

# Summer Yoga Glow

Name **Atharv**

Age **11 yrs**

## WHAT WE LEARNED



**50+**

Yoga poses that made us strong, flexible and balanced.



**10+**

Breathing exercises that strengthened our lungs, calmed our minds and improved our focus.



**15+**






Yoga activities through which we improvised, used our bodies creatively, explored different cultures and built empathy

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## SPICE Learning Progress

	BUILDING BLOCKS	EMERGING	PROGRESSING	WELL-DEVELOPED
<b>SOCIAL</b> 	Listening & Attention		★	
	Participation			★
	Communication		★	
<b>PHYSICAL</b> 	Overall Fitness			💪
	Flexibility		💪	
	Balance		💪	
<b>INTELLECTUAL</b> 	Memory			🧠
	Comprehension			🧠
	Focus	🧠		
<b>CREATIVE</b> 	Imagination			🌈
	Improvisation			🌈
<b>EMOTIONAL</b> 	Reflection			💜
	Self-awareness		💜	

## Takeaways

I have observed Atharv to be a very thorough person, always with a complete knowledge of all that he has interest in. Yoga definitely lies in his list of interests apart from Chess, Karate, Gaming and General Knowledge. I always look forward to learning facts in our sessions together. His body strength and balance has improved immensely and I notice he has become a more patient person after practicing yoga regularly. Well done Atharv!