

Arts for Learning CT PROGRAM GUIDE

LEARNING OBJECTIVES

-Loving Kindness, Diversity, and Acceptance
for Social Emotional Learning

- Mindful Habits- ABC's of Self-Regulation
 - Awareness of Alignment
 - Balanced Breathing
 - Center; Concentration; Core
- Mindful Aloha & Habits in Action for Self-Care
- Inner Smile
- Bicycle Seat and Flashlights



Kahana Hula

Mindfulness of Aloha
All Ages

ABOUT THE PROGRAMS

The mindfulness principles taught in this program are based on the real meaning of Aloha, which is unconditional love, kindness, caring, compassion, and respect for all. Yoga and Hawaiian hula dance are not just physical exercises, nor just a form of entertainment, but are mindful movements that connect the body, mind, and soul, with the energies and elements of nature. Presenting mindfulness practices through a cultural lens, students experience the beauty and power of nature in one's self, in all people, and in all things. Drawing from wisdoms of yogic and Hawaiian philosophies, customs, and traditions for right living, this fun and unique mindfulness program will change one's state of mind, and perhaps one's life. Tiare Kahana translates these principles into habits and simple exercises to practice daily. The outcomes are reduced stress, increased energy, self-awareness, social-emotional development, self-regulation, and cultivating optimal personal health and well-being.



ARTS FOR LEARNING CT
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Arts for
Learning
Connecticut



About the Artist & Program Preparations

ABOUT THE ARTIST

Tiare Kahana has been a performing and teaching artist since 2006, presenting Hawaiian culture and dance to audiences throughout New England and the Tri-State areas. Being a trained professional dancer and fitness trainer, she has also a yoga practitioner for thirty years. Tiare earned Yoga Alliance Certification in 2017, attends mindfulness retreats at the Copper Beech Institute, Omega Institute and The Kripalu Center, participates with the Capitol Region Education Council (CREC) Mindfulness Council and completed a Mindfulness Educator Certification course through MissionBe®. For personal healing and well-being, she practices and studies Emei Qigong and has completed Level 1 Training. The profound connection between yogic wisdom, Hawaiian philosophy and Chinese medicine has inspired Tiare to integrate mindfulness practices into her dance and movement programs. Teaching and performing for audiences of all ages, she enjoys the energy, creativity and spontaneity of working with young children and teens, and making learning fun. Tiare finds joy in knowing that her programs positively impact the lives of children and is passionate about making her programs accessible to as many students as possible, especially children who struggle with anxiety, depression or any form of trauma. She is currently studying to complete a 95-hour Yoga Alliance Specialized Children's Yoga Teacher Certification and also Mindfulness-Based Stress Reduction (MBSR) Certification.

PRE PROGRAMS

Questions for Students:

- What is stress?
- What is something that causes you stress?
- What happens when your body feels stress?
- What is mindfulness?
- Where is Hawaii? What is hula dancing?
- What is yoga? Where did yoga originate?

RESOURCES

- Create "Mindful Aloha Journals"
- Write in journal: What is the meaning of Aloha, Ohana, Mindfulness, and Mahalo?
- Record in journal daily or monthly, reflect on concepts discussed in program
- Post a "Mindful Aloha Chart" on a bulletin board acknowledge or reward a student who demonstrates an extra special expression of Aloha or a Mindful Habit that day or that week.
- Document the "climate" of the classroom environment, or of any particular student behavioral challenges before practicing "Mindful Habits" and then, document improvements after one month...and take notice, at the end of the school year.
- Teachers also use a "Mindful Aloha Journal": Practice all "Mindful Habits" in your personal life and note how they improve your anxiety and stress levels, and overall well-being

APPS

Calm.com
"Relax" App
Noizio App
Insight Timer

CURRICULAR LINKS

Language Arts

Speaking and Listening: Comprehension and Collaboration, 1-3; Presentation of Knowledge and Ideas, 4-6.

Language Standard: Knowledge of Language, 3; Vocabulary Acquisition and Use, 4-6; Conventions of Standard English, 1-2

Mindfulness | Centered | Aloha | Concentration | Ohana | Core | Present moment | Acceptance | Non-judgement | Loving | Kindness | Awareness | Connectedness | Oneness | Alignment | 80/20 Rule | Ocean | Breath | Mahalo | Diversity |



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