

ZENworks Yoga Impact Report

Spring 2017 Student & Teacher Data Analysis



Executive Summary

- Almost all of all students self reported that they enjoy yoga with high satisfaction from the youngest and oldest students (ages 6 to 8 and 15 and up)
- 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 feel happier at school, calm down 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

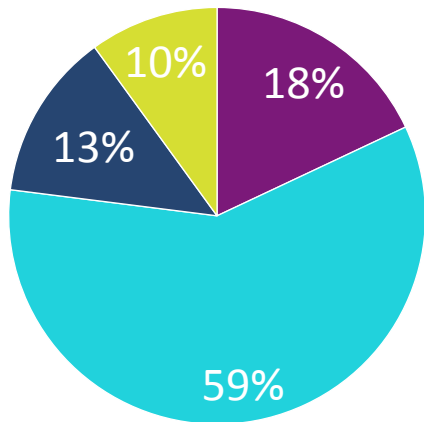
- Students received 10 weeks of weekly yoga classes that ranged from 30-60 min on a mat or 15-20 min at their desks sponsored by ZENworks Yoga
- Students in grades 3-12 were surveyed at the end of the 10 week program
- Students in K-2 grades were asked to draw and write about their experience at the end of the 10 week
- Spring 2017 schools include:
 - Bingham, Faith, Marion Sterling, Denison, Charles Dickens, Citizens Academy East, McKinley, Adlai Stevenson, Orchard, Hannah Gibbons, Sunbeam, Case, Almira, Patrick Henry, Harvey Rice, Fullerton, Lincoln-West, Garrett Morgan, Schumacher, Design Lab, New Tech West, and Miles Park



