

# Summer Yoga Stories

Name **Jayshhnaa**

Age **7 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
<b>SOCIAL</b> 	Listening & Attention		★	
	Participation			★
	Communication			★
<b>PHYSICAL</b> 	Overall Fitness		💪	
	Flexibility		💪	
	Balance	💪		
<b>INTELLECTUAL</b> 	Memory			🧠
	Comprehension			🧠
	Focus		🧠	
<b>CREATIVE</b> 	Imagination		🌈	
	Improvisation	🌈		
<b>EMOTIONAL</b> 	Reflection			💜
	Self-awareness			💜

## Takeaways

Jayshhnaa has always been punctual, attentive and sincere in all the sessions. Her yoga skills are excellent and she is very keen and quick to learn all yoga asanas and breathing exercises. She was very cheerful and naughty during the Yoga sessions. She was attentive during yoga tales and performed the yoga poses quite well. She has a good memory (which she puts to test by asking facilitator to not show actual yoga pose until she demonstrates it herself). Jayshhnaa has always brought a unique charm to the session with her kindness and thoughtful answers during the reflection of the sessions. Teaching her has been a delight and we wish her all the best on her Yoga journey ahead.