

Teaching Matters: Moving Forward In ELT

Language Learning with Integration of Yoga Techniques. In Search of Meaningful Learning.

Núria Carrillo - CESIRE (Resource Centre for Innovation and Educational Research)

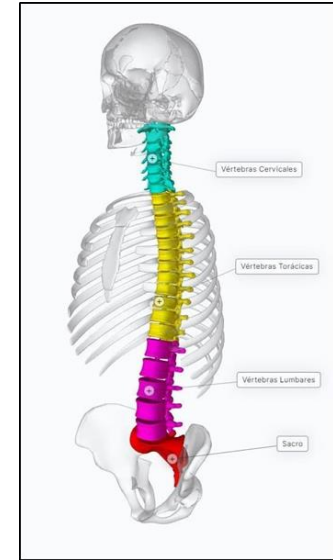
Encarna Romero - RYE (Research on Yoga in Education)

Language learning with integration of yoga techniques

Getting ready to learn (ASANA): **Let's Prepare our Spine**



1+6



Language learning with integration of yoga techniques

How can we expect children to learn when they cannot even listen?



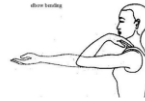
Language learning with integration of yoga techniques

Yoga and Education: PATANJALI SCALE

YAMA (living together)



NIYAMA (cleaning the 'house')



ASANA (straightening the spine)



PRANAYAMA (breathing)



PRATYAHARA (relaxation)



DHARANA (concentration)



Language learning with integration of yoga techniques

Our main goals are:

- Create an environment that fosters learning
- Encourage constructive and respectful interaction in the classroom
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- Acquire long-term linguistic memory
- Facilitate confidence and improvement of self-image in the acquisition of additional languages
- Develop skills that enhance attention and concentration

Language learning with integration of yoga techniques

When can we start integrating yoga techniques in languages lessons at school?

Infants

Primary

Secondary

In which language can we do it?

Catalan

Spanish

English

French

... any language

Language learning with integration of yoga techniques

Let's see an example of each educational level...

Infants



Winter, the little snowman

The screenshot shows a digital resource page for 'Winter, the little snowman'. At the top, there is a header for 'ARC 10 ANIVERSARI' and 'cesire' logo. Below the header, there is a navigation bar with 'QUÈ ÉS L'ARC?', 'COMPETÈNCIES BÀSIQUES', and 'AJUDA I CONTACTE'. The main content area is titled 'fitxa de l'element' and 'Winter, the little snowman'. It includes a small image of the snowman cutouts, a 'Resum' section, and a 'Materials de l'element' section. The 'Resum' section contains text in Catalan: 'Fem un mural sobre l'hivern? Llegim un conte? Escollim cançons sobre aquesta estació? A "Winter, the little snowman", els alumnes de P-5 treballen, des de la lectura, de manera globalitzada i creen un mural per decorar el passadís de frases al dia de portes obertes per donar la benvinguda a les noves famílies, i a més a més, els canten una cançó. Una proposta d'educació infantil en què s'utilitzaran tècniques holístiques per treballar la llengua oral, les produccions plàstiques i el llenguatge musical.' The 'Materials de l'element' section includes a 'descripció detallada' button and a 'Documents per al professorat' section with links to 'Base d'orientació' and 'Moments d'aula'. The page also features a 'Crèdits' section with 'Autoria: Silve Salas' and 'Catalogació: Roser Martínez', a 'Data' section with '5 de desembre de 2019', and a 'Llicència d'ús' section with 'CC BY-NC-ND' and 'ISSN 26096-8466'.

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Infants



Breathing PRANAYAMA

Breathing_words



Language learning with integration of yoga techniques

Infants



Language learning with integration of yoga techniques

Infants



Language learning with integration of yoga techniques

Infants



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Infants



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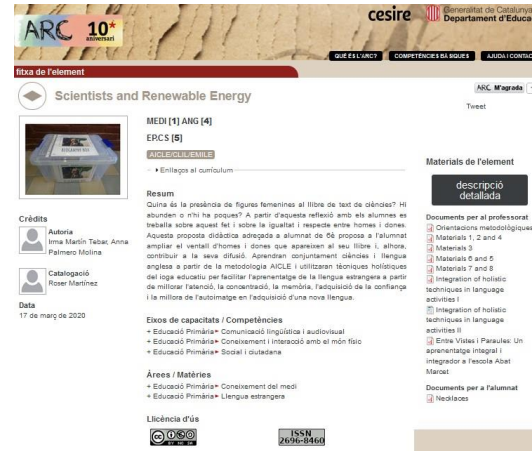
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Let's see an example of each educational level...

Primary



Scientists and renewable energy



The screenshot shows a digital resource page titled "Scientists and Renewable Energy" from the "cesire" project. The page includes a header with the "cesire" logo and the text "Generalitat de Catalunya Departament d'Educació". Below the header, there is a navigation bar with "QUÈ ÉS L'ARC?", "COMPETÈNCIES BA LLIBRES", and "AJUDA I CONTACTE". The main content area features a "Resum" section with a sub-heading "Quina és la presència de figures femenines al llibre de text de ciències? Hi abunden o n'hi ha poques? A partir d'aquesta reflexió amb els alumnes es treballa sobre aquest fet i sobre la igualtat i respecte entre homes i dones." The page also lists "MEDI (1) ANG (4)", "EPCS (5)", and "MATERIALES DE L'ELEMENT" which includes "descripció detallada" and "Documents per al professorat". The footer contains the "licència d'ús" (Creative Commons BY-NC-ND) and the "ISSN 2696-8466".

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Let's see an example of each educational level...

Primary



The mountain pose
ASANA



Darth Vader

A YOGA CORNER IN THE ENGLISH CLASS:

Students can use this corner ...

