

Summer Yoga Stories

Name **Varshith**

Age **8 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

Varshith's enthusiasm and keen attention has made it a breeze to be his yoga facilitator. I am always impressed by his ability to pick up things quickly. He has a wonderfully competitive spirit which challenges the peer learners to do better. His mind works fast but I feel he should allow his body to learn a little more slowly. Everything takes time and in time, he will be an amazing yogi. Well done Varshi!