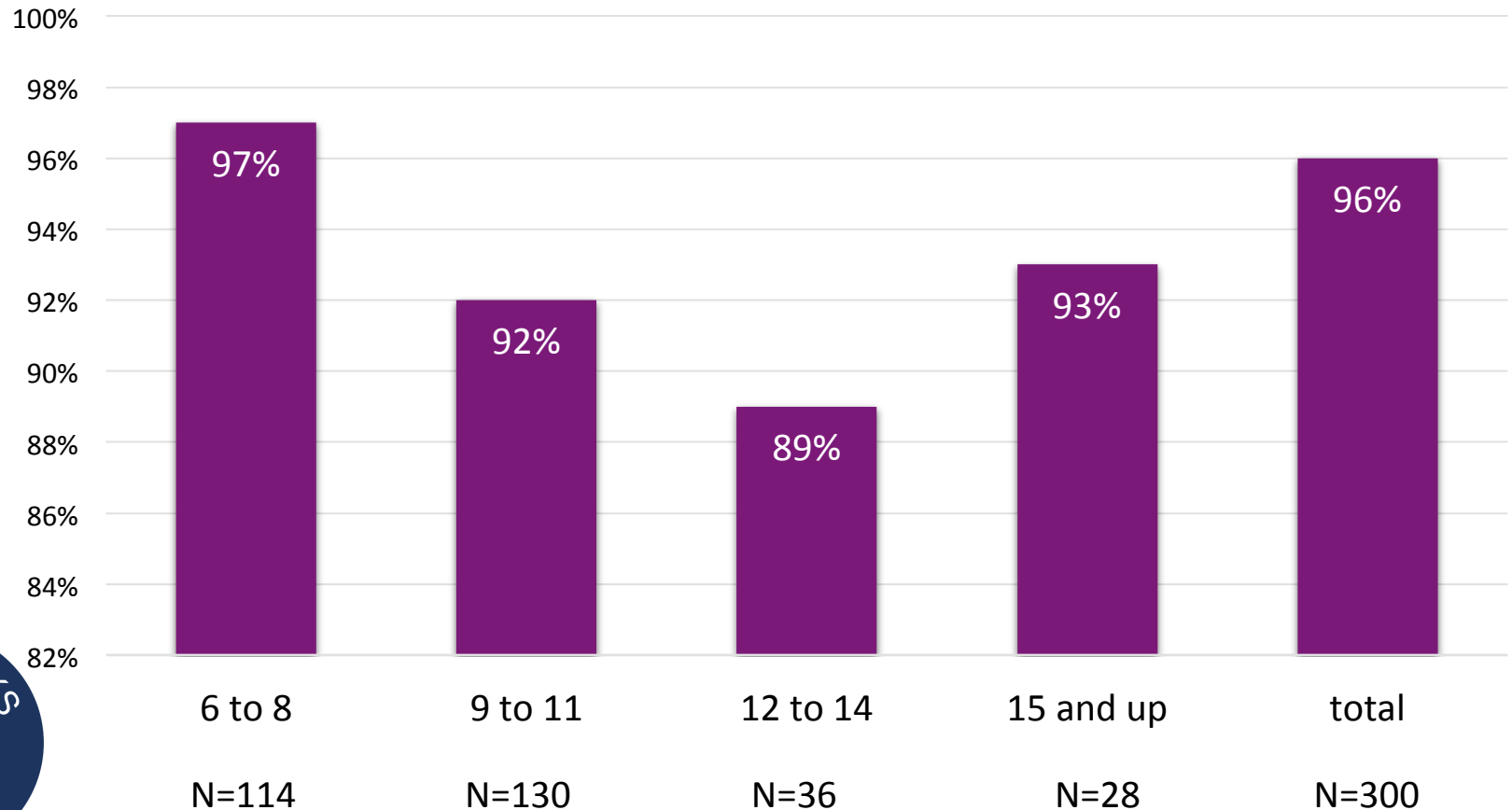
## Gender of Students

G   B



