

# Summer Yoga Stories

Name **Myra**

Age **4 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

Myra has been very attentive throughout the Yoga sessions. She showed active participation and tried to put on her best for every activity. She displayed good communication during the reflection section of our sessions and co-operated well with her peer learners by showing high level of patience. I wish Myra all the Good Luck!