

**Time-Ordered Agenda for  
Pediatric Yoga and Mindfulness: Tools for Developing Motor Skills,  
Self-Regulation, and Sensory Awareness**

**Instructor: Lori Benson Adams, MEd**

<b>Time (Minutes)</b>	<b>OT-Specific Content to be Covered</b>	<b>Instructional Methodologies (e.g., lecture, case study, discussion, demonstration)</b>
10	Objectives	Lecture
30	Impact of stress on the brain	Lecture, discussion, demonstration
45	Mindfulness, neuroplasticity, tools for intervention	Lecture, discussion, demonstration, participation
15	Breath techniques	Lecture, demonstration, participation
15	Visualization techniques	Lecture, demonstration, participation
60	Mindful movement and yoga for balance, strength, stability	Lecture, demonstration, participation
30	Building Compassionate classrooms	Lecture, discussion
15	Self-care practices for professionals	Lecture, discussion
10	Resources for further learning and training	Lecture, discussion
10	Final Points, Q&A	Discussion
<b>240</b>	<b>TOTAL RUN TIME</b>	