

# Summer Yoga Stories

Name **Swadha**

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

Swadha was very playful, naughty and fun loving throughout our yoga sessions. She displayed a lot of creativity during the Yoga stories. Swadha has very good memory and remembered all the Yoga Poses well. She always paid keen attention during the Yoga Tales and was always motivated to collect more points from us. Swadha will be able to improve her focus and concentration as she keeps practising Yoga. Well done Swadha!