

ZENworks Yoga Impact Report

2017-2018 School Year
Student & Teacher Data Analysis



Executive Summary

- Almost all of all students self reported that they enjoy yoga with high satisfaction from the middle students ages 10-12
- 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 calm down, focus better and collaborate with their peers
- Majority of the teachers reported that the program and knowledge of the instructor were excellent or great
- Majority of teachers reported that majority of their students benefitted from the program especially in their ability to settle down
- Almost all teachers stated that they are using yoga on their own in the classroom and personally benefitted from the program



Student Feedback

- Students received 20 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 20 week program
- Students in K-2 grades were asked to draw and write about their experience at the end of the 20 week
- Spring 2017 schools include: Almira, Artemus Ward, CASE, Charles Dickens, Design Lab High School, Douglas MacArthur, Facing History New Tech, Fullerton, Global Ambassadors Language Academy, Hannah Gibbons , Joseph Gallagher, Lincoln-West HS, Marion Sterling, Miles Park, Oliver H. Perry, Orchard STEM, Patrick Henry, Robinson G. Jones, Schumacher (Akron Public Schools), Walton, Waverly, Wilbur Wright



A picture of the students we serve

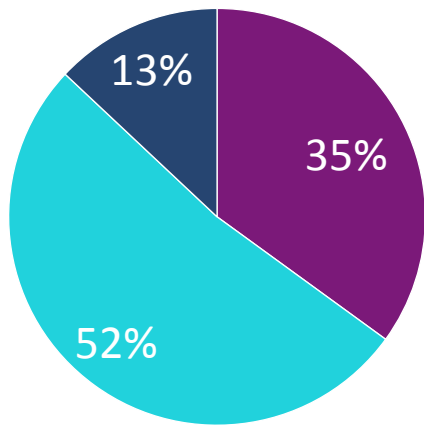
- Almost half of the students surveyed reported moving in the past year (47%).
- 36% of students reported having difficulty controlling their temper.
- 37% reported feeling frustrated often or almost always.
- 39% reported getting upset easily.
- 50% of students reported that their schools never or only sometimes felt good to them.
- 45% of students reported feeling never or only sometimes liked by others.