429 students we surveyed between the ages of 6-19

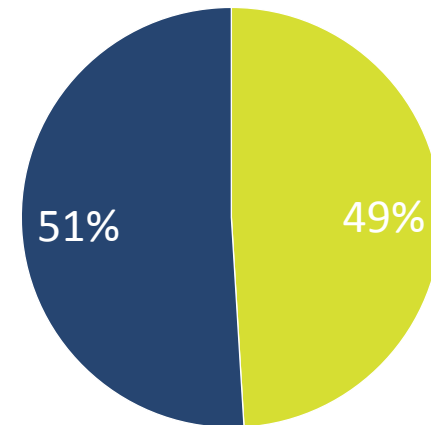
Age of students

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



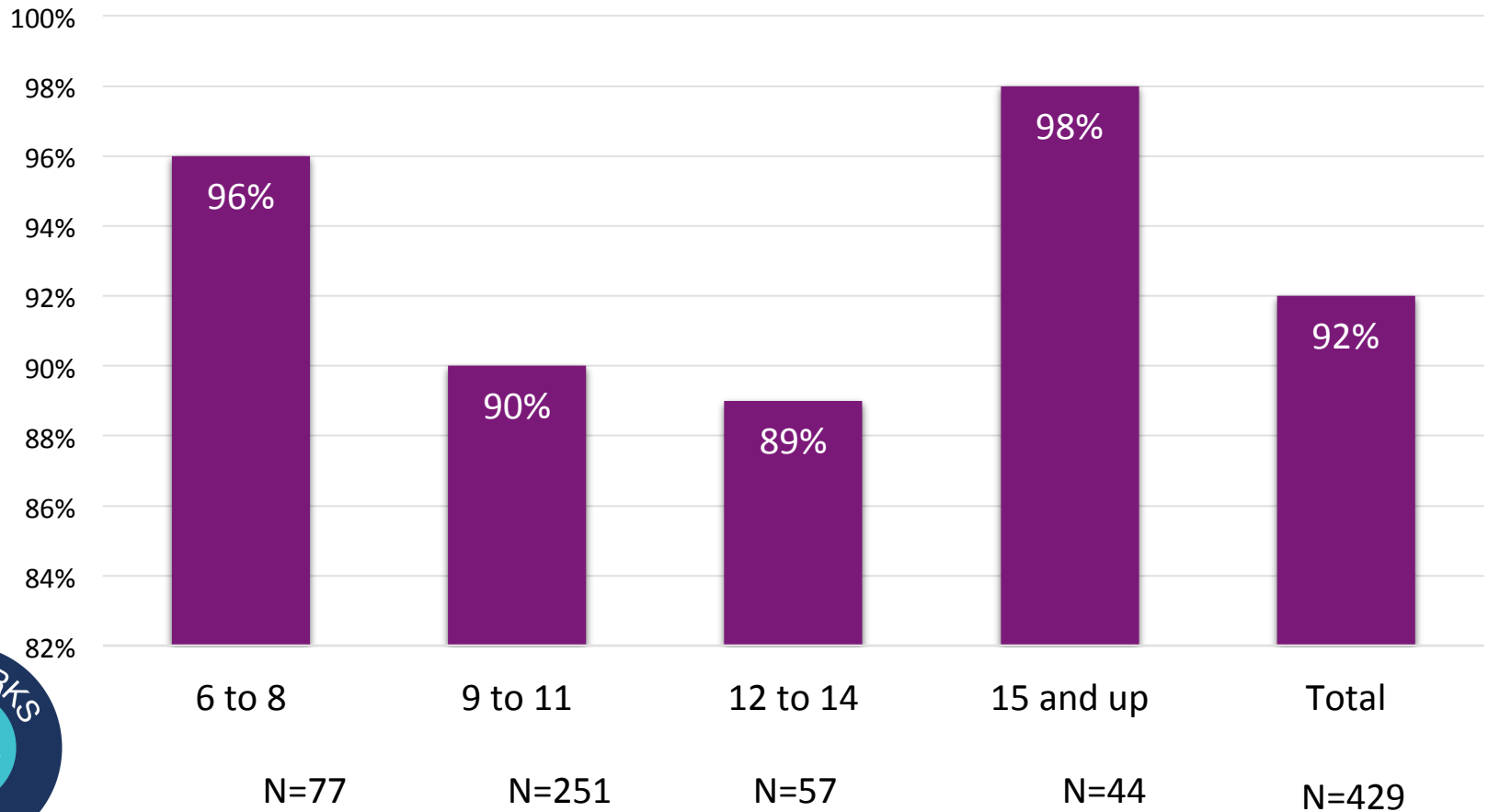
Gender of Students

■ G ■ B



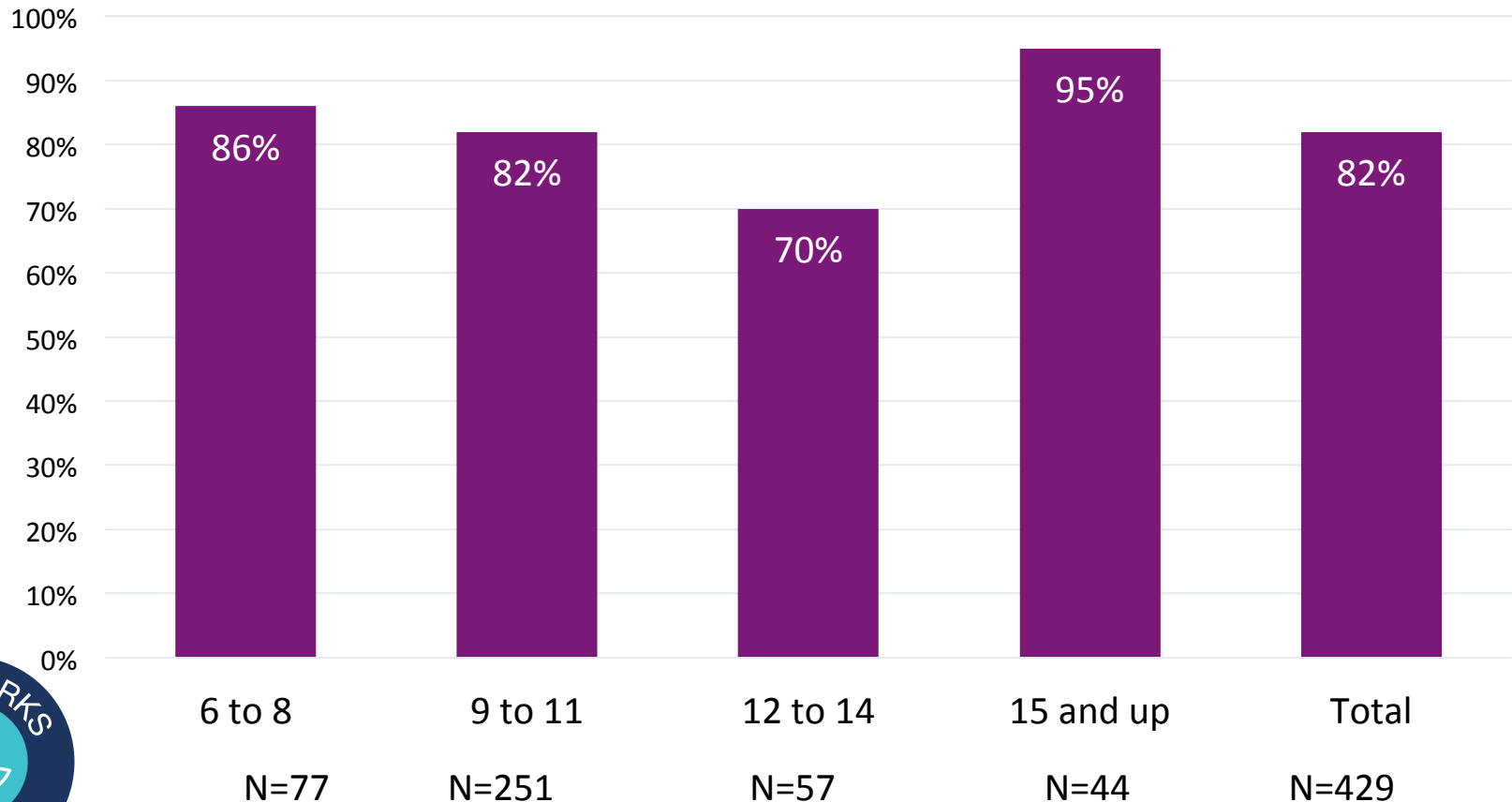
92% of total students reported that they enjoy yoga

