

# Summer Yoga Glow

Name **Trinetra P**

Age **10 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

Trinetra has an innate ability to move her body in a flexible and graceful way, which are qualities of a true yogi! With regular practice, in a disciplined manner, she is sure to achieve everything her heart desires. Well done Trinetra!