

Summer Yoga Stories

Name **Gayathri S**

Age **7 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 stories 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
SOCIAL 	Listening & Attention	★		
	Participation		★	
	Communication			★
PHYSICAL 	Overall Fitness		💪	
	Flexibility			💪
	Balance	💪		
INTELLECTUAL 	Memory			🧠
	Comprehension			🧠
	Focus	🧠		
CREATIVE 	Imagination		🌈	
	Improvisation		🌈	
EMOTIONAL 	Reflection			💜
	Self-awareness		💜	

Takeaways

Gayathri was a very naughty yogi throughout all the sessions. She has good memory and remembered all the Yoga Poses well. I would like Gayathri to focus on breathing exercises, balancing poses as well as relaxing techniques so that she can improve her concentration. All the best Gayathri!