

# FATHER'S DAY INTERNATIONAL YOGA DAY

## CARING LOVING AND STRONG

### **LEARNING OBJECTIVE:**

Promote physical and emotional well-being through yoga while bonding well with their children.

KG1 and KG2 students celebrated a special combined event for Father's Day and International Yoga Day with great enthusiasm and joy. The celebration began with a calming yoga session, helping children and their fathers connect through mindfulness and movement.

This was followed by a series of exciting activities that brought smiles and laughter. In the Blindfold Game, children and their dads worked together using trust and communication. The Dress-Up for School Game allowed fathers to help their little ones get ready, fostering bonding and fine motor development. The ever-popular Musical Chair game brought cheer and encouraged quick thinking and coordination. A surprise dance performance by one of the fathers added a fun and memorable touch.

All participating children received "Star Awards" in recognition of their active involvement, while each dad was presented with an appreciation tie.

### **LEARNING OUTCOME:**

Strengthened teamwork and communication between fathers and their children, fostering deeper bonds and mutual understanding.

**DATE: 19-June-2025**

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