

Summer Yoga Stories

Name **Atharv Agrawal**

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 **Atharv Agrawal**

Age **5 yrs**

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

Atharv is very intelligent and has fantastic imagination and energy. He is a very active learner who has keen interest to showcase his skills and learn new skills. He enjoys listening to Yoga Tales and doing Yoga poses in the Yoga Tales. His progression has been phenomenal and we strongly recommend that he continues to do Yoga. We are very proud of you Atharv!