% of students enjoying yoga



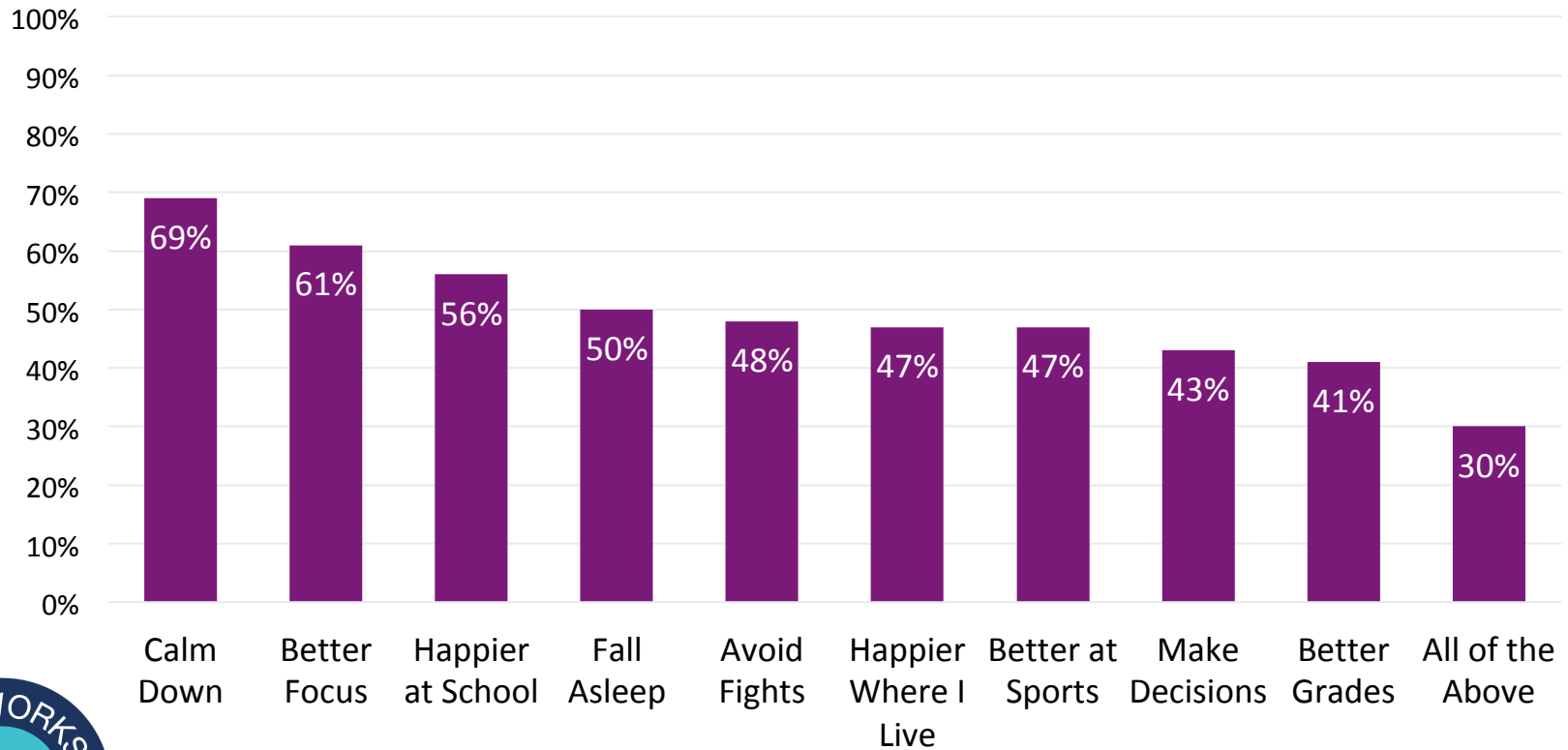
82% of all students reported that yoga has helped them

