

Summer Yoga Stories

Name **Vaishnavi Rajkumar**

Age **6 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

Vaishnavi is very enthusiastic, cheerful and participative in the sessions. She is very active and always on her toes to cover all the Yoga practices. She has very good memory and remembers what she learnt. Vaishnavi is also very cooperative with the peer learners. She also improved her focus in the om chanting as initially her attention was little lacking. My best wishes with her future and growth!