

Summer Yoga Glow

Name **Shaurya**

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

Takeaways

Shaurya is very obedient, a keen learner and a very good listener. He showed great improvement in balancing and stretching poses as we progressed through the Yoga sessions. He was always very punctual and collaborated well with his peer learners. All the best Shaurya for the future!!