



Transforming Speech Therapy Through Mindful Movement

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The Challenge

Lauren needed engaging ways to target multiple speech and language goals simultaneously while helping students feel good about their therapy sessions and develop body awareness for articulation skills.



Action

- Integrated yoga and mindfulness into every speech therapy session.
- Used mindful movement to target language goals by getting students' bodies involved in learning.
- Incorporated breathing exercises that students began requesting by name.
- Applied body awareness from yoga poses to help students understand muscle tension and posture for speech production.
- Used yoga for following directions, basic concepts, sequencing, and social communication skills.



The Results

- Students actively request breathing exercises and mindfulness activities to start their sessions.
- Children know these practices make them feel good and seek them out independently.
- Successfully targets multiple therapeutic goals (language, articulation, social communication) through one integrated approach.
- Students develop better body awareness that transfers to speech muscle control.
- Creates vulnerability and new ways to communicate that support social development.

In Lauren's Words

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"Just this morning, one of my second graders asked, 'Can we do the breathing?' And so, they ask for it.

They know it makes them feel good. That's what it's all about."

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Why?

Why It Worked

- Made therapy sessions enjoyable and requested rather than dreaded.
- Connected large motor movements to fine motor speech skills through body awareness.
- Addressed emotional and physical needs while simultaneously targeting therapeutic goals.



A Takeaway for You

When students start asking for your mindfulness practices, you know you've created something powerful. The most effective interventions are ones that children actively seek out because they recognize how good these tools make them feel. Integration beats isolation—weave mindfulness into your existing goals rather than treating it as something separate.