461 students we surveyed between the ages of 8-17

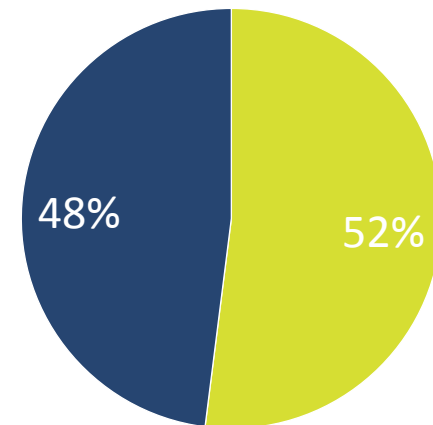
Age of students

■ 8 to 9 ■ 10 to 12 ■ 13 and up



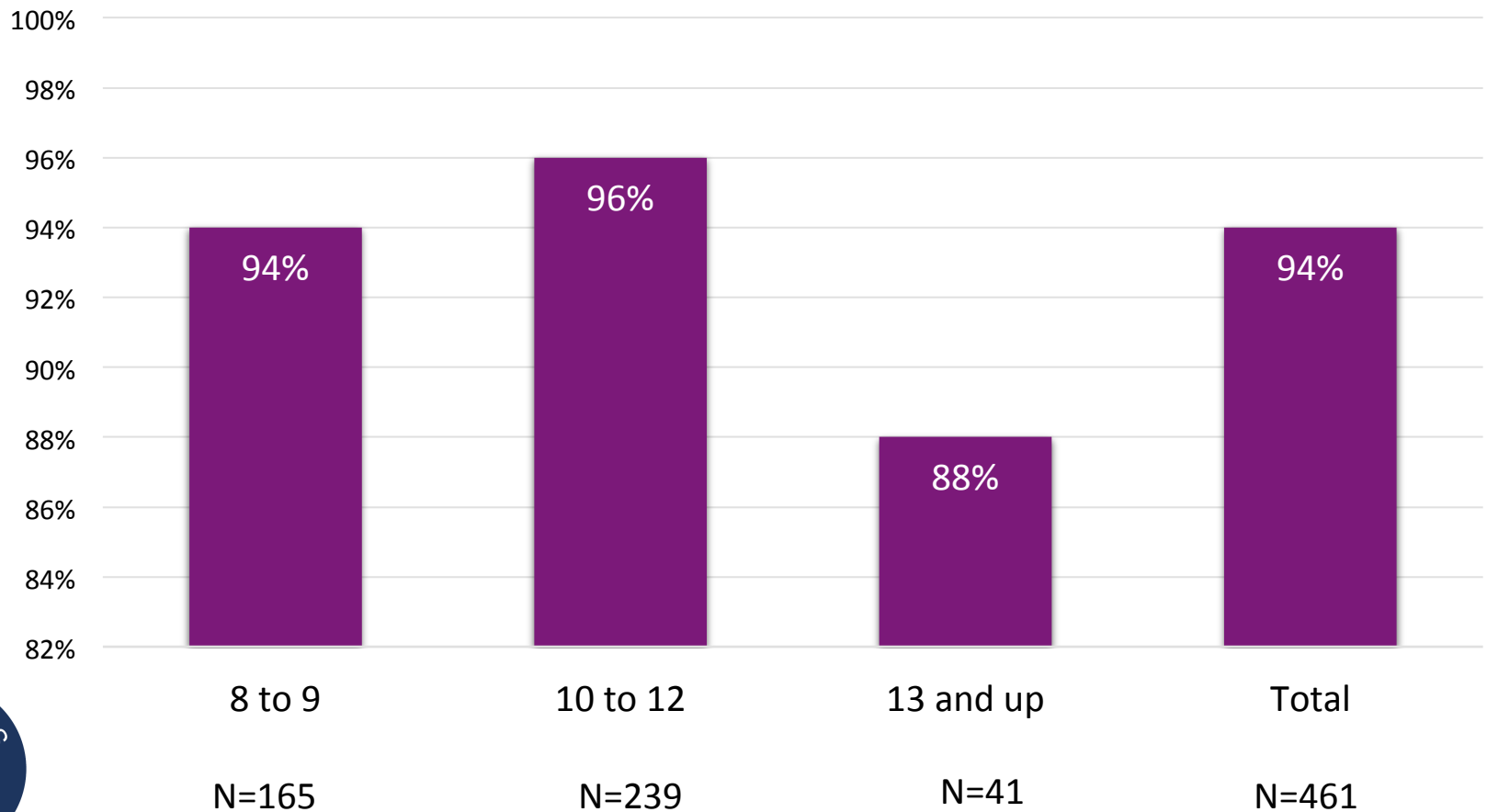
Gender of Students

■ G ■ B



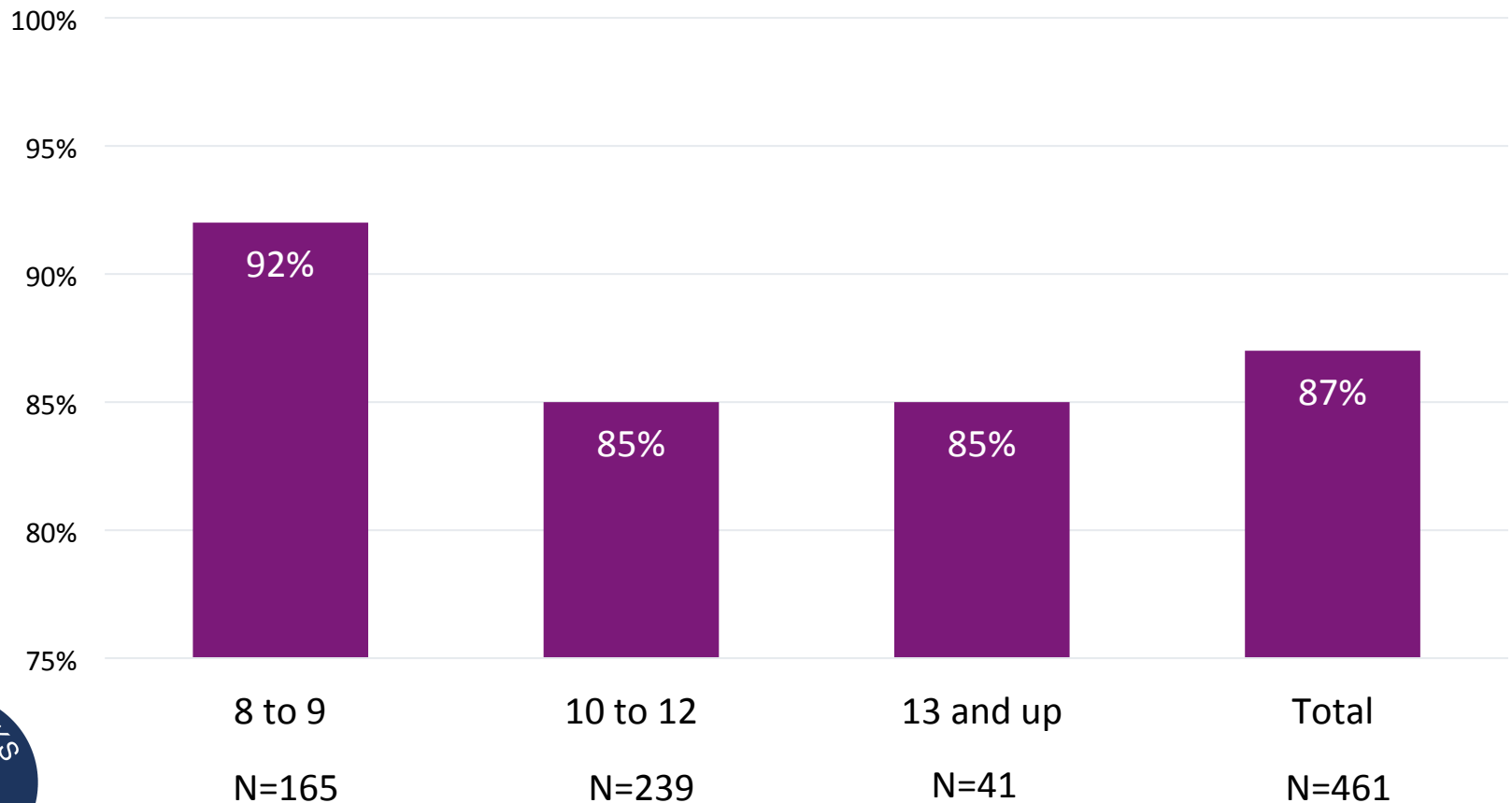
94% of total students reported that they enjoy yoga

