

Summer Yoga Glow

Name **Aarush**

Age **11 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 activities 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

Aarush has a very intelligent mind and can benefit from finding new ways to channelize it. He was very cheerful and naughty during the Yoga sessions. He was attentive during yoga tales and performed the yoga poses quite well. Aarush 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 Aarush!