



# DELHI PUBLIC SCHOOL, DHENKANAL

Under the aegis of the Delhi Public Society New Delhi



# SUMMER FIESTA 2023



JUNIOR

*Reflectio*

**Day-1**  
**12-05-2023**  
**Saturday**

## *Yoga*

Today the Yoga the first activity of NUR-STD-2 was conducted today. Yoga is done to enlightening, fun, and creative activities. Yoga practices and technique helps in skill development and enhancement. It also uplifts and strengthens them on physical, emotional and mental level. This summer, give the gift of Yoga to our students through this yoga for kids camp.

Additionally, the yoga for kids camp helps to develop the social skills of a child, increases their focus, sharpens their memory, improves immunity and behavioral skills and trains them to cope with stress.

Students learned

Yoga Asanas

Pranayamas

Relaxation Techniques

Concentration Techniques





## Blow Painting

- \* Children use air from their own breath to 'paint' abstract pictures, then observe how their artwork changes as it dries
- \* Students dip a small amount of paint onto their paper.
- \* They blow on the drops of paint with their straw to make their prescribed design.
- \* The blow painting help with oral motor development as well as fine motor skills. Oral motor skills include awareness, strength, coordination, movement, and endurance of the mouth; jaw, tongue, cheeks, and lips. It's an easy painting activity for toddlers.
- \* They mix liquid watercolors in individual cups with water. Place a piece of paper on a tray.
- \* Place the straw in a one of the liquid watercolor cups.
- \* They place the straw over their paper and let go. Place the straw near the drop of paint and blow to move the paint around. Repeat with more colors.

**The students enjoyed a lot and even shared new ideas too.**



Reflection

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## Dance & Music

“Dance is the way to express your emotions and feelings and dance is also the way to enjoy your body.

The art of dance is one of the earliest and longest-standing forms of entertainment and community activity known to humankind.

Dance is one of the ultimate activities to distress, lose inhibitions, meet new people, and boost physical health. Today at summer fiesta the students of Nursery and Std-2 dance their heart out.

Our tiny tots ha

