



How to Find Funding for Yoga 4 Classrooms Trainings and Resources

Funding for training, materials and other implementation resources such as books, chimes, etc. for staff/schools often involves several sources, both internal and external.

Here are a few potential funding options you might wish to look into:

- 1) [Action for Healthy Kids Game On Grants](#) for Schools - annual deadline typically April 7.
- 2) Reach out to your local banks and hospitals to find out if they have a grant program for school/education initiatives. They often do. Hospitals often fund for wellness-related initiatives in their local community and love working with schools. It's also a sponsorship opportunity for banks and hospitals as well. Eg, this training is sponsored by XYZ hospital.
- 3) Speaking of sponsorships, local businesses might make a donation to sponsor such an initiative. You come up with a budget breakdown and then reach out to local community business to see if they might have interest in helping to fund it. In this way it then becomes a healthy community initiative. PTOs/PTAs are often helpful with organizing this, reaching out, etc.
- 4) PTO/PTA, if you have one, are often a wonderful source of funding, particularly for health and SEL focused initiatives like Y4C. Parents can also apply for the [Parents for Healthy Kids](#) grant!
- 5) School / District Professional Development funds are often available for initiatives that support school or district improvement goals. Typically these focus on the areas of learning-readiness and academic performance, mental health, Social and Emotional Learning, bullying prevention, classroom movement / motor breaks (physical ed), etc., all of which fit well. Your school and district administrators may be able to provide some direction on this.
- 6) ESSA (Every Student Succeeds Act): This 2015 federal legislation gives states much more control about how they use federal funding through programs such as Title I and Title IV. In response, a growing number of states are using this new flexibility to strengthen SEL-related policies and programs. Title IV funds in particular have recently been expanded in 2018 and our program and professional development falls under support of the areas of interest including physical education, mental health, trauma-sensitivity and overall safe and healthy schools 'bucket'. Refer to the Title IV Fact Sheet in this same funding folder for more info. And, read this article we wrote titled, [Funding Yoga, Mindfulness and SEL Using ESSA and Title IV Grants](#).

7) State level grants: With a little investigation, you might find your state education department offers funding for suitable initiatives. State level school counseling associations sometimes offer grants to school counselor projects, as well. Any education, social and emotional learning (SEL), mental health, bullying prevention, physical education, etc. related state-level organization should be investigated.

8) Donor's Choose Campaign. One school we worked with had a teacher who was inspired to set up a Donor's Choose page for the initiative. She reached out mainly to family and friends as school families had little income and she funded the project in two weeks! [Here is her example.](#) Local businesses (see #3 above) could be directed to this campaign to make a tax-deductible donation as well.

9) Ask around: Reach out to your colleagues and administrators, PTO president and any friends or acquaintances you have who might be able to provide you with suggestions for finding funding. Describe what you'd like to do, a bit about the program and intentions, goals for implementation. For inspiration, you might share some of the resources I provide in the last paragraph below. Networking and sharing in this way often leads to funding ideas that may not even have been considered previously.

Grant Application and Appendices Content Sources:

1) Review the website for description and objectives of the services provided such as the [in-service training.](#)

2) Pull from the research/evidence summary and related articles on our Supporting Research page [here](#) or choose from specific studies or articles that pertain specifically to the grant RFP. To show the breadth and depth of supportive evidence, you might even wish to attach the Research Repository which can be downloaded for free from the same page.

3) Attach a Y4C program brochure, Executive Summary, etc. [Contact us](#) for a print and/or screen-ready version to attach with your grant application or other funding requests.

www.yoga4classrooms.com