

**Name/Title:** Feelings/Reactions during a Yoga Unit

**Purpose of Event:** For students to display their feelings as they complete a Yoga Unit.

**Suggested Grade Level:** K-2

**Materials Needed:** [Assessment handout/chart](#)

## Description of Idea

Throughout our five-day Yoga unit/session, 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. (To be aligned with Standard 4)

Each day the students will draw how they participated after the yoga lesson 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 will get to fill out throughout the week.

[Assessment handout/chart](#)

---

Submitted by **Paula Cynar** who teaches at Thales Academy in Rolesville, NC. Thanks for contributing to PE Central! **Posted on PEC: 7/29/2016.**

Visit [S&S Discount](#) for all your physical education equipment and supplies!