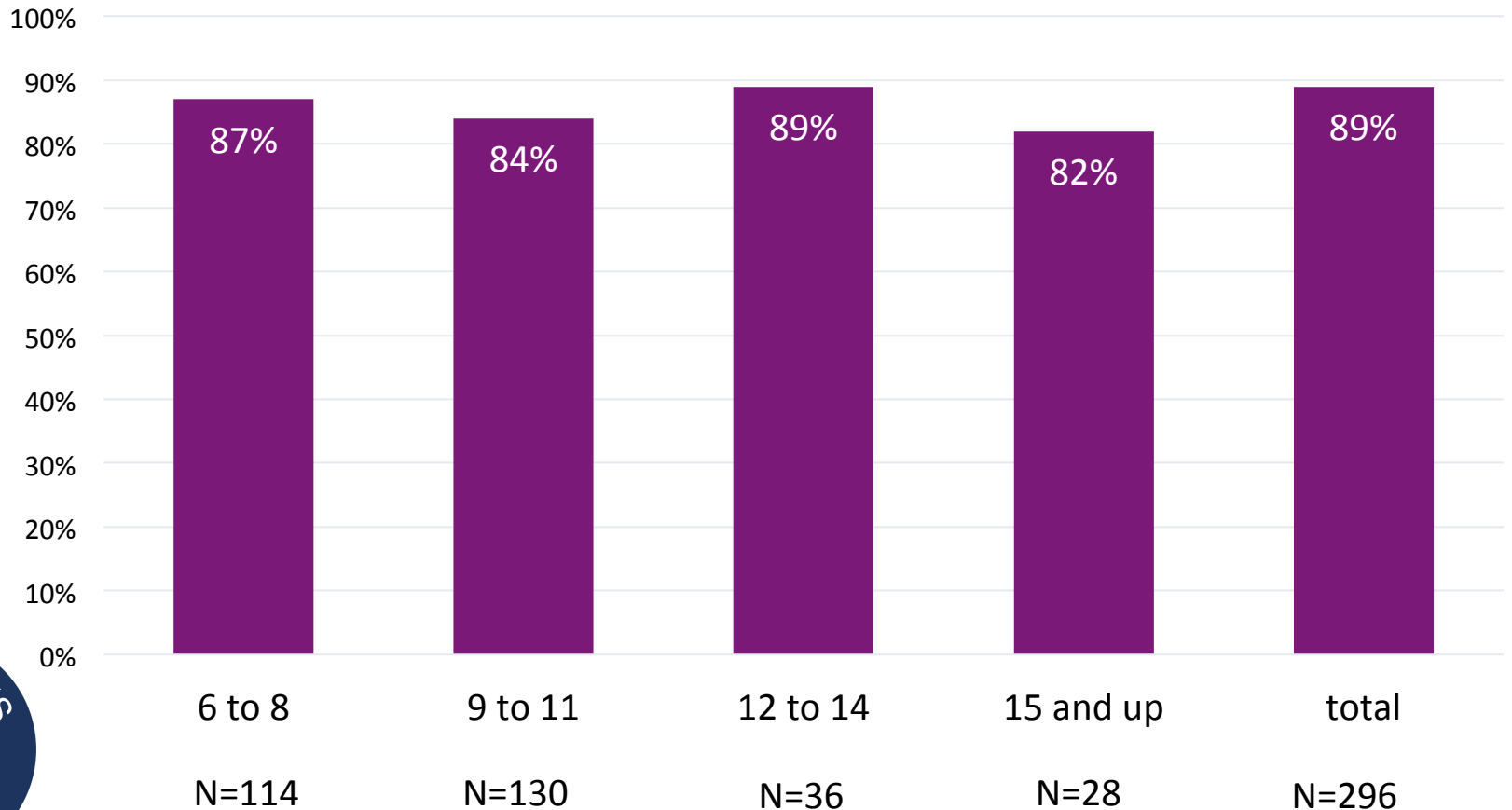
# 96% of total students reported that they enjoy yoga

