

YogaBugs

“YogaBugs Virtual helps schools improve emotional regulation, behaviour and readiness to learn while providing evidence of inclusive practice against key Inclusive Mainstream Fund priorities.”

IMF Theme	What Schools Need to Demonstrate	How YogaBugs Virtual Can Support
1. Ambitious Leadership & Governance	A clear strategy for inclusion, identified priorities, and evidence that leaders are taking action to remove barriers to learning.	Provides a structured wellbeing and inclusion resource that can form part of a school’s wider inclusion strategy. Usage data, implementation plans and impact feedback can contribute to leadership reporting.
2. Evidence-Based Support & Early Intervention	Early identification and support before needs escalate, particularly for wellbeing, behaviour and SEND.	Provides regular movement, breathing and mindfulness activities that schools can use as universal provision and early intervention support. Particularly useful for pupils showing emerging emotional regulation or engagement difficulties.
3. High-Quality Teaching Designed for All Learners	Inclusive teaching approaches that enable all pupils to access learning. Staff equipped to support diverse needs.	Ready-to-use sessions can be embedded within classroom practice, helping teachers introduce regulation, movement breaks and mindfulness without additional planning. SEND and differentiated content supports accessibility.
4. Accessible & Enriching Provision Beyond the Classroom	Early identification and support before needs escalate, particularly for wellbeing, behaviour and SEND.	Provides regular movement, breathing and mindfulness activities that schools can use as universal provision and early intervention support. Particularly useful for pupils showing emerging emotional regulation or engagement difficulties.
5. Safe & Respectful Culture Fostering Belonging & Attendance	Positive behaviour, emotional wellbeing, pupil belonging and improved attendance.	Supports emotional regulation, self-awareness and calming strategies. Many schools use YogaBugs to help establish calmer classroom environments and support pupils who struggle with focus, anxiety or behaviour. Schools would need to evidence any resulting impact themselves.
6. Strong Partnerships with Families & Wider Services	Engagement with parents and carers to support children’s wellbeing and learning.	Parent access allows schools to extend wellbeing support beyond the school day, creating opportunities for consistent approaches between school and home.
7. Inclusive Environments & Accessibility	Learning environments that reduce barriers and enable participation for all pupils.	Provides activities that can be delivered flexibly across classrooms, interventions and SEND provision. Chair-based, movement and mindfulness content can help schools offer inclusive participation opportunities for a wider range of pupils.