

# Summer Yoga Glow

Name **Sanjana**

Age **8 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

Sanjana is a very confident girl and has a good knowledge about Yoga. She was very patient, punctual and alert in all the session although she can sometimes be naughty as well. She could express herself with clarity and performed advanced poses with ease. Very well done Sanjana, Keep practicing