**% of students enjoying yoga**



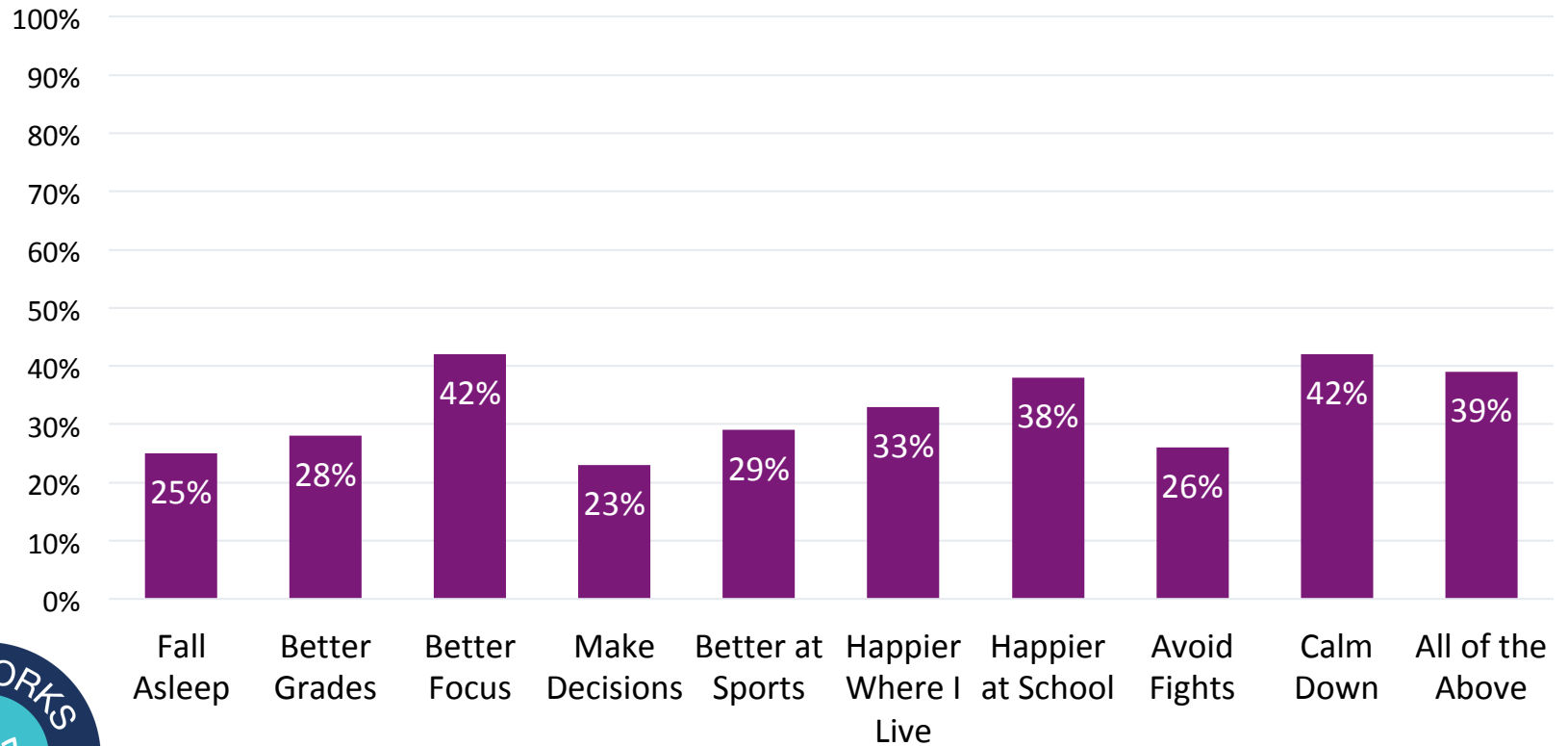
# 89% of all students reported that yoga has helped them

**% of students reporting that