

Summer Yoga Stories

Name **Vidhi Bansal**

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 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

Vidhi pays utmost attention in the session and grasps things very quickly. She is very obedient and also very enthusiastic to demonstrate all the Yoga poses that she already knows. I hope she continues to learn and practice Yoga with the same zest and joy as she does during our sessions. Good Job Vidhi!