% of students reporting that yoga has helped them



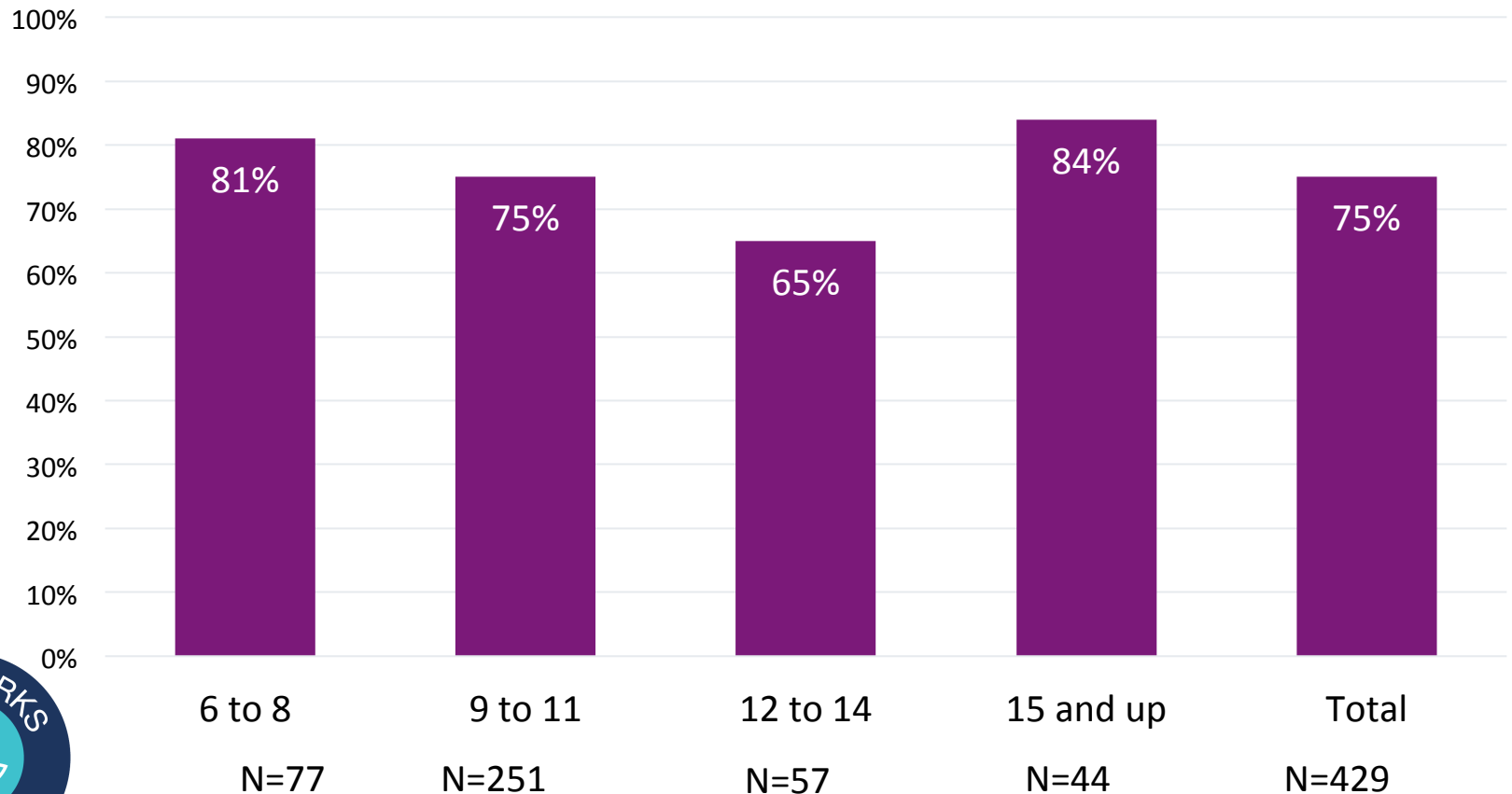
Students reported that yoga has helped them calm down, focus better and feel happier at school

How yoga has helped students



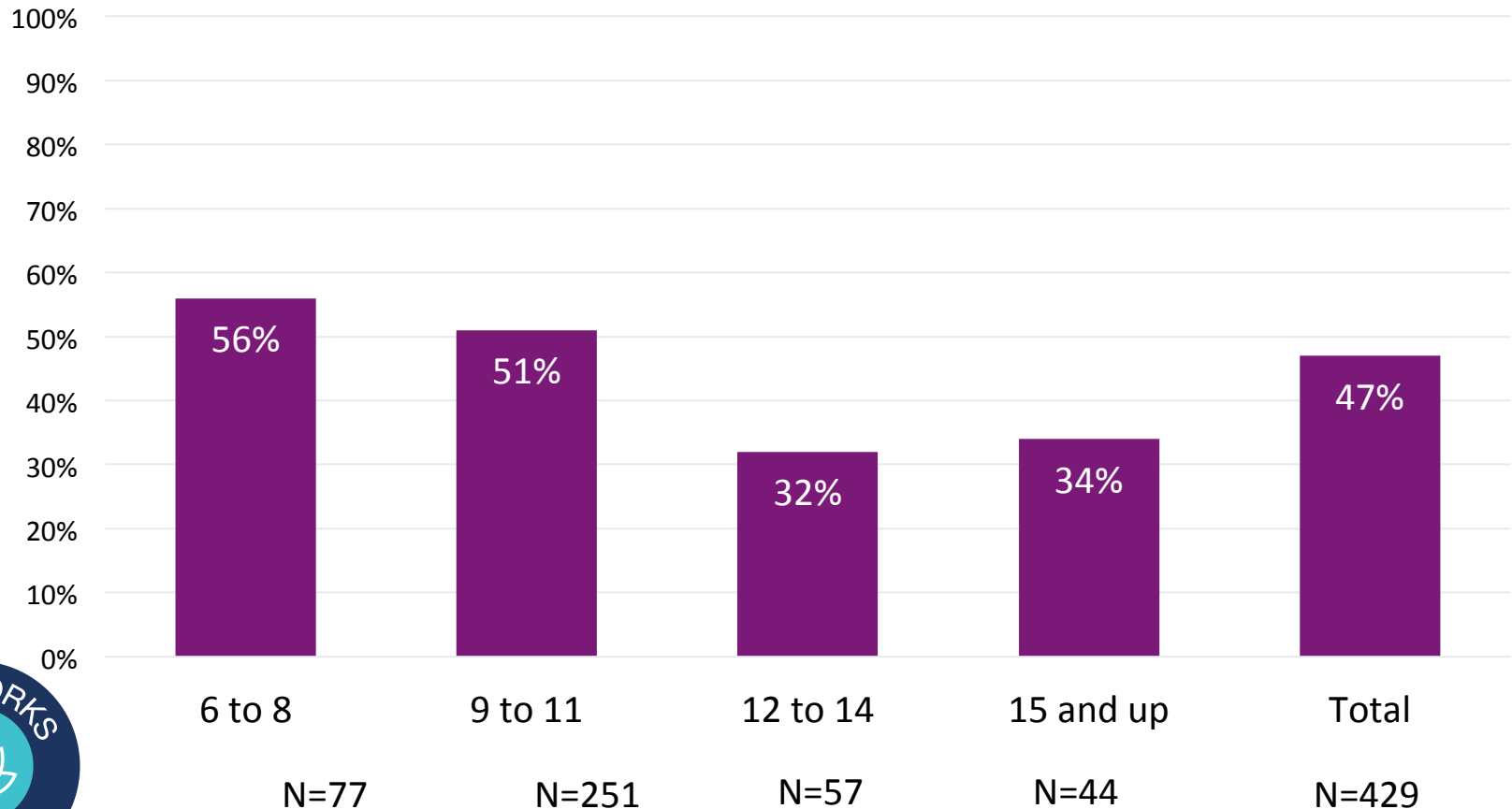
75% of all students reported that they will use yoga in the future, with higher likelihood with the youngest and oldest students