% of students enjoying yoga



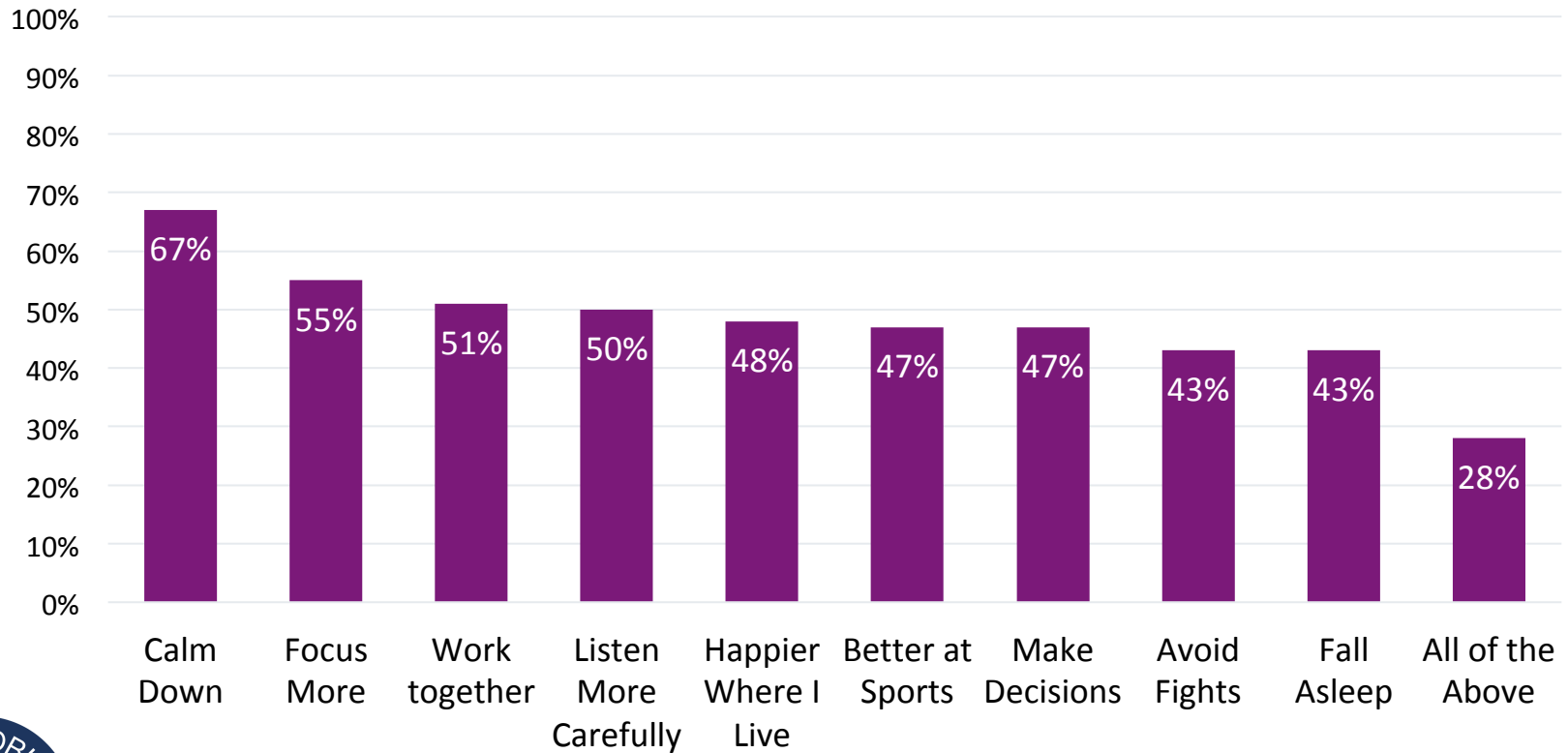
87% of all students reported that yoga has helped them

