Wednesday, 28th May 2025 SUMMER CAMP

Excitement soared high as campers dived into new challenges on Day 3!



Adventure Unleashed, Memories Created!

The camp buzzed with excitement as laughter echoed through every corner. From thrilling games to hands-on creative sessions, each activity brought joy, teamwork, and a spark of adventure. Memories were made, friendships deepened, and the spirit





Yoga Harmony:

Strength & Stillness in Every Pose

From the grounding stillness of Tadasana to the deep backbend of Bhujangasana and the calming forward fold of Padahastasana, students discovered flexibility, focus, and flow with Arun Sir! It was a refreshing start to the day — full of mindful moments and energizing stretches that nurtured both body and spirit!

Yoga vibes: strong, steady, serene.



Breathe. Bend. Bloom.



Stretching into stillness, rising with strength.



Poses with purpose, breath with power.



Looking for ways to keep the learning fun at home?

Create a 'sensory treasure box' by filling a container with rice or beans
 hiding small toys inside. Let your child dig for treasures!



Science turned into magic right before our eyes! in the magic walking water experiment, we watched in awe as colours crept across paper towels, blending beautifully like a rainbow in motion—all thanks to the towels soaking up water like a sponge.

Then came the lava lamp experiment, where oil and water stayed apart, but a sprinkle of salt made the colored water bubble, rise, and dance like fireworks in a bottle. with every swirl and pop, these fun experiments showed just how exciting science can be with Sonali Ma'am!







- Learned absorption and density concepts.
- Observed simple chemical reactions.
- Boosted curiosity and observation skills.
- Enjoyed hands-on science exploration.



Play Strategize Win: Board Games



- Enhanced focus, strategy, and patience.
- Encouraged teamwork and social skills.
- Fostered learning through play.



ROM STRIKE MEARN

In an engaging and fun-filled session led by Laxman Sir, students immersed themselves in classic board games like ludo and carrom board! The room buzzed with excitement as students strategized, competed, and cheered each other on while enjoying these timeless games.

The activity promoted teamwork, patience, focus, and friendly competition—reminding everyone that learning through play can be both joyful and meaningful!



Creative Canvas - Draw & Doodle







- Encouraged creative expression and imagination
- Built confidence through free-form art
- Fostered emotional awareness and mindfulness
- Promoted self-discovery through visual storytelling

ART FROM THE HEART

As pencils danced and doodles unfolded, the canvas transformed into a vivid tapestry of thoughts, colors, and emotions, offering not just a space for artistic exploration but also a peaceful journey into self-discovery. Led by the ever-encouraging Tannu Ma'am, students were invited to express themselves without boundaries. Her empowering reminder—that there are no mistakes in art, only unique expressions—set the tone for an engaging and liberating experience.



This morning was filled with a lively and interactive storytelling session on the colorful tale of 'Scat the Cat' by Dr. Jean Fieldman. the session began with excitement and curiosity as the children were introduced to scat — a magical black cat who could change colors just by saying a special rhyme. the children participated eagerly by repeating the rhyme aloud, predicting what color scat would turn next, and discussing what might happen.



imagination

interaction

Boosted vocabulary and expressive language

Fostered a love for stories and group

Move to the Beat: Dance Activity



In an energetic session led by Venus Sir, students danced their hearts out to the vibrant tune of Bollywood dance songs

They enthusiastically learned popular Bollywood dance steps, syncing rhythm with expression and style.

Dance Like No One's Watching!



Grooved to upbeat Bollywood moves with energy and style



Expressed emotions through movement, rhythm, and flair



Gained confidence, teamwork, and stage presence



BOLLYWOOD BEATS & JOYFUL FEET!



Gratitude Journal: Moments That Matter



A quiet moment turned into a meaningful ritual as students gathered with Sunita ma'am to continue their journey into gratitude journaling! guided by prompts like things they're proud of, people they appreciate, and small wins of the day, they explored their inner world with honesty and warmth. each reflection helped plant seeds of positivity, self-awareness, and emotional strength. as pages filled with thoughts and thankfulness, the practice became a gentle reminder that joy often begins within!



Reflected on daily moments of joy and gratitude.

• Strengthened emotional awareness and mindfulness.

Built a habit of positive thinking and self-love.