

# Summer Yoga Stories

Name **Vihan Surana**

Age **6 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
<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

Vihaan was very creative, confident, energetic and also is a very naughty boy. He communicated without any hesitation and remembered most of the poses very well. He loved getting Ice-cream points and eating them up at the same time and also brushing his teeth. He will be able to improve his balance and focus as he keeps practicing yoga regularly. 50 million icecream points to you Vihaan. Keep it up!