% of students reporting that yoga has helped them



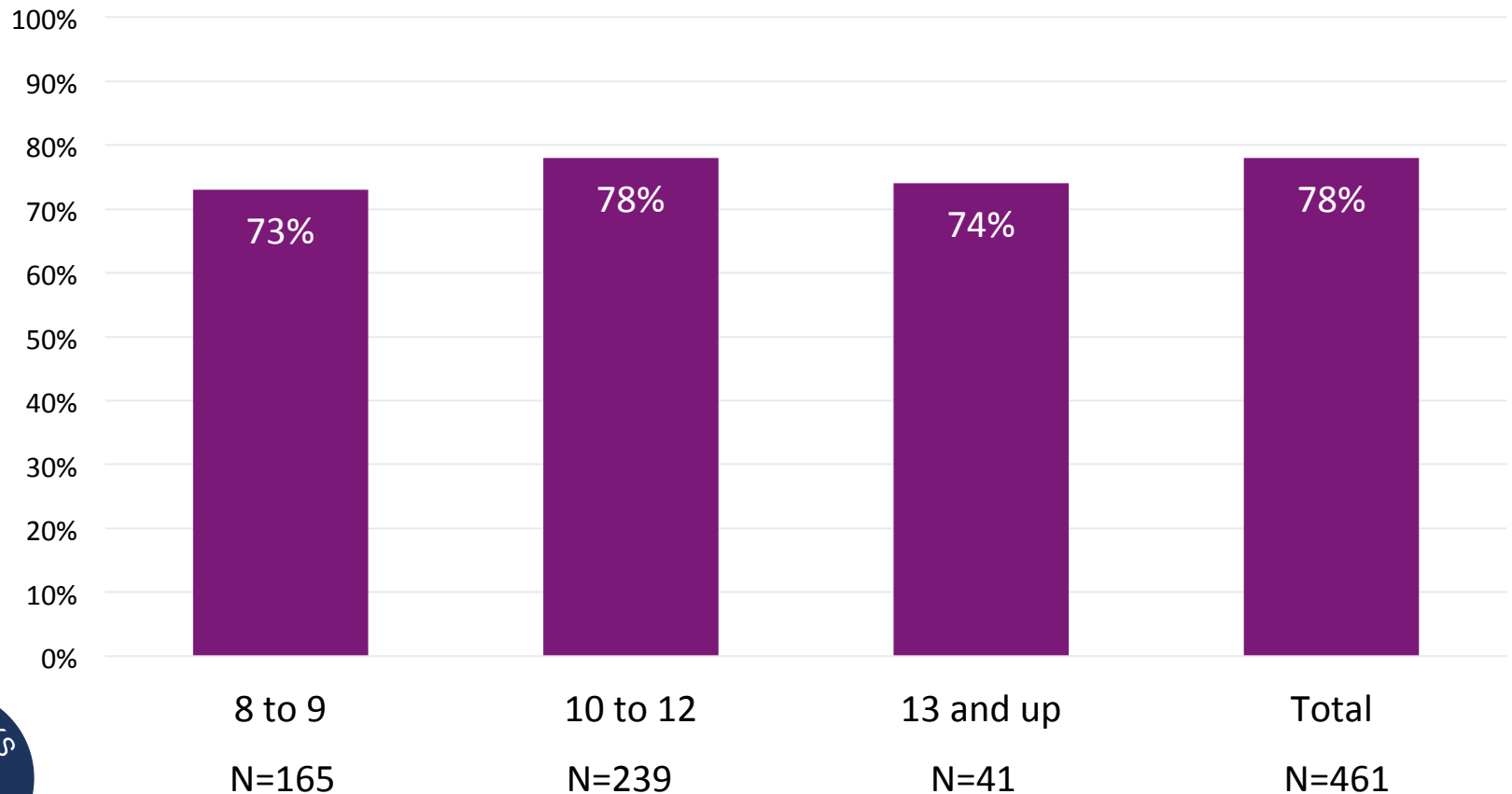
Students reported that yoga has helped them calm down, focus better work together with their peers

