

# Summer Yoga Stories

Name **Soham Reddy**

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
<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

Soham is really creative and intelligent. He enjoys making up his own yoga poses and having fun with it. He loves doing the warm up songs, activities and practices all the yoga poses along with the stories. He is also good at reflections and comprehending all the yoga stories. Good job Soham!