* Individually: if they need to relax or to concentrate.

* In pairs: to help a classmate to achieve the objectives of a concrete yoga technique <for example: concentration, confidence to speak in public, etc.> or to improve their relationship.

In this corner, there are some **yoga cards** to help students to remember a pose's instruction or to learn a new one.

Yoga corner cards

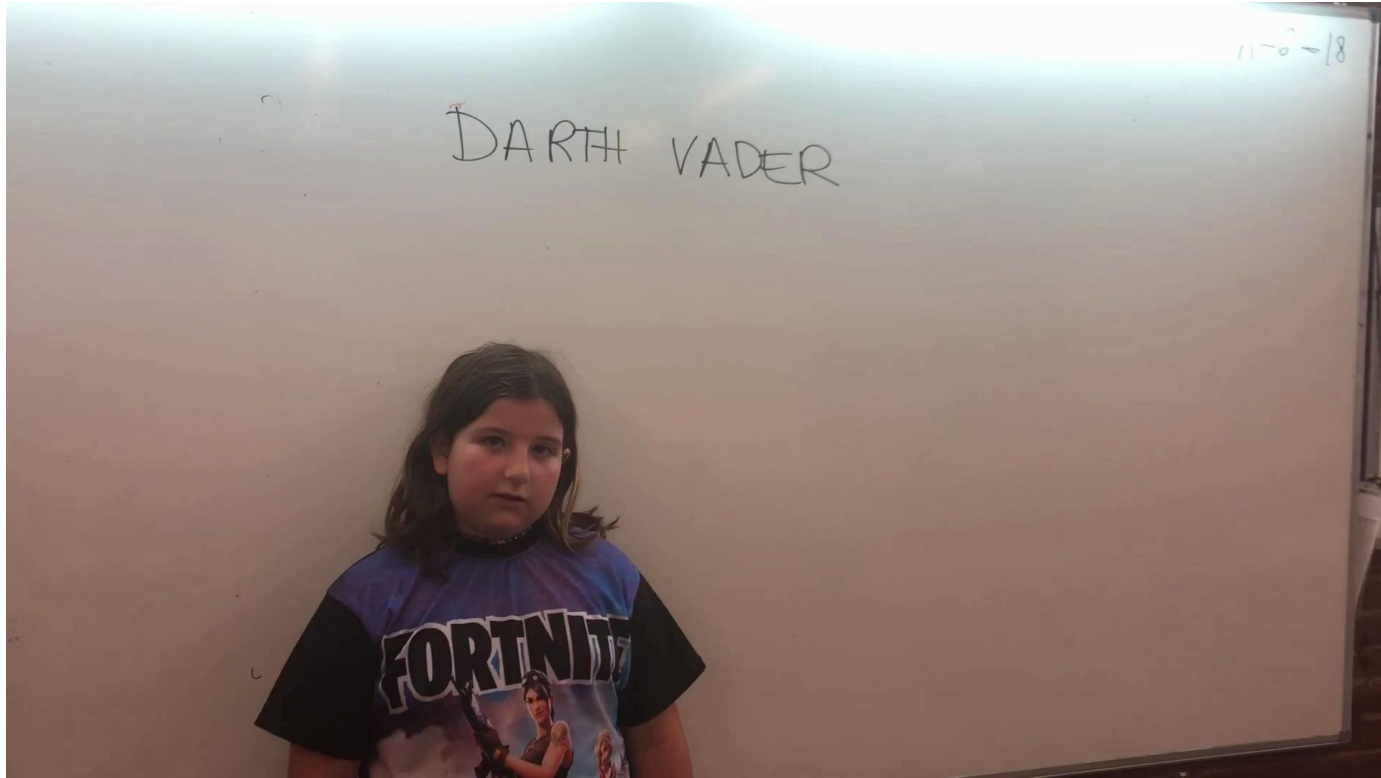
Language learning with integration of yoga techniques

Primary



Language learning with integration of yoga techniques

Primary



Darth Vader

Language learning with integration of yoga techniques

Primary

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Breathing (PRANAYAMA): **With the Help of our Arms...**



Language learning with integration of yoga techniques

Let's see an example of each educational level...

Let's write

Secondary



A screenshot of the 'Let's Write! (Redactem)' website. The page is titled 'fitxa de l'element' and features a header with 'ARC 10*' and 'cesire' logos. The main content area includes a 'Let's Write! (Redactem)' section with a video thumbnail, a 'Resum' section with text about the project, and a 'Materials de l'element' section with a 'descripció detallada' button. The page also lists authors, dates, and competencies.

Language learning with integration of yoga techniques

Secondary



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Language learning with integration of yoga techniques

We offer a [site](#) :

<https://sites.google.com/xtec.cat/ambit-linguistic-holistiques/inici>

cesire* Àmbit lingüístic Inici ▾

**INTEGRACIÓ DE TÈCNiques DEL IOGA EDUCATIU
EN L'APRENTATGE DE LLENGÜES**



Qui som?



Innovació i recerca



Suport al professorat



Experiències d'aula

Language learning with integration of yoga techniques

We offer training for both beginners and advanced teachers and for teachers from a same schools.

Beginners / Advanced

CESIRE - Eco 2

School centered

CESIRE - Eco 3

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In search of meaningful learning

New CESIRE project:

<https://serveiseducatiu.xtec.cat/cesire/>



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Closing Visualization (DHARANA): **What was all this about?**

Let's summarize...

CONCENTRATION IS THE KEY

CONCENTRATION

ALL LEVELS

SELF-REGULATION SKILLS

PATANAJALI SCALE

RELAXED ATMOSPHERE

MEANINGFUL LEARNING

UNION

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Teaching matters!
Enjoy teaching!

Thank you for your attention.

Let's keep in touch...

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