yoga has helped them**



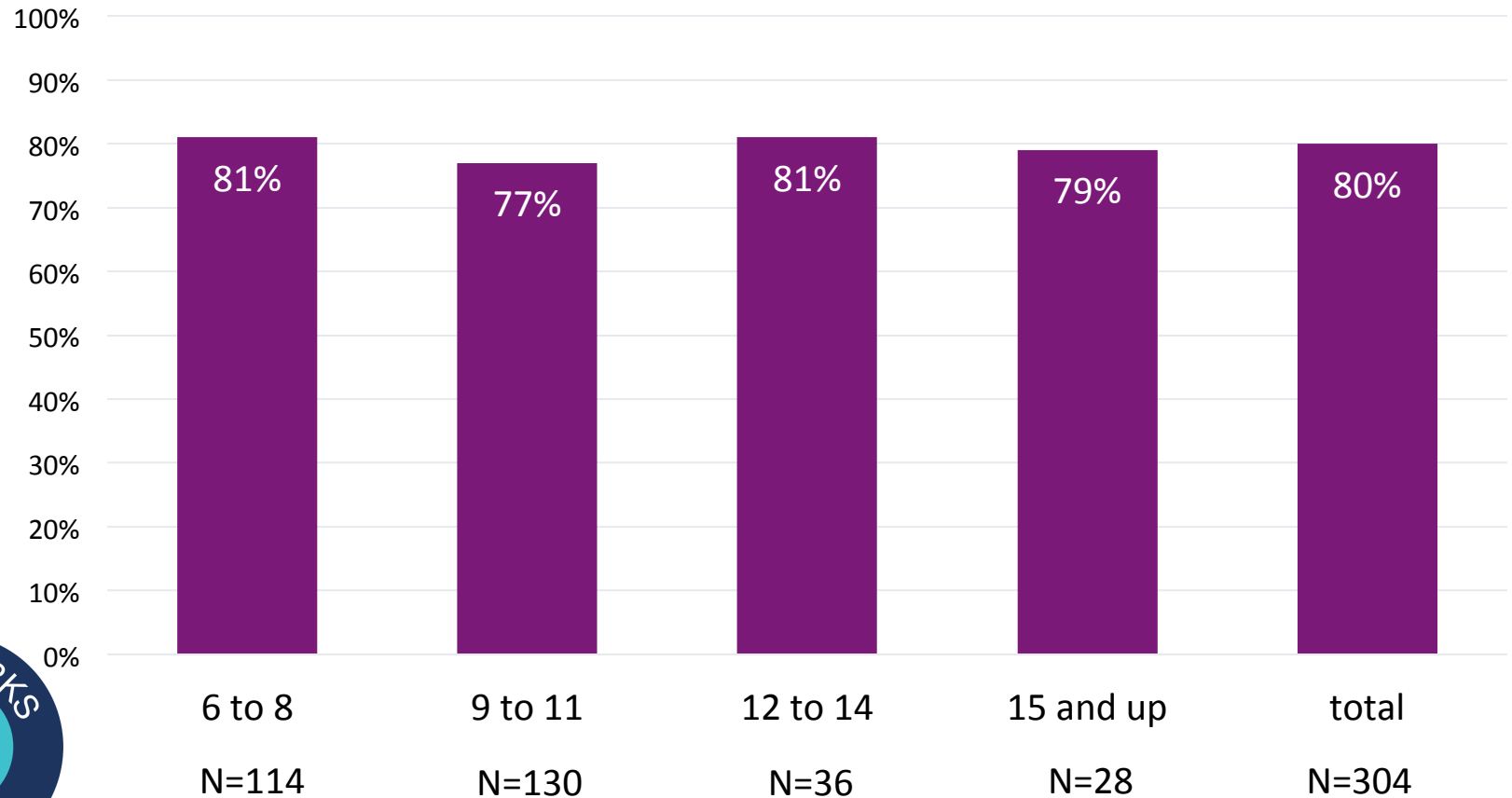
# Students reported that yoga has helped them calm down, feel happier at school and focus better

