

Summer Yoga Stories

Name **Sebastian Joseph**

Age **5 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 stories 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

Sebastian is very inquisitive and understood all the activities that were planned for the Yoga sessions. His reflections showed that he is conscious about the environment which also showed his caring and loving nature. He developed a good sense of balance and focus as he progressed in the sessions which is quite uncommon for the children of his age. He was friendly with his peer learners and performed every activity with complete awareness and enthusiasm.