How yoga has helped students



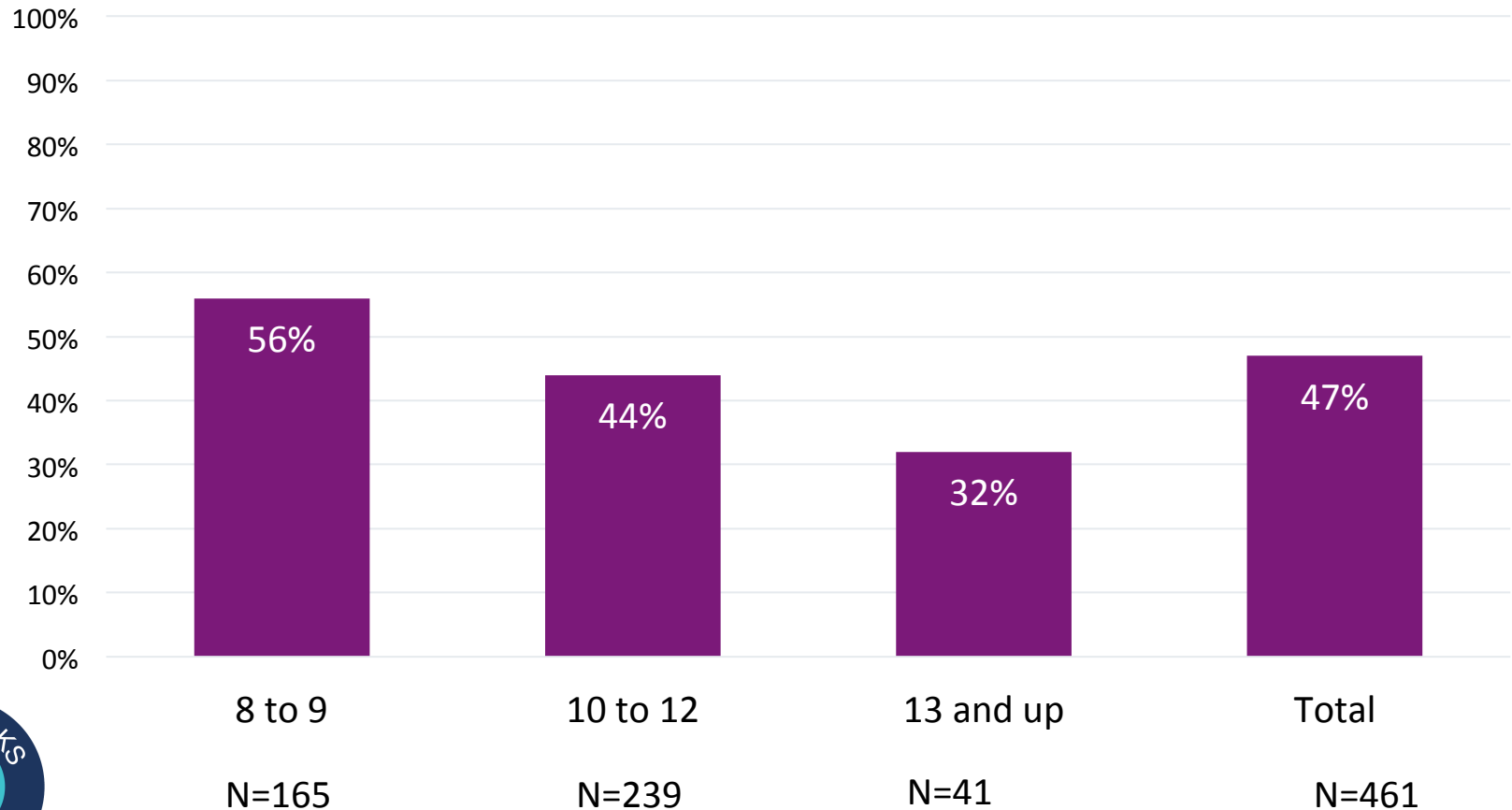
78% of all students reported that they will use yoga in the future, with higher likelihood with the middle students

% 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?...”