## How yoga has helped students



# 80% of all students reported that they will use yoga in the future

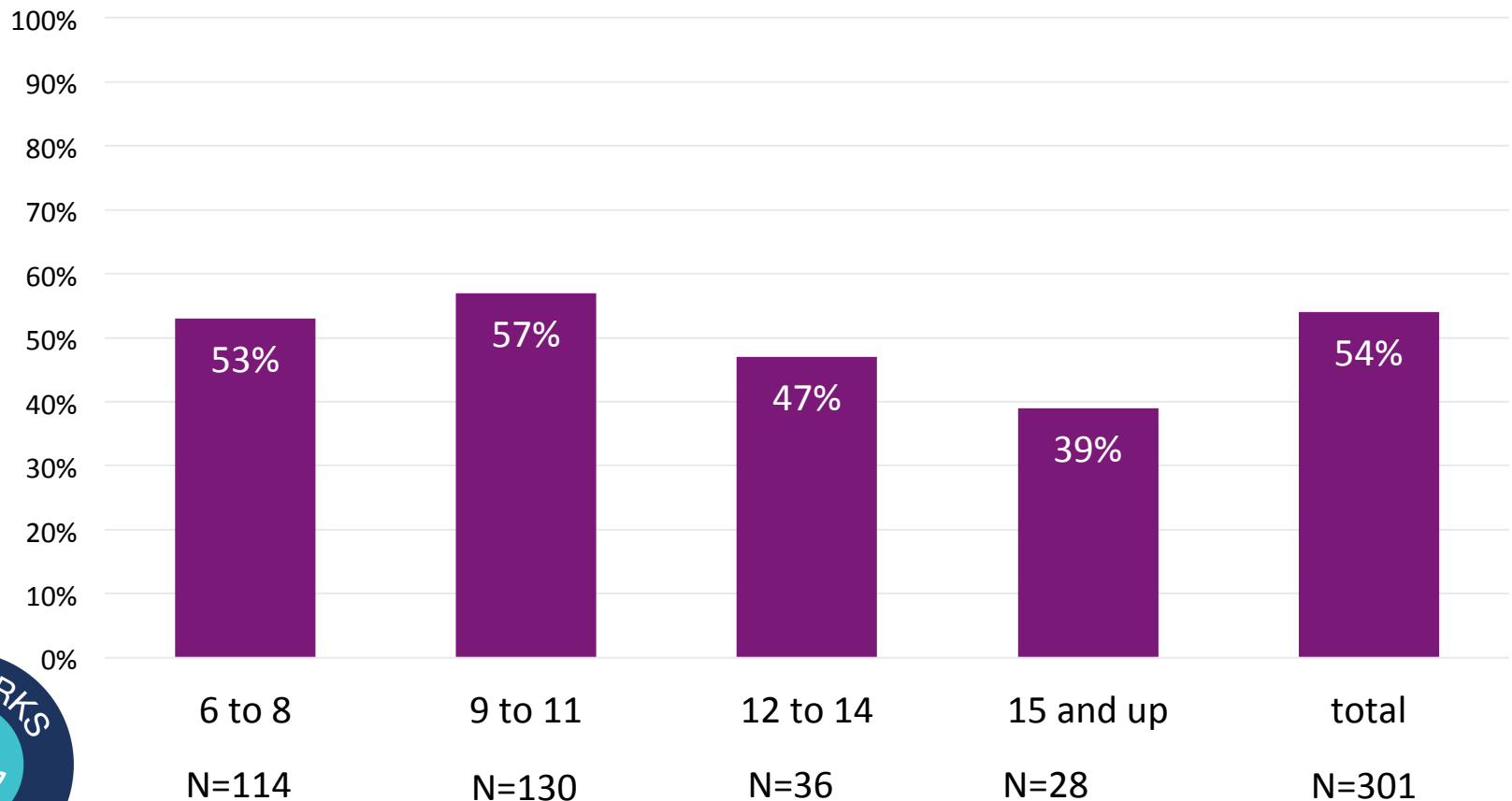
**% of students who will use yoga in future**





