**S. M. PUBLIC SCHOOL**

**(Affiliated to CBSE, New Delhi up to 10+2)**

**CIRCULAR**

**Date - 17.06.21**

Dear Parents,

Greetings of the day!!

As we know, Yoga helps kids to relax, relieve stress, sleep better, improve emotional regulation, increase empathy, improve mood & affect.

This year the theme of International Day of Yoga (21st JUNE) is “YOGA for well-being”.

For this we are going to organize a **POSTER MAKING ACTIVITY** for the **Classes** from **3rd to 5th**.

Please note the following points related to this activity –

* For poster making you can take an A4 size sheet or Chart Paper. Draw & colour the picture related to Yoga.
* Topic of the poster will be **YOGA.**
* You can decorate your poster with any Colours or Decorative material.
* Mention **Date, Your Name, Class and Topic** on the border area of the poster.
* Send pictures of your ward in **School Uniform** **holding the Poster** on 9760775500 (Whatsapp), 9557970664 (Whatsapp) till 18th June’21
* Encourage your ward to participate in this activity enthusiastically.
* Unique idea and performance will be awarded with **E-Certificate**.

**Regards**

**SMPS**