

Summer Yoga Stories

Name **Aadya Kharb**

Age **4 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

Aadya has lots of energy and was always very active during all our Yoga sessions. She also displayed very good flexibility while performing most of the Yoga Poses. She was most enthusiastic during the warm up songs and was always excited to follow along. Aadya has great memory and remembered many of the asanas very well. Well done Aadya!