# 54% of all students reported that they taught someone else yoga

**% of students that have taught someone else yoga**



# Student feedback when asked “How does yoga make you feel?...”

- *“makes me feel happy, I go home and feel good”*  
- Age 8
- *“It makes me have a better life and helps me to see my future in a positive way.”*  
-Age 19
- *“It makes me feel happy and safe in the school.”*  
- Age 10
- *“So good it is fun, I want them to come back. Thank you.”*  
- Age 11



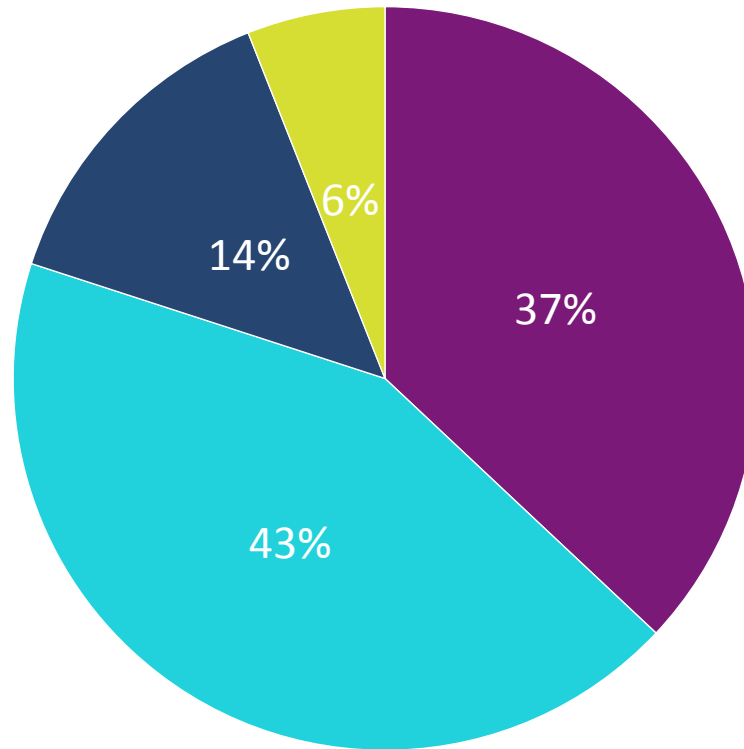
# Teacher Feedback

- All teachers were surveyed at the end of the 10 week program



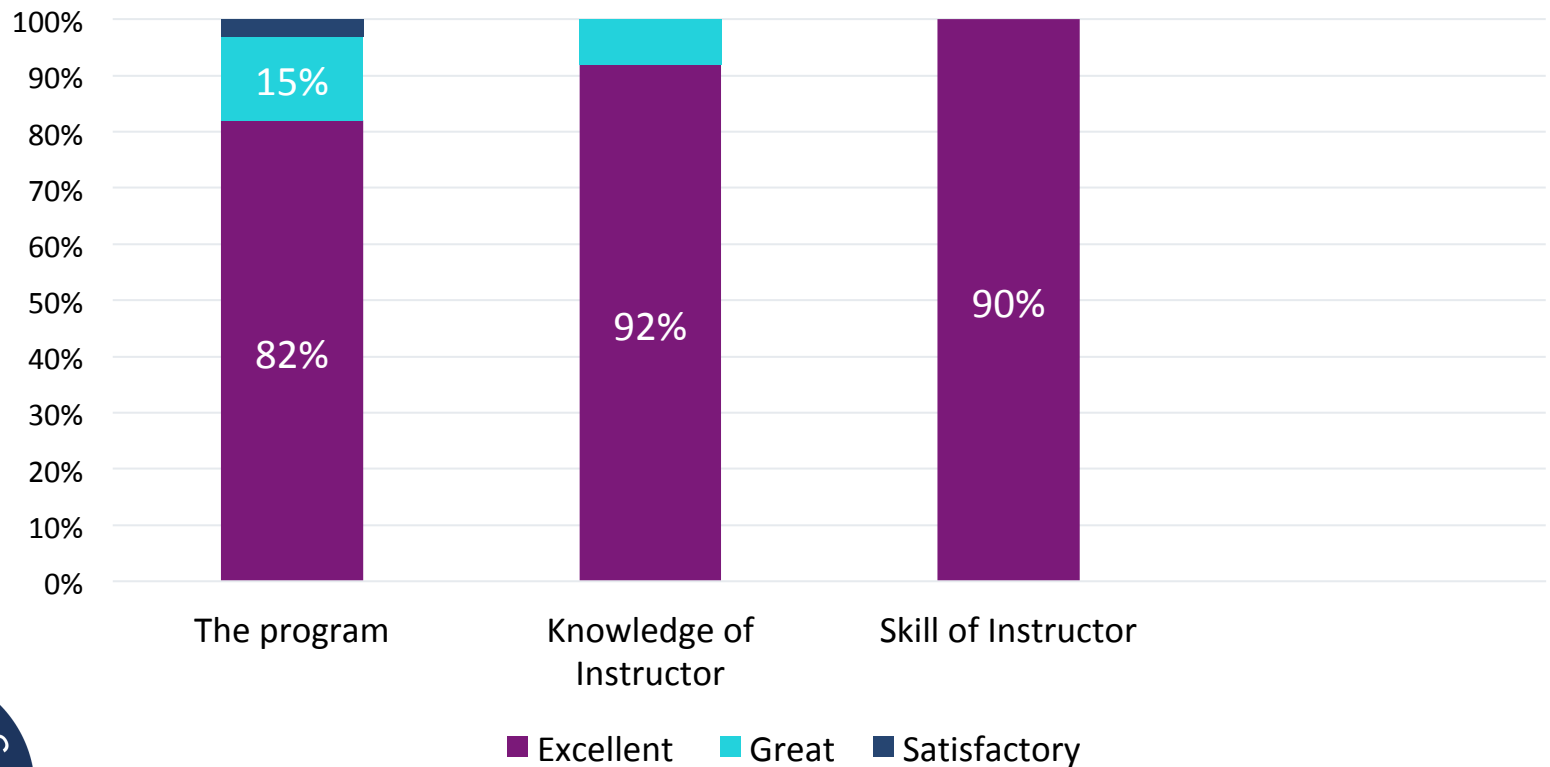
# We surveyed 39 teachers in grades preschool through high school

