

International Yoga Day – Health, Balance & Well-Being



Objective:

To help students understand the importance of yoga for physical and mental well-being, while building reading, reflection, and awareness skills through guided use of Britannica Library.

Students will:

- Understand what yoga is and why it is practised
- Learn how yoga supports physical health, focus, and calmness
- Develop awareness of healthy habits and self-care
- Strengthen reading comprehension and reflective thinking skills

Skills & Values:

Core Values

- Curiosity
- Confidence
- Respect for Others
- Open-mindedness

Key Skills

- Observation Skills
- Listening Skills
- Basic Reasoning
- Communication Skills
- Decision-Making

Introduce the Weekly Theme / Genre:




Begin with a gentle discussion:

- What does being healthy mean?
- How do we feel when we are calm and relaxed?

Explain that 21 June is observed worldwide to promote yoga as a way to stay healthy in body and mind.

Suggested Activities by Grade Band

Grades I & II

- Ask students to explore pictures and short readings on yoga and healthy habits using the Britannica Library.
- Students will then:
 - Draw a simple yoga pose
 - Illustrate or write how they feel after stretching (e.g., happy, calm, relaxed)
- At the end of the lesson, ask students to reflect on their understanding using a simple traffic light activity:
 -  Red — Stop! I don't understand
 -  Yellow — Slow down! I need more help
 -  Green — Go ahead! I understand
- Students should colour the light that best matches their level of understanding after today's lesson.



Traffic Light Feedback

Name: _____

Date: _____

Instructions: Color the light that matches your level of understanding after today's lesson.

Red

—Stop! I don't understand.



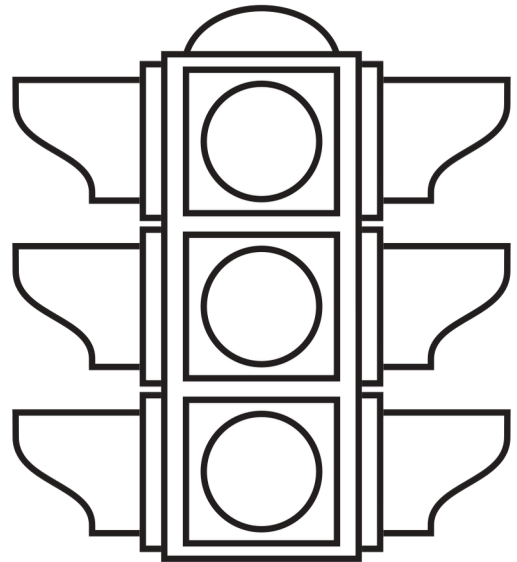
Yellow

—Slow down! I need more help.



Green

—Go ahead! I understand.



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