

YOGA DAY & FATHER'S DAY

“Strength, Presence, and Balance”

LEARNING OBJECTIVE:

To understand the importance and benefits of yoga for health and well-being and develop confidence and communication skills through the Show and Tell activity.

KG1 and KG2 celebrated **International Yoga Day** and **Father's Day** with great enthusiasm and happiness. The children learned about the importance and benefits of yoga through an informative slideshow and actively participated in performing different yoga poses, promoting physical fitness and mindfulness.

As part of the Father's Day celebration, the children expressed their love and appreciation by singing a special song. They also dressed up like their fathers and confidently participated in a Show and Tell activity, sharing interesting facts and experiences about them. The celebration provided meaningful learning experiences while strengthening family values, confidence, and communication skills. The joyful moments of the event were beautifully captured through photographs.

LEARNING OUTCOME:

Children performed basic yoga poses with enthusiasm and understood their health benefits and they confidently shared their thoughts during the Show and Tell activity.

DATE: 19-May-2026

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