■ Pre-K-K ■ 1st-4th ■ 5th-8th ■ high school



# All of the instructors reported that the program and knowledge of the instructor were excellent or great

## Program and instructor satisfaction

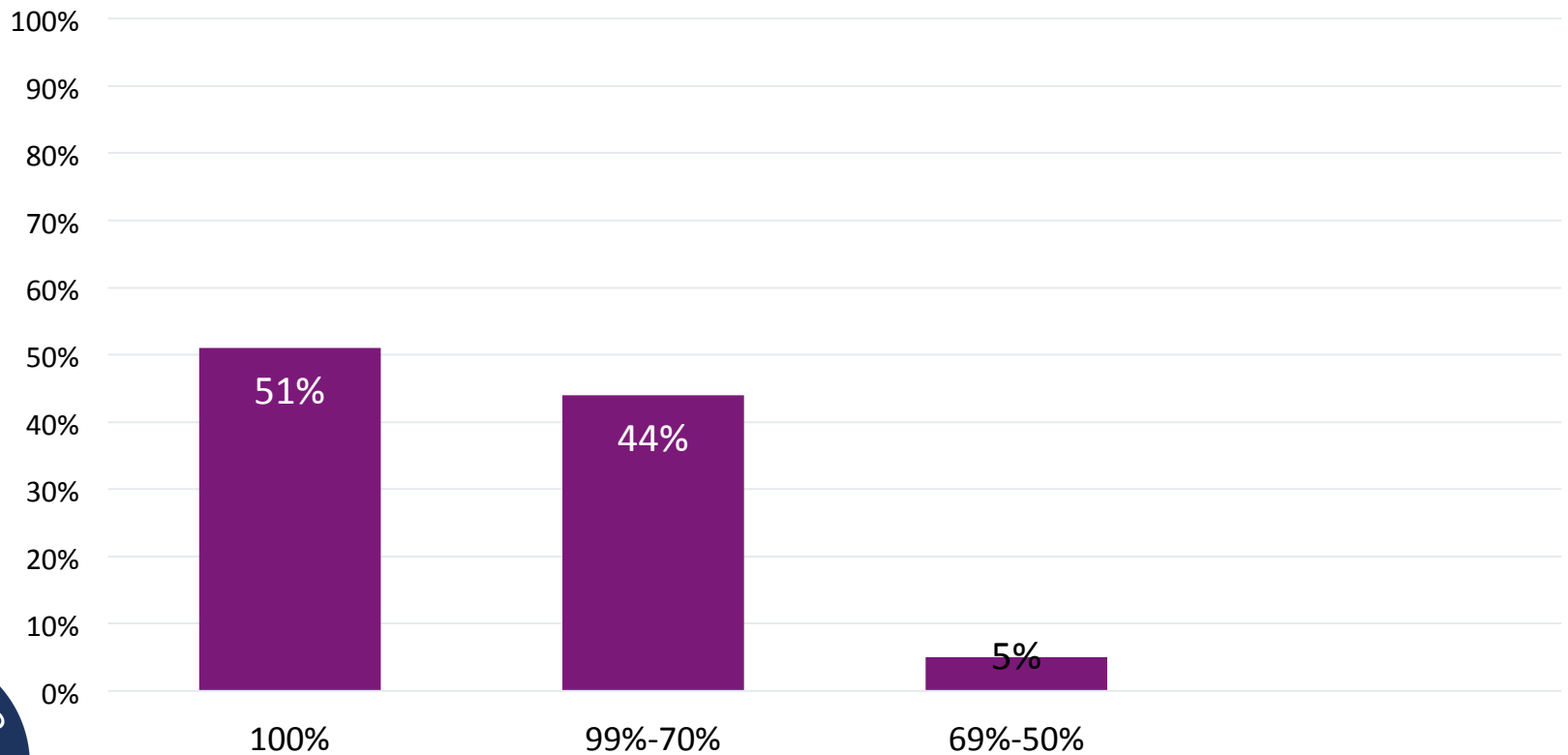


N=39



# Almost all teachers reported that more than 70% of their students benefited from the yoga program

**% of students who benefitted from the program**

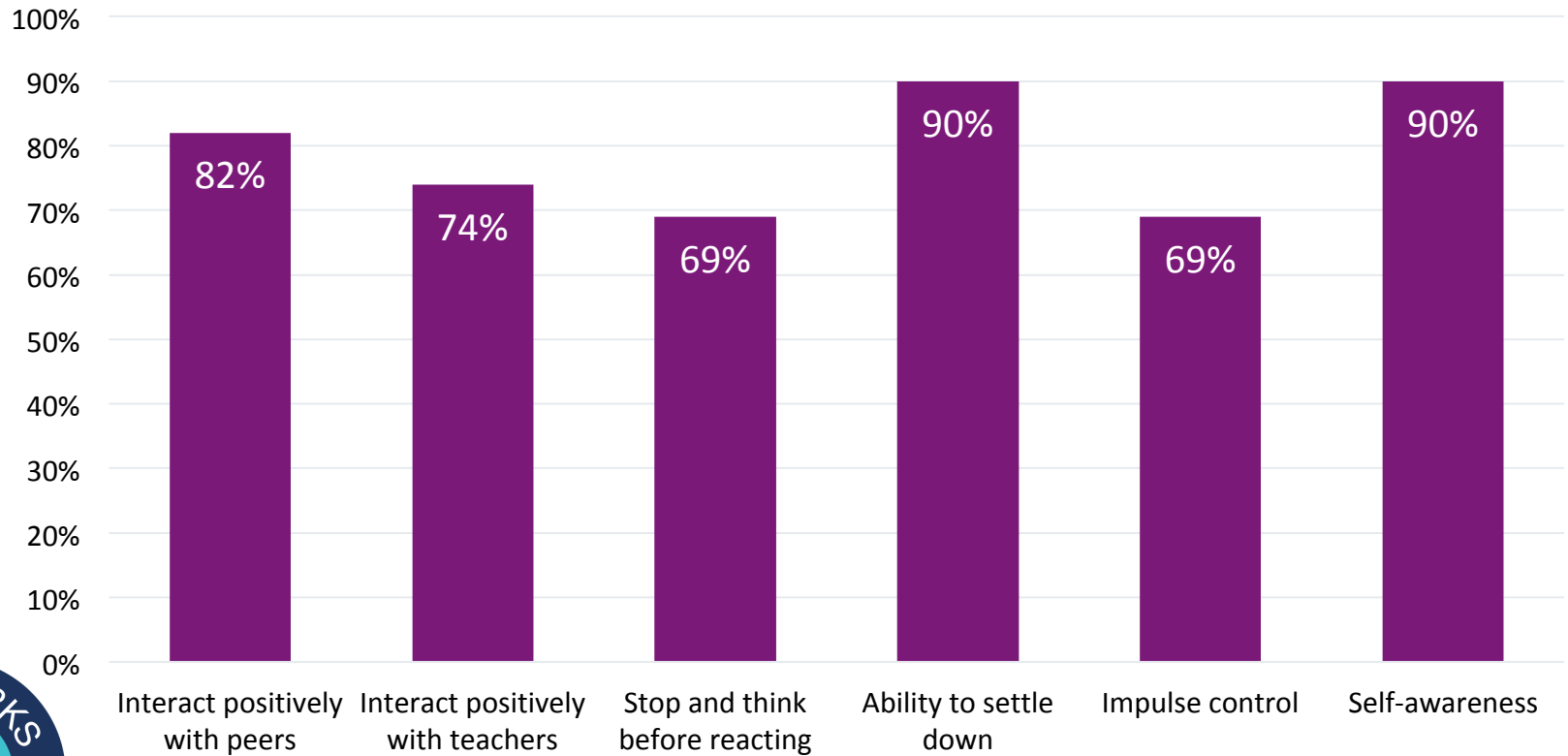


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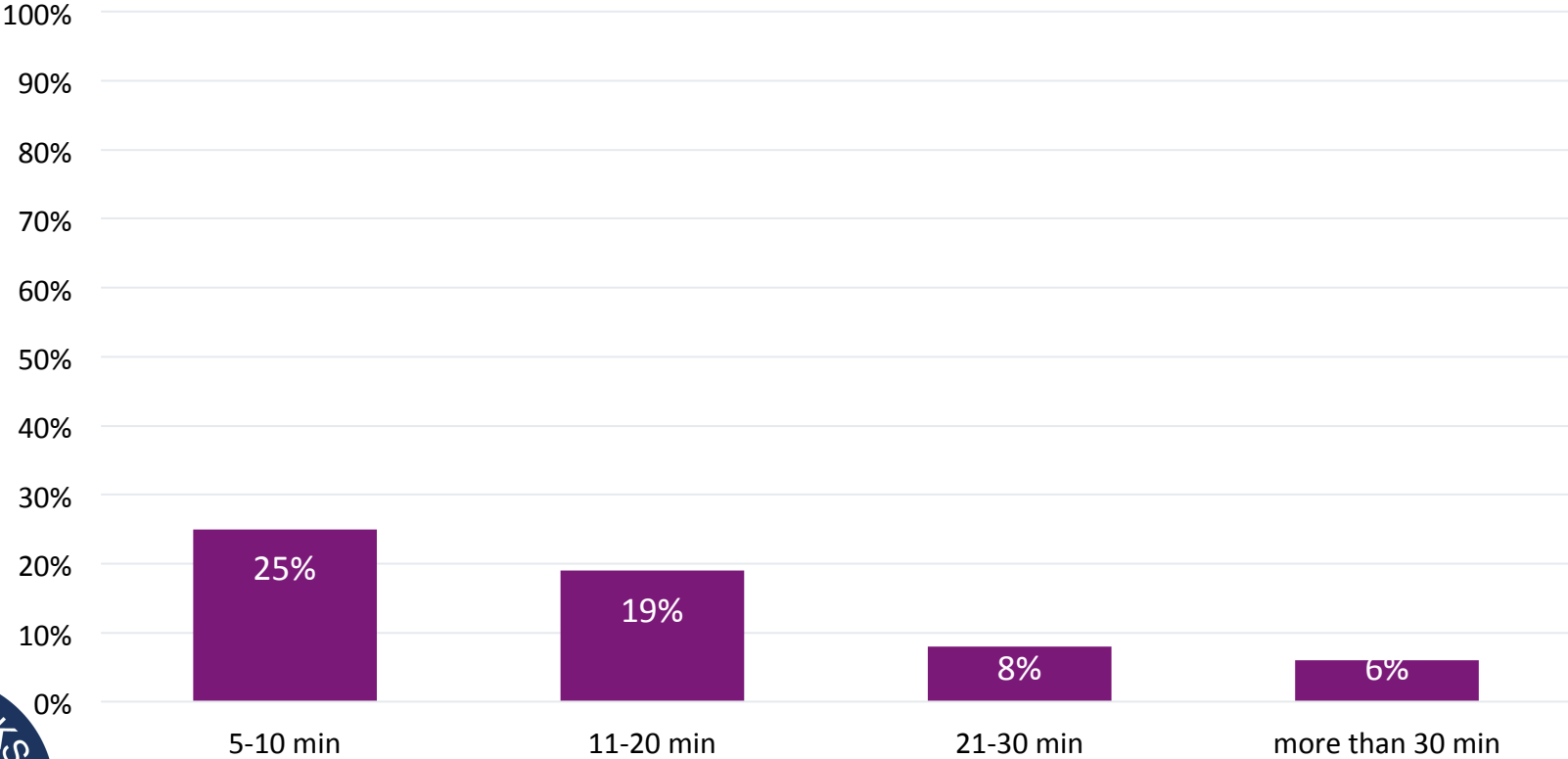
# 100% of teachers noticed a positive change in their students, especially increased self-awareness

## % of positive changes noticed in students



# More than half of all teachers reported gaining teaching minutes as a positive outcome of the program

## Estimated gain in teaching minutes per day



N=39



# 77% of teachers reported using breathing work and yoga on their own during the school day

- *“I would use breathing techniques and stretching or jumping to elevate mood..”*
- *“It is helpful to use when the children are upset or having a hard time with other children.”*



# 82% of teachers reported personally benefitting from yoga

- *“I feel more focused, relaxed and a sense of accomplishment.”*
- *“It allowed me to learn an intervention to assist the students to control their behaviors.”*
- *“It is great to see kids interact during a non-academic lesson.”*

