

Summer Yoga Stories

Name **Heshreta Gummadala**

Age **5yrs**

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

Heshreta was a good listener and was very sincere during all the sessions. She was always eager about doing all the activities that were planned. She enjoyed dancing around during the warmup songs & was always excited to listen to yoga tale & practice all the poses again. She also motivated her yoga partner Swadha by calling her & giving her the points. She will be able to Improve her balance and focus with a regular yoga practice. Heshreta, it was an absolute delight to teach you and see you doing all the activities so well. Keep it up!