- “Happy, careful, amazing in my own world”
 - Age 13
- “Proud of myself”
 - Age 11
- “Calm and centered”
 - Age 10
- “It’s fun for me. It makes my day.”
 - Age 10



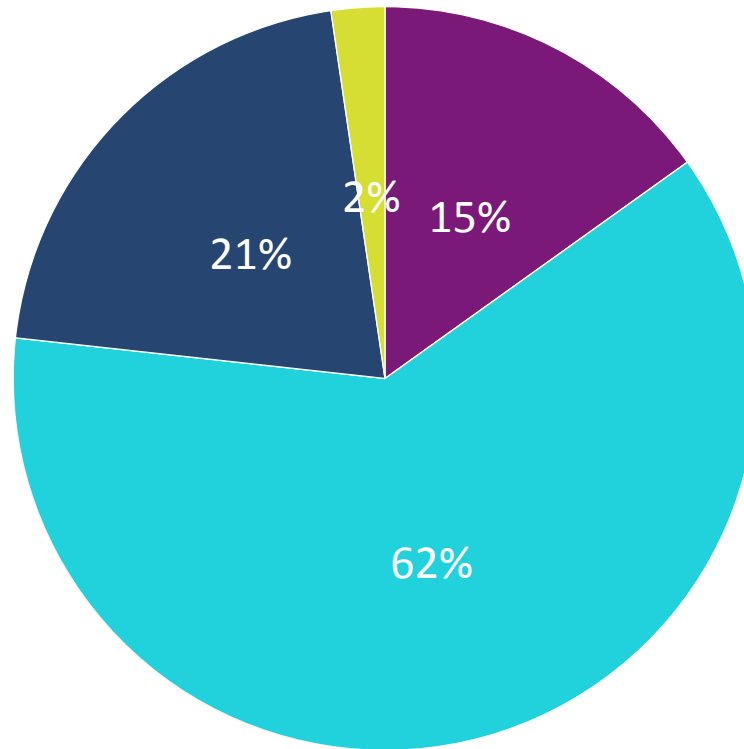
Teacher Feedback

- All teachers were surveyed at the end of the 20 week program



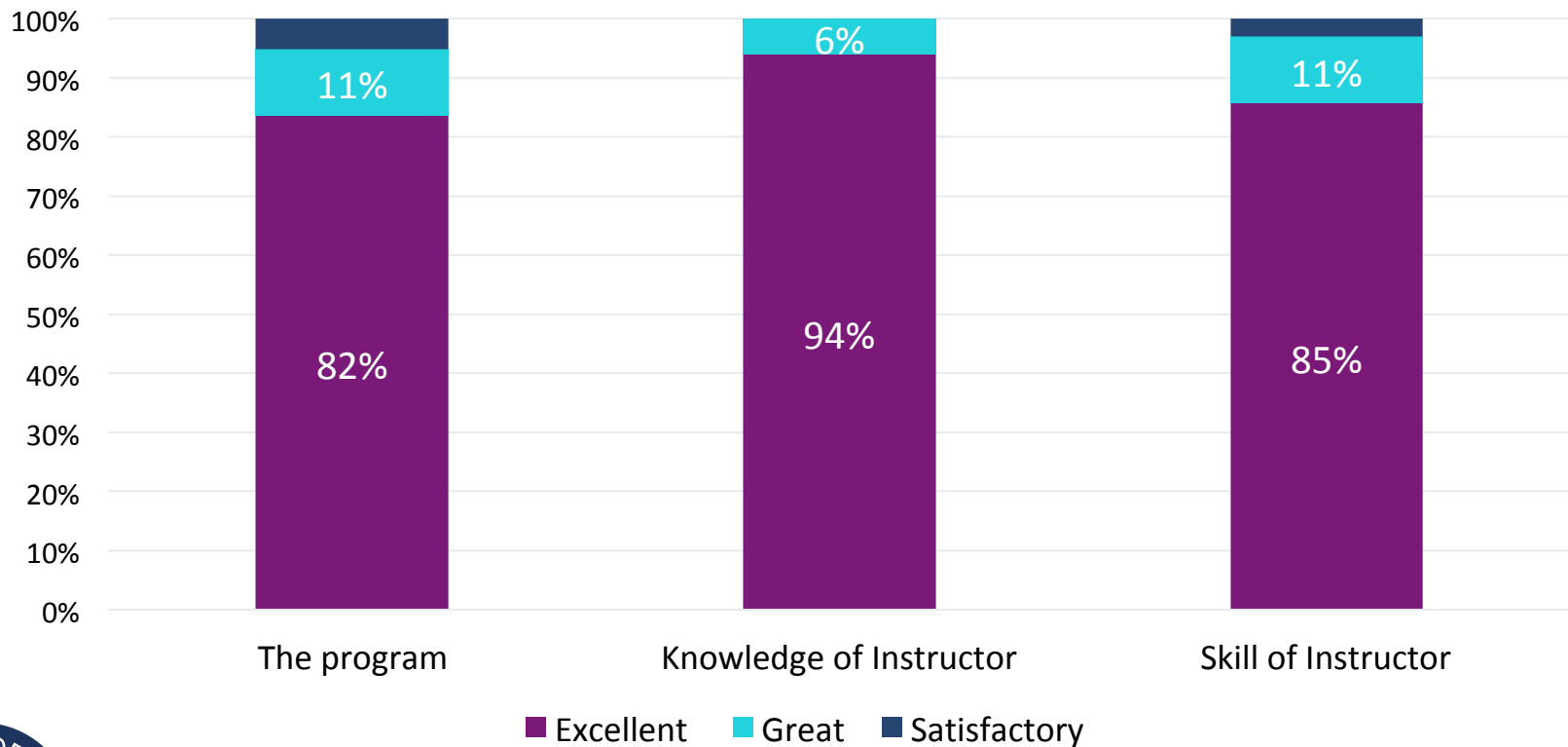
34 teachers in grades preschool through high school were surveyed

