

Summer Yoga Stories

Name **Ivaan Wallani**

Age **5 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

Ivaan's willingness to learn and share has made it very easy to teach him Yoga. He has learnt the benefits of the breathing exercises and has understood the importance of learning things slowly. His curious nature and vivid imagination are what makes him the perfect learner. I hope he has enjoyed taking the sessions as much as I have enjoyed teaching him. Good luck on all your adventures Ivaan!