

Summer Yoga Glow

Name **Isabelle Maria**

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

Isabelle is an attentive and obedient learner and she displayed high level of empathy by respecting her peer learner's point of view. She has shown improvement in the seated poses and balancing poses, also followed the breathing practices well to understand them properly. Well done Isabelle!