



## **What Standards are met in Growing Peaceful Hearts, Minds & Bodies Mindfulness & Peace Education Programs?**

### ***SHAPE (Society of Health and Physical Educators) America Standards***

Growing Peaceful Hearts, Minds & Bodies Mindfulness & Peace Education Programs addresses the National PE Standards as developed by SHAPE America (Society of Health and Physical Educators) by doing the following:

- Exercising a variety of standing and sitting yoga postures that utilize complex motor skills and movement patterns
- Training with a variety of yoga postures that can enhance overall physical strength and physical performance
- Illustrating the immense value and life-long habit of physical health by practicing yoga movements and collaborative physical games
- Fostering self-responsibility by supporting harmonious personal and social behavior that respects self and others when practicing yogic movement and peace practices

### ***National Common Core Standards***

Common Core standards primarily focus on Math, Reading, Language Arts, Social Studies/History, and Science. However, Common Core can be integrated into Mindfulness and Peace Education (including yoga) at any grade level by doing the following:

- Participating actively in collaborative discussions about peace
- Providing concise verbal cues in peace instruction
- Learning and utilizing new mindfulness and peace vocabulary words
- Practicing counting and time-keeping exercises

- Spelling out words related to mindfulness and peace education
- Writing narratives about personal experiences related to mindfulness and peace education
- Researching & writing about topics related to mindfulness and peace education