

# Summer Yoga Stories

Name **Paavani Jayaram**

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
<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

Paavani has been very independent and understanding during the sessions, also she has a very jolly nature which lets her enjoy her practice. She displayed high level of awareness during the reflection and is very inquisitive.