

Summer Yoga Stories

Name **Nivaan Kapoor**

Age **4 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

Nivaan was clam but also very playful during all the sessions. Although he was a little dependent on his mother, he did most of the activities very well. By the end of the summer camp he adapted well to all the activities planned for the session. It was a pleasure to see cute little Nivaan closing his eyes and chanting the Magic Yoga spell. He paid keen attention to the warm up songs and the Yoga Tales. Great efforts by his mother & Nivaan as well.