

Weekly Task

June Week 3



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 III – V

- Ask students to read age-appropriate Britannica articles on:
 - Yoga
 - Healthy routines
- Encourage students to understand how these practices contribute to overall well-being.
- Provide students with a jigsaw puzzle template. Each piece of the puzzle represents an idea.
- Students will:
 - Fill each puzzle piece with points on how yoga and healthy routines help in:
 - Physical fitness (e.g., strength, flexibility, energy)
 - Mental well-being (e.g., calmness, focus, relaxation)
- Use words, short phrases, or small drawings to complete the puzzle.



Name:

Date:



Jigsaw Puzzle