■ Pre-K-K ■ 1st-4th ■ 5th-8th ■ High School



Majority of teachers reported that the overall program and knowledge of the instructor were excellent or great

Program and instructor satisfaction

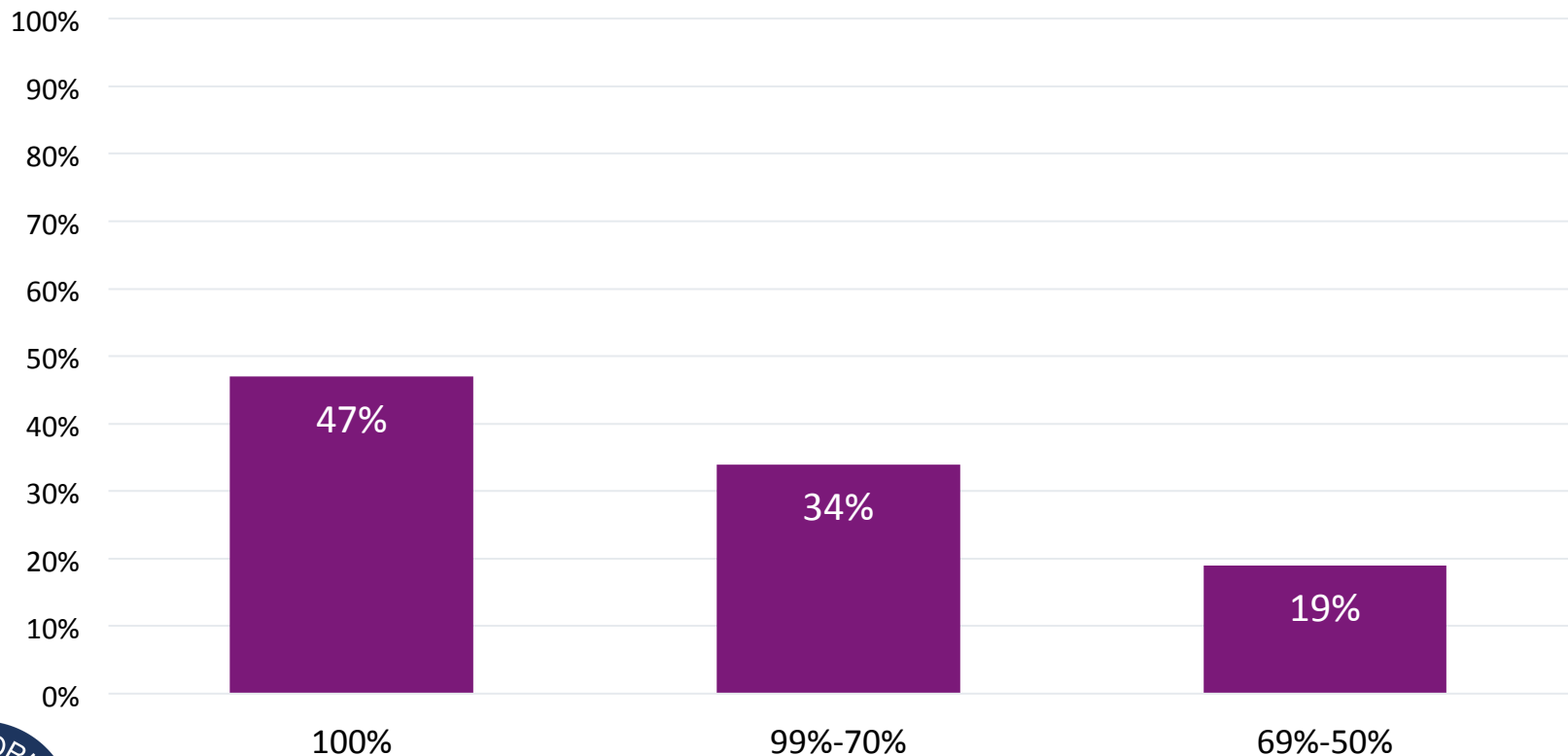


N=34



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

% of students who benefitted from the program

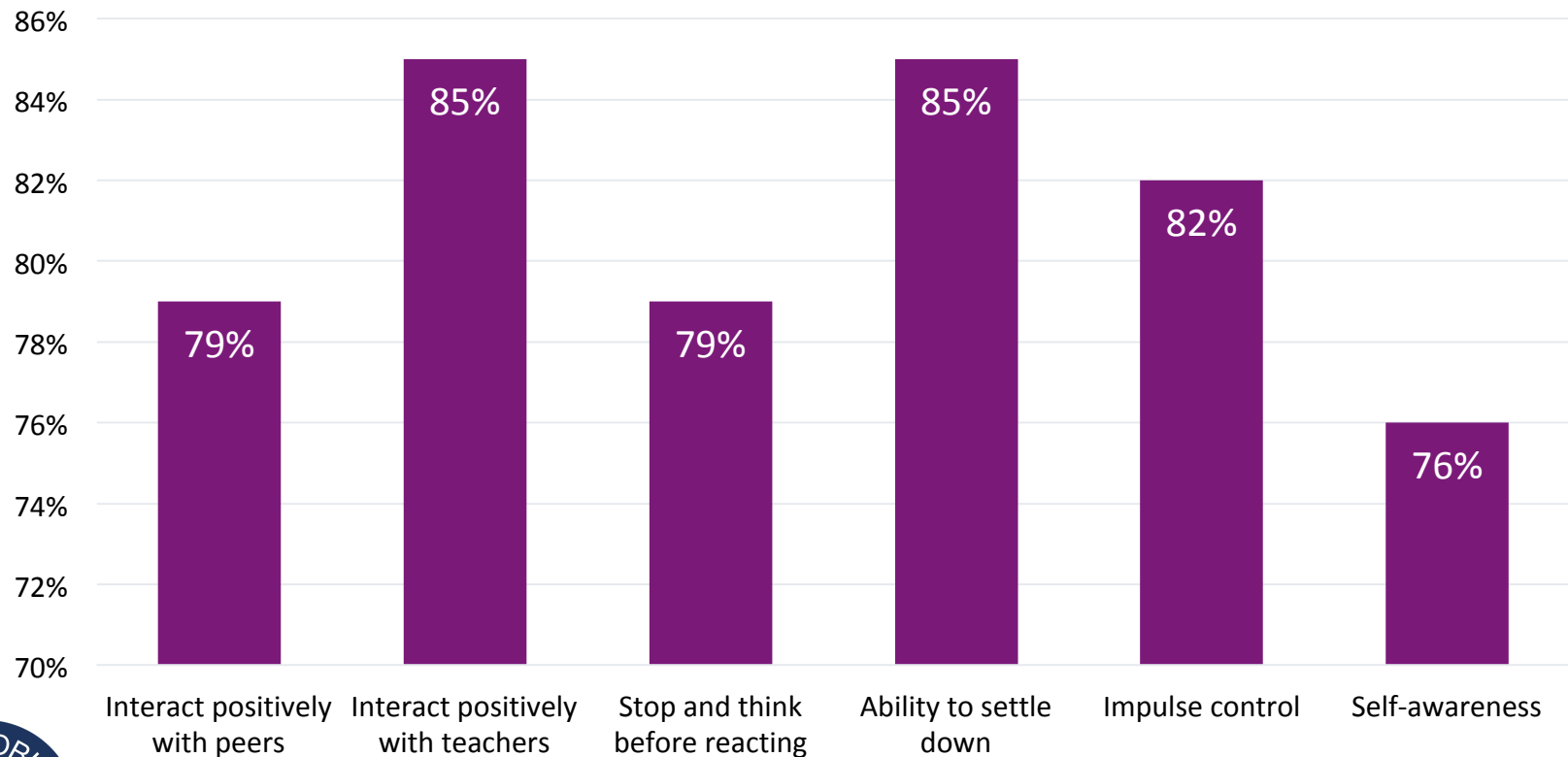


N=34



Teachers noticed a positive change in their students, especially with their ability to settle down and interact positively

% of positive changes noticed in students



94% of teachers reported using breathing work and yoga on their own during the school day

- “After a particularly loud (especially in the hallway and/or lunch) time, we often used “breathe in-breathe out” 3 or 4 times just to calm everybody down.”
- “We used it before testing or when students are upset or overly excited.”



94% of teachers reported personally benefitting from yoga

- “Yoga reminds me to self reflect and to center myself. This in return helps me to become a better teacher.”
- “I have used yoga to calm myself down if I am upset or anxious.”
- “It reminds me to not let the little things consume me. Reduces my stress levels and have more patience with my students.”

