

# Summer Yoga Stories

Name **Sahaana**

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

# Summer Yoga Stories

Name **Sahaana**

Age **5 yrs**

## 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

Sahaana loved to share during reflection and did well during the yoga improvisation. She is quite creative and intelligent. With more practice, Sahaana will improve her balance and focus. Good Job Sahaana. Well done!