

**MGH Institute of Health Professions
Community Project Fund Annual Review: AY15-16**

1. Title of Project: ABC Yoga: Calming Intervention for Kids

Student Name(s): Olivia McGee, Jessica Adomako, Michael Frisbie, Jack Nally, Caitlin O'Donnell, Tatianna Peters

Course: NS521 Community Nursing Principles and Theories

Brief Description:

After spending the semester observing and assessing the children at the Kennedy Head Start Program (ages 3-5), we have determined that a major health issue within this population is a lack of social-emotional wellbeing. These children have witnessed abuse, have open DCF cases, and have incarcerated parents, and this manifests in a lack of focus and cooperation in class. We hope that by teaching the children basic yoga that coordinates with the alphabet, that this can assist them in calming down, practicing deep breathing, and will improve their focus during class. We will teach the children the yoga moves using the posters we are purchasing for each classroom, and will then gift one poster per classroom so that the teachers can continue to use this intervention, either regularly as a whole class, or as an individual intervention as needed. There are 6 classrooms at the program, and about 18 children in each classroom. This will occur at the Kennedy Head Start Program on 11/17.

Yoga has been found to benefit children in a number of ways. It helps them learn about their bodies and become aware of their strength and flexibility, and also helps them to learn to breathe deeply and fully, which assists in calming them. It also helps them to focus their energy to become more relaxed and focused. It helps them to pay attention, and to be still. By learning these skills through practicing yoga, these children can utilize the deep breathing and concentration skills as they react to situations in their daily lives. Besides the social emotional benefits, this practice also allows indoor exercise during the winter months. Further, the ABC Yoga posters will help them to master the alphabet and associated words and terms.

The goal of our project was to provide a calming intervention that the teachers at the Kennedy Center can continue to use either as an everyday activity for the classroom or an individual intervention for a disruptive child. This also doubles as a way to practice the alphabet and indoor physical activity. Many children paid attention, identified letters, animal sounds, successfully practiced deep breathing, and stated that they were happy after the yoga activity. Each classroom received their own poster and the children all received smaller versions in the form of a handout to take home.

2. Title of Project: Stop, Turn And Tell

Student Name(s): Abigail Cologna, Andrea Crompton, Tiara Hector, Megan Cerreta, Amanda Hunt, Kerry White

Course: NS521 Community Nursing Principles and Theories

Brief Description:

Throughout our clinical experience at Orchard Gardens School in Roxbury, we have discovered a problematic situation regarding intravenous drug users and inappropriate needle disposal near the school, particularly in the playground. As this playground is utilized by nearly 850 children between kindergarten and eighth grade, the prevalence of unclean needles within this area places a large group of individuals at risk for sustaining a needle prick and the associated health complications. Our project includes a program called "Stop, Turn And Tell", which aims to educate the students about

the potential dangers of touching these needles and the appropriate action to take if a needle is found. A course will be taught to each grade level, if possible, and the curriculum will be adjusted to each grade level. Additionally, this program will educate the community about needle drop off locations in an attempt to decrease the number of needles disposed inappropriately.