

YOGA AND MINDFULNESS TOOLS

Helping children to learn, thrive
and engage in their life



ZensationalKids

Developed by Allison Morgan MA, OTR, RYT

BREATH • MOVEMENT • MINDFULNESS

Zensational Kids, LLC integrates yoga and mindfulness tools into educational and therapeutic practices for children of all abilities and learning styles to help them actively engage in their learning, increase their capacity to attend, regulate their emotions, manage their own behavior, build appropriate peer supports and achieve personal and academic goals. Founded in 2010 by **Allison Morgan**, a Montvale, New Jersey-based pediatric occupational therapist and international speaker, the company was developed from her passion for helping children discover their inner perfection, strengths and joy of learning, enhanced further by her love of yoga and expertise in the field of occupational therapy.

The core curriculum of Zensational Kids program offerings is structured around teaching **essential skills that have been scientifically proven to aid in a student's academic achievement**, future success and overall happiness in life:

- SELF-REGULATION** Ability to manage one's emotions and to self-calm
- FOCUS** Ability to direct attention and manage distractions
- RESILIENCE** Ability to adapt and thrive despite adversity and challenges

ZENSATIONAL KIDS PROGRAMS INCLUDE:

- **Educate 2B™**: Designed for all learners – general and special education, grades K-12 – our in-school training and follow-up support will teach your staff and students “2B: Calm, Focused, Resilient, Aware and Confident” through breath, mindfulness and movement.
 - **2MM/BB™ (2 Minute Mind/Body Breaks)**: Teaches effective, 2-minute breathing, movement and mindfulness breaks which address student/teacher stress reduction and the facilitation of optimum classroom performance through the development of regulation, focus and resilience.
 - **Pre-K/Kindergarten Program**: Empowers calm, focus & resilience in our youngest students assisting their ability to gain skills in the areas of motor, cognitive, sensory, social and emotional development.
- **Pediatric Yoga**: Explores yoga sequences and tools to prepare children to be attentive, relaxed and prepared to learn in any environment.
- **Honoring the Child with Developmental Challenges**: Provides therapists and teachers with innovative therapeutic strategies for incorporating yoga and mindfulness as a therapeutic and educational modality. Participants learn how to effectively integrate these tools into their therapeutic treatment of children, teens and young adults with sensory processing disorder, autism spectrum disorders, ADHD, developmental delays, learning challenges and other issues.
- **Children's Yoga Teacher Training Certification**: Partnership with Radiant Child Yoga Program, providing education to those looking to deepen their training through Yoga Alliance.

About Allison Morgan, Founder



Through **Zensational Kids**, Allison collaborates with teachers, parents, therapists and administrators to help children learn, live and thrive. A licensed occupational therapist and Registered Yoga Teacher (RYT-200) who has been working with children for over two decades, Allison has devoted her career to fostering the growth, development and well-being of children and adolescents in multiple settings.

An in-demand international speaker, Allison has presented numerous seminars and training courses, teaching the methods of integrating yoga into many settings to school administrators, educational staff, occupational, speech/language and physical therapists, school support staff, childcare center staff members and parent support groups. She has extensive experience working with children with a variety of diagnoses such as sensory processing disorders, learning and developmental disabilities, ADHD, Autistic Spectrum Disorders and physical disabilities.

Allison's Occupational Therapy degree was received at Boston University with a Bachelors of Science. She completed her Advanced Masters Degree in Occupational Therapy with a pediatric specialization at New York University. She is certified in the Administration and Interpretation of the Sensory Integration and Praxis tests. She is a facilitator for The Radiant Child Yoga Program and trained directly with the founder Shakta Kaur Khalsa. She is extremely grateful for the inspirational teaching she has received from her mentors, family and the children she has worked with.

Allison Morgan is available for speaking engagements, workshops and press interviews and can be reached at:

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