

# Summer Fun Fusion

Name **Naisha Thakur**

Age **7 yrs**

## WHAT WE LEARNED



**10+**

Dance moves and  
1 choreography  
learned in 6 dance  
sessions



**6**

Art sessions where  
6+ Techniques and  
5 Elements of Art  
were explored



**30+**

Yoga poses,  
6 breathing  
techniques and 6  
yoga stories in 6  
yoga sessions

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## SPICE Learning through Arts, Yoga and Dance

	BUILDING BLOCKS	EMERGING	PROGRESSING	WELL-DEVELOPED
<b>SOCIAL</b> ★	Listening & Attention		★	
	Participation			★
	Communication			★
<b>PHYSICAL</b> 👉	Body co-ordination		💪	
	Flexibility		💪	
	Fine motor skills		💪	
<b>INTELLECTUAL</b> 🧠	Memory		🧠	
	Comprehension			🧠
	Focus		🧠	
<b>CREATIVE</b> 🌈	Imagination			🌈
	Adaptation			🌈
	Presentation of Choreography		🌈	
<b>EMOTIONAL</b> ❤️	Expression			❤️
	Self-awareness		❤️	

### Takeaways

**YOGA:** Naisha's competitive spirit has kept her and her peers on their toes throughout the sessions. Improvisations with her have been a blast because she loves to get involved and create her own versions. Her mind is sharp and she has a strong will to learn and improve with every session!

**HIPHOP:** Naisha was very expressive and enjoyed dancing quite a lot. She has good body coordination and awareness.

**ARTS:** Naisha displayed improved eye-hand coordination and expressed herself creatively through her artworks.