

Summer Yoga Glow

Name **Srishti K Sabarinath**

Age **9 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 activities 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

Srishti has been very disciplined and active during all the Yoga sessions. She has also been very mindful in her interaction with her peers and she was really good at solving the Yoga puzzles and playing the Yoga games. Srishti displayed patience and restraint in her practice, she was a keen listener and she also improved in her practice of the wheel pose, shoulder stand and standing balances. I wish Srishti all the best in future!