

Summer Yoga Stories

Name **Ranganathan**

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
SOCIAL 	Listening & Attention	★		
	Participation	★		
	Communication	★		
PHYSICAL 	Overall Fitness		💪	
	Flexibility	💪		
	Balance	💪		
INTELLECTUAL 	Memory			🧠
	Comprehension		🧠	
	Focus	🧠		
CREATIVE 	Imagination			🌈
	Improvisation	🌈		
EMOTIONAL 	Reflection	💖		
	Self-awareness	💖		

Takeaways

Ranganathan was very cheerful and naughty during the Yoga sessions. He was attentive during yoga tales and performed the yoga poses quite well. Ranganathan missed a few sessions and I would have liked to see him attend all the sessions. He will learn to be balanced and focused as he keeps practicing yoga regularly. Good job Ranganathan!