

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 has been very active and interactive throughout the sessions. She was a great listener and picked up everything that was taught and never hesitated to ask. She was inquisitive to learn new things but sometimes was distracted during OM chanting. She was always determined to practice the poses better in the next session. She was also very punctual and attended all sessions on time! Kudos Vaishnavi! Well done!