

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 IX – X

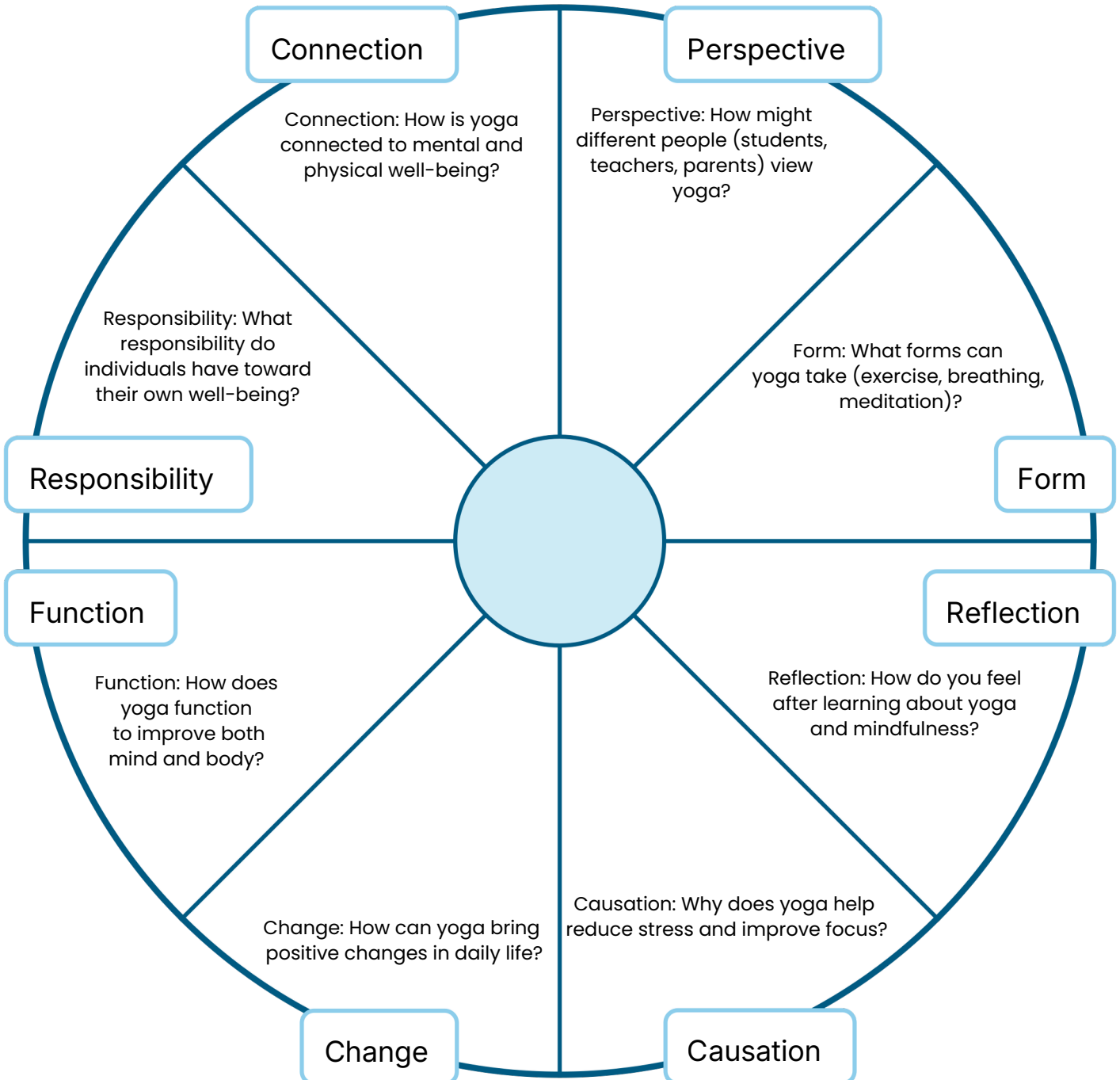
- Students begin by reading age-appropriate articles on the following topics using the Britannica Library:
 - Yoga
 - Mental well-being and stress management
- Encourage students to read actively and focus on:
 - How yoga supports a balanced and healthy lifestyle
 - The importance of mindfulness in reducing stress
 - Practical ways students can apply these habits in daily life
- Facilitate a class discussion using the following questions:
 - Why is mindfulness important in today's fast-paced world?
 - How can yoga be integrated into a student's daily routine?
 - Encourage students to connect their responses to real-life situations such as school stress, exams, and maintaining focus.
- Students will complete an Expression Wheel to deepen their understanding by exploring different perspectives:
 - Connection: How is yoga connected to mental and physical well-being?
 - Perspective: How might different people (students, teachers, parents) view yoga?
 - Form: What forms can yoga take (exercise, breathing, meditation)?
 - Reflection: How do you feel after learning about yoga and mindfulness?
 - Change: How can yoga bring positive changes in daily life?
 - Causation: Why does yoga help reduce stress and improve focus?
 - Responsibility: What responsibility do individuals have toward their own well-being?
 - Function: How does yoga function to improve both mind and body?
- Encourage students to write clear, thoughtful responses for each section.



Name:

Date:

Expression Wheel



Name:

Date:

Expression Wheel