% of students who will use yoga in future



47% 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?...”

- *“It makes me feel calm and peaceful and very happy. That’s why I love yoga.”*
- Age 9
- *“Like I can do anything in life.”*
-Age 10
- *“Very calm. It makes me very happy in school and everywhere.”*
- Age 13
- *“So good and it makes me feel so good on weeks that we have yoga class.”*
- Age 10



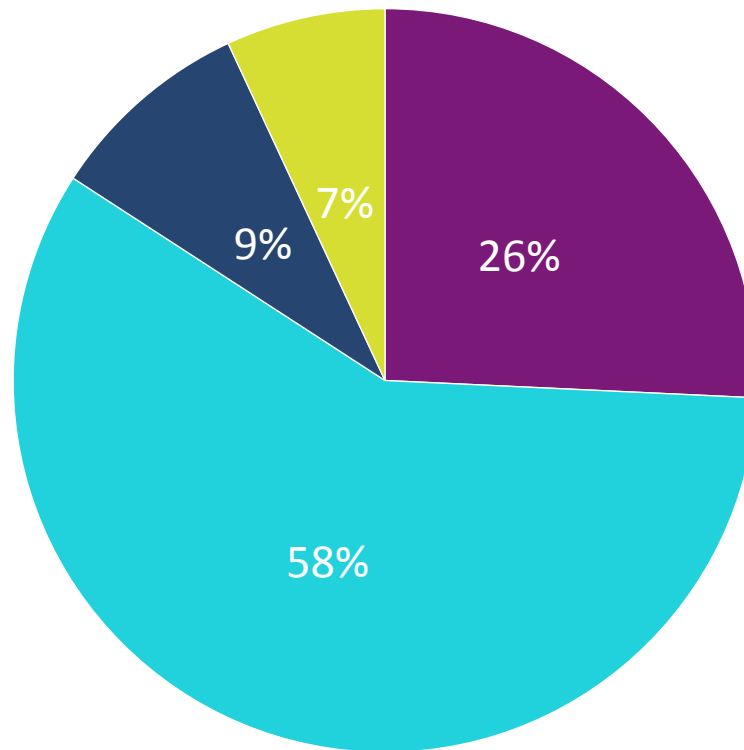
Teacher Feedback

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



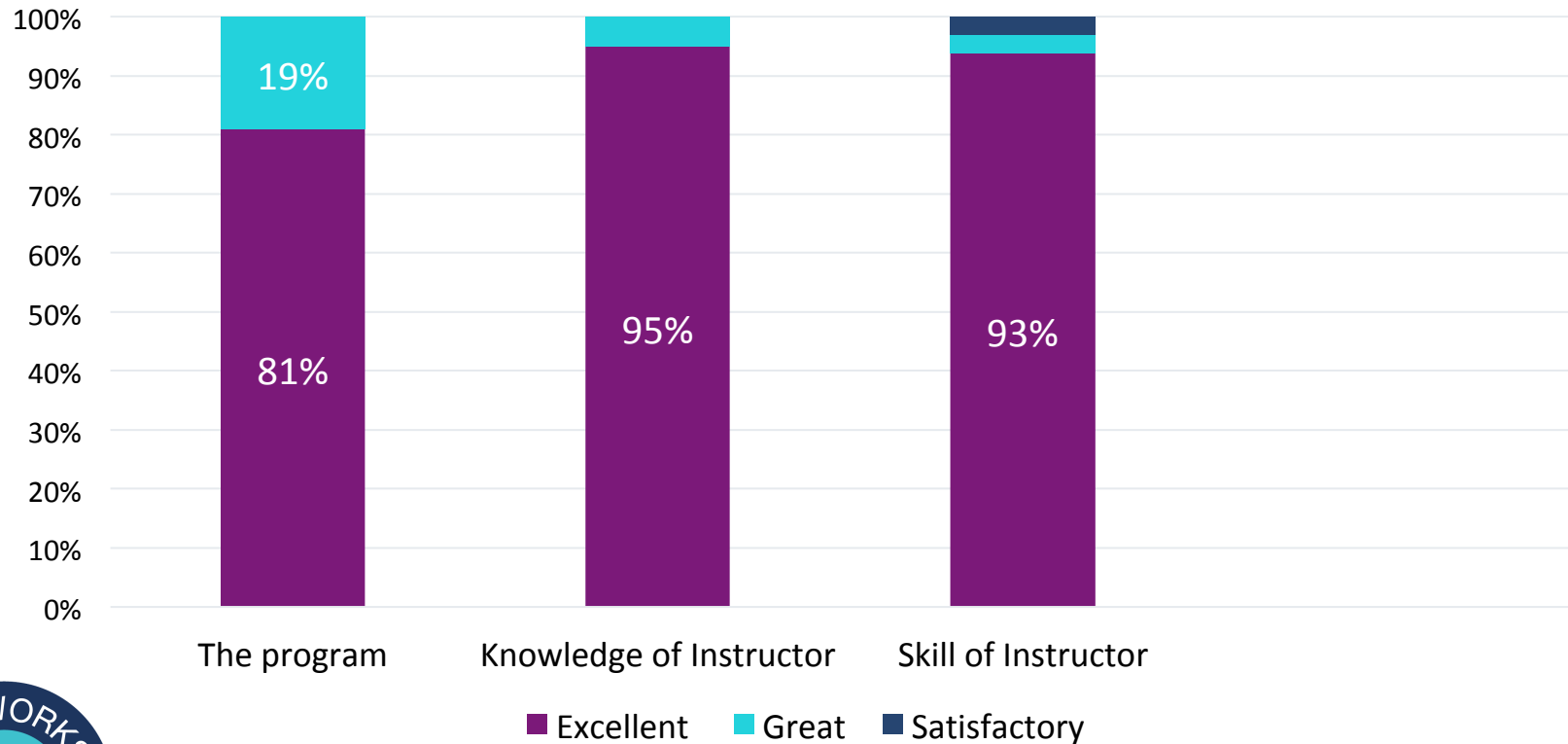
We surveyed 58 teachers in grades preschool through high school

