Yoga 4 Classrooms[™] Performance Outcomes

Standard 1	Standard 2
Students will comprehend concepts related to health promotion and disease prevention to enhance health	Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors
Identifies healthy behaviors that affect personal health	Identifies how family influences personal health practices and behaviors
Recognizes that there are multiple dimensions of health and that physical, emotional, intellectual and social health are all critical components of overall health and wellbeing	Identifies how the school supports personal health practices and behaviors
Observes peace/quality of mind as an important component of health and wellbeing	Identifies the influence of the media on thoughts, feelings and health behaviors
Understands relationship between healthy behaviors and overall personal health	Identifies the influence of culture on health practices and behaviors
Demonstrates self-awareness of thoughts, feelings and behaviors	Identifies how peers influence healthy and unhealthy behaviors
Identifies how family, school and community promote and support good health	Describes how the community can support personal health practices and behaviors
Learns and demonstrates competence in techniques and strategies to support personal health and wellbeing	Lists lifestyle choices that negatively and positively impact health and quality of mind
Develops ability to integrate the concepts and strategies learned into daily life, in and out of the classroom	

Yoga 4 Classrooms[™] Performance Outcomes

Standard 3	Standard 4
Students will demonstrate the ability to access valid information and products an services to enhance health	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks
Begins to trust the self as a source of knowledge and understanding of personal health	Describes healthy ways to express needs, wants and feelings
Forms conclusions - both independently and with support - about healthy choices	Demonstrates listening skills to enhance health
Identifies characteristics of valid health information	Demonstrates effective verbal and nonverbal communication skills to enhance health
Understands that whole-body health encompasses physical, emotional and social well being and seeks support as needed to achieve and maintain optimal health	Demonstrates refusal skills to avoid unhealthy choices
	Demonstrates peaceful and effective strategies to manage or resolve conflict
	Understands how to ask for assistance to enhance personal health
	Demonstrates empathy for peers, teachers and family
	Demonstrates improved respect for self and others
	Utilizes anxiety-relieving strategies to foster positive communication with others

Yoga 4 Classrooms[™] Performance Outcomes

Standard 5	Standard 6
Students will demonstrate the ability to use decision-making skills to enhance health	Students will demonstrate the ability to use goal-setting* skills to enhance health
Identifies situations when a health-related decision is needed	Identifies a short-term personal health goal and takes action toward achieving the goal
Identifies health-related situations that might require a thoughtful decision	Sets a personal health goal and tracks progress toward its achievement
Names healthy options for addressing health-related issues or problems	Demonstrates ability to adjust goals as needed without compromising self- esteem
Predicts potential outcomes of each option when making a health-related decision	Demonstrates improved organizational and communication skills as a basis for goal-setting.
Chooses a healthy option when making a decision	
Demonstrates ability to cooperate and collaborate with others to make	
positive decisions about health and healthy choices	
Understands that health is a personal responsibility	
Understands that help and support may be required in order to make	
healthy decisions	
Demonstrates improved self-awareness, self-confidence and self-esteem as	
a basis for good decision-making	
Demonstrates improved organizational and communication skills as a basis for good decision making.	

Yoga 4 ClassroomsTM Performance Outcomes

Standard 7	Standard 8
Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks	Students will demonstrate the ability to advocate for personal, family, and community health
Demonstrates healthy practices and behaviors to maintain or improve personal health	Makes requests to promote personal health
Identifies responsible personal health behaviors	Encourages peers and others to make positive health choices
Demonstrates a variety of healthy practices and behaviors to maintain or improve personal health	Expresses opinions and gives accurate information about health issues
Demonstrates a variety of behaviors that avoid or reduce health risks	Identifies healthy versus unhealthy messages communicated through the media
Understands that health is a personal responsibility	Identifies healthy versus unhealthy messages communicated through culture
Learns and demonstrates competence in techniques and strategies to support personal health and wellbeing	Works cooperatively to establish a plan for encouraging healthy choices in school and at home
Develops ability to integrate the concepts and strategies learned into daily life, in and out of the classroom	Demonstrates confidence in personal health awareness and ability to understand personal health needs