

# Summer Fun Fusion

Name **Samhita Ramanathan**

Age **9 yrs**

## WHAT WE LEARNED



**10+**

Dance moves and  
1 choreography  
learned in 6 dance  
sessions



**6**

Art sessions where  
6+ Techniques and  
5 Elements of Art  
were explored



**30+**

Yoga poses,  
6 breathing  
techniques and 6  
yoga activities in 6  
yoga sessions

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## SPICE Learning through Arts, Yoga and Dance

	BUILDING BLOCKS	EMERGING	PROGRESSING	WELL-DEVELOPED
<b>SOCIAL</b> ★	Listening & Attention			★
	Participation			★
	Communication			★
<b>PHYSICAL</b> 👉	Body co-ordination		💪	
	Flexibility			💪
	Fine motor skills		💪	
<b>INTELLECTUAL</b> 🧠	Memory		🧠	
	Comprehension		🧠	
	Focus		🧠	
<b>CREATIVE</b> 🌈	Imagination		🌈	
	Adaptation			🌈
	Presentation of Choreography		🌈	
<b>EMOTIONAL</b> ❤️	Expression			❤️
	Self-awareness			❤️

### Takeaways

**YOGA:** Samhita understands and follows whatever has been taught quickly. She is great with the guessing games and enjoys doing the yoga poses.

**HIP HOP :** Samhita displayed good physical abilities through her body coordination and musicality. She was quite intellectual during the sessions when it came to remembering the steps. Well done!

**ART:** Samhita is an enthusiastic learner who explored different elements of and techniques of art during her sessions. She gained an understanding of the Elements of Art: line, shape, form, value, colour, texture and space. She used them effectively while creating her artworks.