

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 VI- VIII

- Students begin by reading age-appropriate articles on yoga, healthy habits, and mindfulness using the Britannica Library.
- Encourage students to explore topics such as:
 - Benefits of yoga for the body
 - Impact of yoga on mental well-being
- Ask students to read actively and focus on:
 - How yoga improves physical health (flexibility, posture, strength)
 - How yoga supports mental calmness and reduces stress
 - The connection between breathing, focus, and relaxation
- Facilitate a class discussion using the following questions:
 - How can yoga help students manage stress?
 - In what ways can yoga improve focus and concentration in daily life?
- Encourage students to connect ideas to real-life situations such as exams, classroom learning, or managing emotions.
- Students will then use a See-Think-Wonder thinking routine to reflect on their learning.
- Ask students to observe an image, video, or demonstration of a yoga session.
- Students will complete the following:
 - What do you SEE? List clear observations (postures, breathing, environment, expressions)
 - What do you THINK? Write what they believe is happening and why (calmness, focus, relaxation)
 - What do you WONDER? Write questions or curiosities they have about yoga and its benefits
- Encourage students to express their thoughts clearly and thoughtfully.



Name:

Date:



See, Think, Wonder

What do you see?

What do you think?

What do you wonder?