

Self-evaluation



	Level 1	Level 2	Level 3	Level 4
I know how to do Yoga	Strongly disagree (0.5)	Disagree (1)	Agree (1.5)	Strongly agree (2)
I know some yoga postures	Strongly disagree (0.5)	Disagree (1)	Agree (1.5)	Strongly agree (2)
I know the benefits of yoga	Strongly disagree (0.5)	Disagree (1)	Agree (1.5)	Strongly agree (2)
I recognise feelings	Strongly disagree (0.5)	Disagree (1)	Agree (1.5)	Strongly agree (2)
I know how to make a video	Strongly disagree (0.5)	Disagree (1)	Agree (1.5)	Strongly agree (2)
I can use ICTs	Strongly disagree (0.5)	Disagree (1)	Agree (1.5)	Strongly agree (2)

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