

Yoga Assessment

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Description of Activity

Throughout our five-day Yoga session/unit, K-3 students will be taking part in Yoga. Yoga will be introduced and can be difficult for students because it is new and different. It is important for students to document their feelings and be aware of how the yoga made them feel and how they acted when they took part in the yoga.

Each day the students will draw how they participated after the yoga with a happy smiley face or a sad smiley face. They can also draw an in between smile and sad smiley face if necessary. Students will also include one to two describing words of how they felt after doing yoga. (The student cannot repeat any words throughout the week). Below is the chart students fill out throughout the week

	Drawing	Describing Words
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		

Yoga Self-Assessment

Have I included a smiley face for each day of Yoga? /5

Have I included 1-2 words of how I felt after Yoga for each day? (No repeat words) /5

Total /10

****Students will keep the log in their folder within the gymnasium. At the end of the Yoga session students will be asked to take the folder home in their Friday folder to show parents.**