

Day 8

# SUMMER CAMP

June 03, 2025

Day 8 was all about movement, music, and magic! Students danced to energetic beats, explored playful yoga, and let their creativity flow through art and stories. The day was packed with smiles, learning, and lots of laughter. As confidence bloomed and friendships deepened, every activity added a new spark to their summer camp journey!

- **Zee Zone :**
- **Marital arts mania**
- **Green thumbs:** Gardening adventure
- **Clay creations:** Script and Mold
- **Dream big:** Imaginative play
- **Mindful masterpieces:** Mandala creations
- **Gratitude garden**
- **Crafty creatrion**







Kneeling into Mandukasana, students tuned inward as Arun Sir led them through mindful breathing and deep folds.

The pressure on the abdomen and focus on the breath brought a sense of grounded calm.

With every exhale, tension dissolved—making space for clarity and presence

- Promoted mindful breathing and inner awareness
- Enhanced abdominal stimulation for better digestion and calm
- Encouraged emotional release and mental clarity through stillness



**Yoga for the Soul: Embracing Stillness and Strength**



# MARITAL ARTS MANIA

Our summer camp turned into an action-packed arena with the Martial Art Mania sessions led by the amazing Vashu Sir! With his ninja-like skills and unstoppable energy, he took our campers on a thrilling ride into the world of taekwondo! From high-flying kicks to super-fast punches, every class felt like a scene straight out of an action movie. But it wasn't just about cool moves — Vashu Sir showed us that true martial artists are strong inside and out!



**FROM STANCE TO STRENGTH—MASTERING THE ART OF SELF!**

# IGNITED





## GREEN THUMBS : GARDENING ADVENTURE



Today, our little gardeners set off on a leafy quest in the magical garden land!

With tiny hands and big dreams, they checked on the baby plants they had grown from seeds. They sprinkled water like rain wizards and placed their pots in the sun for a golden hug. Every sapling got love, care, and even a giggle or two from its young plant parent.

It was a joyful jungle journey filled with dirt, delight, and green-growing magic!



HANDS IN THE SOIL, HEART IN THE BLOOM.



FROM TINY SEEDS GROW MIGHTY DREAMS.



# MINDFUL MASTERPEICES



## MANDALA CREATION

Our creative campers went on a colorful journey during the Mindful Masterpiece Mandala Art activity! With curious minds and steady hands, the kids dived into the magical world of Mandala Dot Art - an exciting, meditative adventure where every tiny dot brought a splash of joy! Instead of using regular brushstrokes, our little artists became dotting explorers, using bright, bold colors to form mesmerizing circular patterns. These stunning mandalas, made of dots big and small, symbolized unity, harmony, and the universe itself.







## ARTISTIC ADVENTURE - CRAFT & CREATE

Today, our little artists dived into a colorful adventure with an exciting art and craft activity! With paintbrushes in hand and big smiles on their faces, they brought beautiful flowers and vases to life on paper. Each splash of color turned into a masterpiece, full of imagination and creativity. As they painted, they sharpened their fine motor skills and explored the magic of colors. It was a joyful journey where every child became a painter, creating wonders with every brushstroke!



EVERY BRUSHSTROKE WAS A WHISPER OF IMAGINATION,  
TURNING SIMPLE PAPER INTO A GARDEN OF DREAMS.



# GRATITUDE GARDEN



## A Pause for Inner Peace

Under Kritika Ma'am's gentle guidance, students embraced stillness and self-reflection through a heartfelt gratitude journaling session. Prompted to recall kind moments, lessons from challenges, and joyful connections, they explored emotions with honesty and warmth. Writing became a quiet celebration of life's simple blessings, deepening their self-awareness and appreciation. Each reflection nurtured inner strength and reminded them that gratitude has the quiet power to transform from within.



# Crafty Creation



Crafted with care, sprinkled with smiles—  
a keepsake to cherish all the while!