■ 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

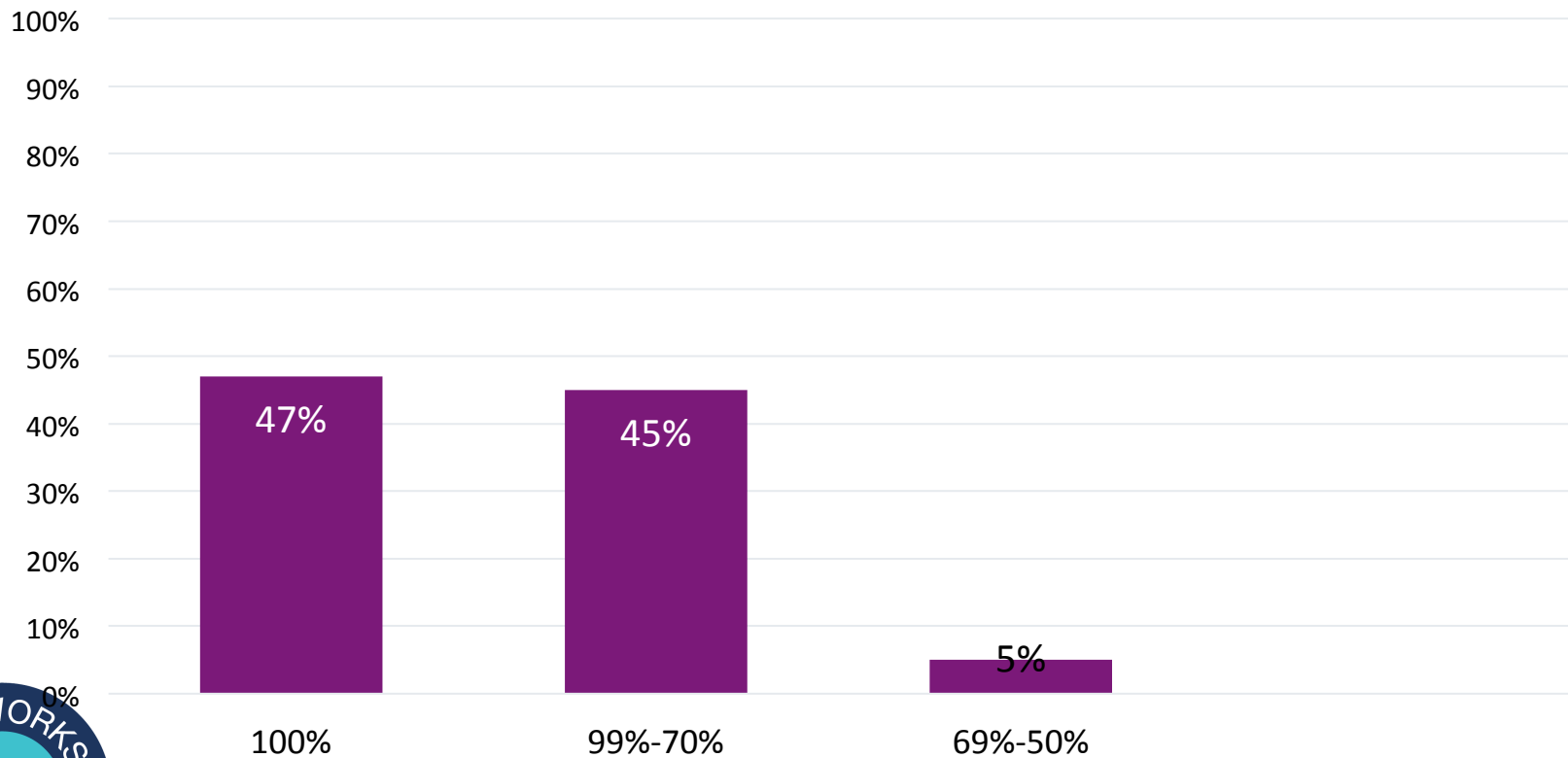


N=58



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

% of students who benefitted from the program

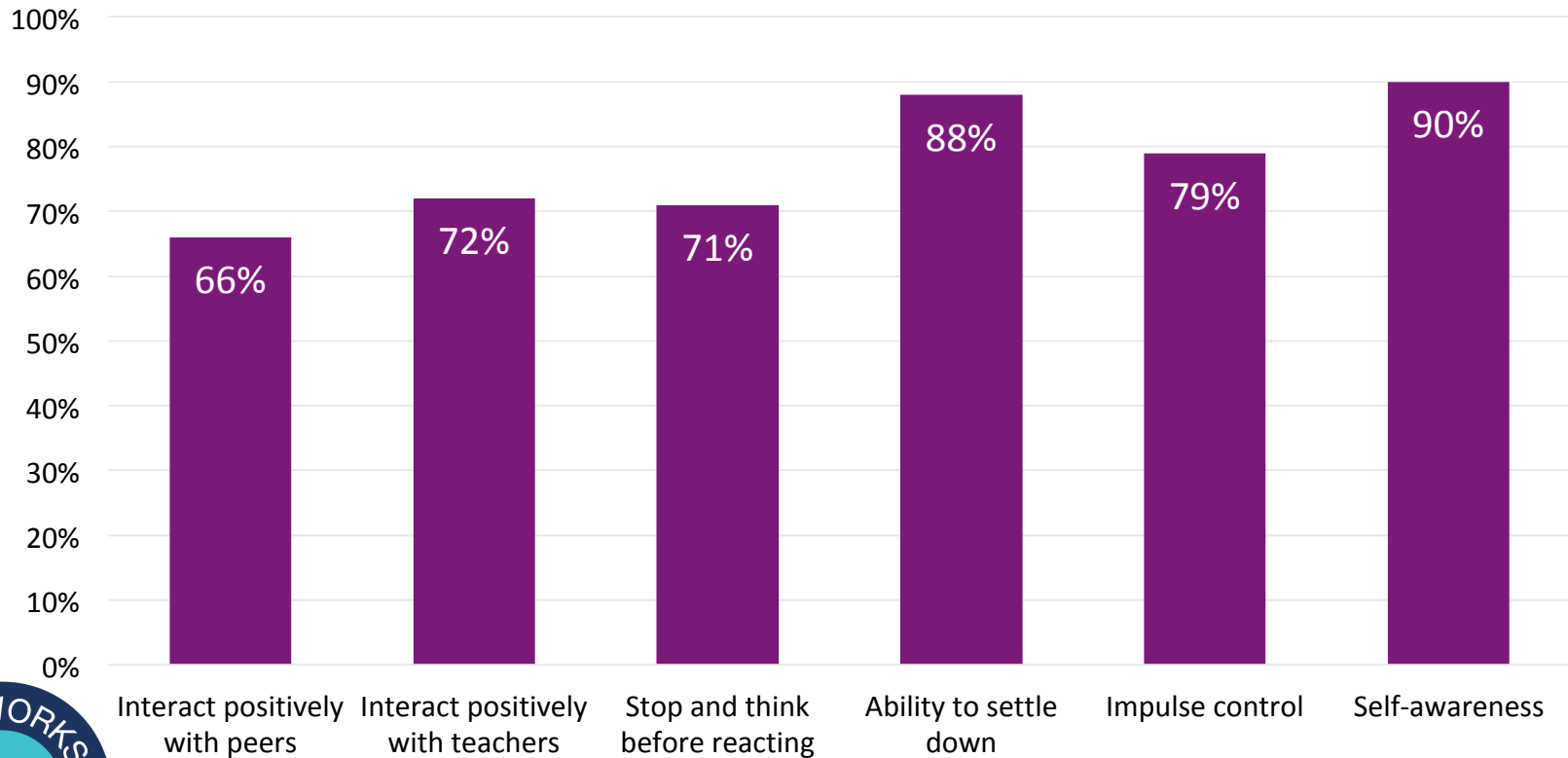


N=55



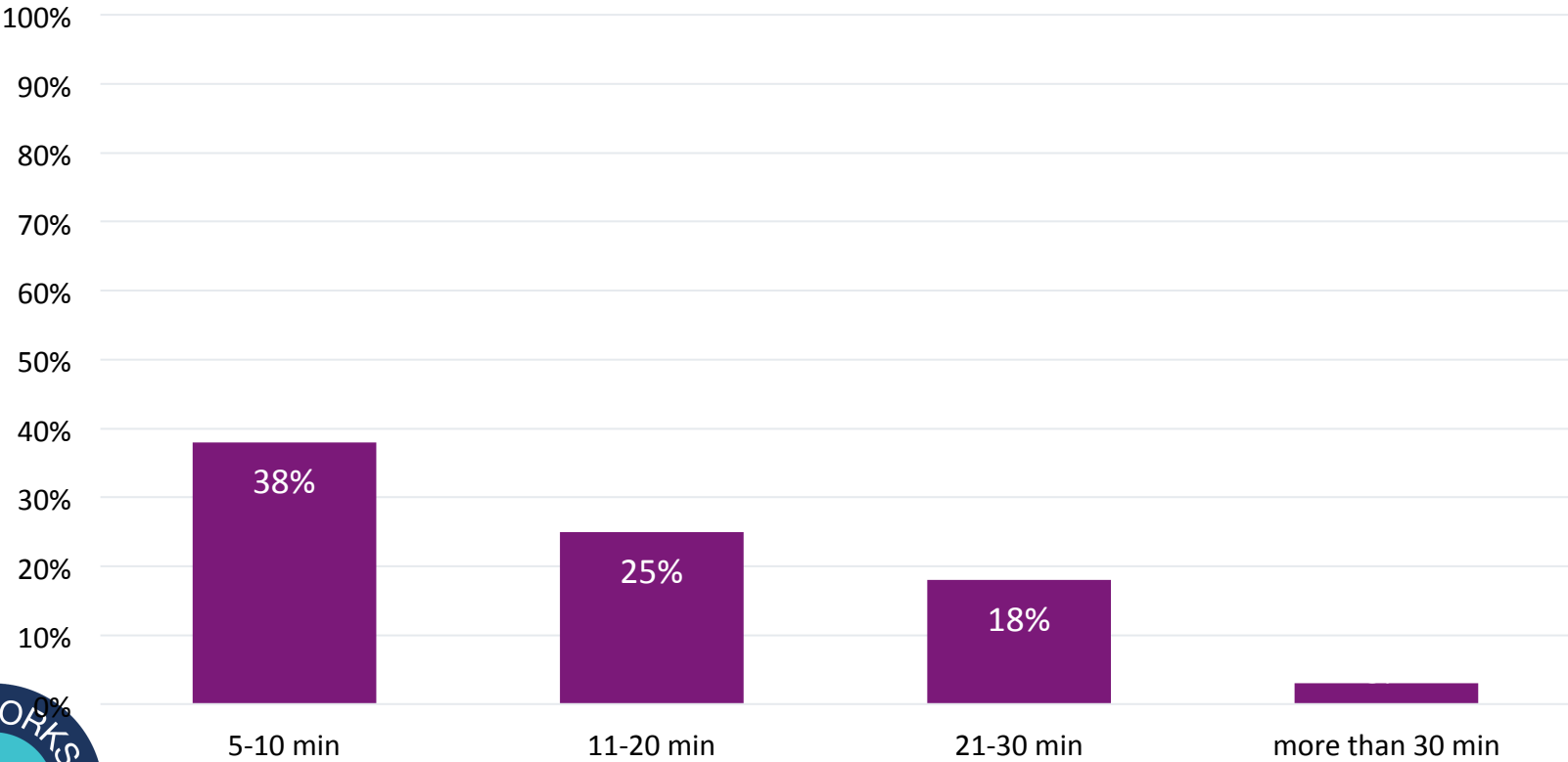
100% of teachers noticed a positive change in their students, especially increased self-awareness

% 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=40



78% of teachers reported using breathing work and yoga on their own during the school day

- *“I use deep breathing when students are mad, upset or angry about something.”*
- *“It is helpful to use before tests and when students need to refocus.”*



83% of teachers reported personally benefitting from yoga

- *“I feel better, more relaxed, and like a better teacher.”*
- *“When I was able to do Yoga with my students I felt like I was building a relationship with them.”*
- *“I enjoy seeing my students succeed in finding new ways to settle and I loved seeing them get confident and learn a new skill.”*

