



4-H Youth Development

GOAL# 1

4-H Youth Development: Enriching Arkansas children's lives through 4-H Positive Youth Development priority programs, activities and volunteer development.

OBJ.# 2

4-H Yoga for Kids - 4-H Yoga for Kids is a youth healthy living program that addresses the physical, social and emotional health of youth. The program is used in a range of settings, including community and school programs to help equip youth to achieve optimal physical, social, and emotional well-being. **Contact - Amanda Welch** - awelch@uaex.edu

INDICATORS

1. Number surveyed using the Yoga for Kids Student Post-Questionnaire
 - 1.a Number of youth who do yoga at home.
 - 1.b Number of youth who have shown yoga poses to family or friends.
 - 1.c Number of youth who do yoga with family.
 - 1.d Number of youth who think yoga helps them relax.
2. Number of instructors surveyed using the Yoga for Kids Instructor Post-Questionnaire.
3. Number of youth assessed by instructor (Instructor Post Questionnaire).
 - 3.a Number of youth who improved stress coping after doing Yoga for Kids.
 - 3.b Number of youth who improved emotional balance.
 - 3.c Number of youth who improved attention.
4. Number of volunteers trained to deliver Yoga for Kids program.