

Cosmic Kids Yoga

It is important to stay active during our time away from school. The Cosmic Kids website has a range of yoga sessions and mindfulness/brain breaks which are available for free. You can access these easily from the website:

<https://www.cosmickids.com/>

You can also find many of these videos on YouTube.

The following links are yoga sessions. Please remove your shoes and wear comfortable clothing. Choose a spacious area in the house where you have room to move around.

Have fun!

- https://www.youtube.com/watch?v=5y3gCrL_XIM – Moana
- <https://www.youtube.com/watch?v=U9Q6FKF12Qs> – Trolls
- <https://www.youtube.com/watch?v=02E1468SdHg> – Minecraft
- <https://www.youtube.com/watch?v=pT-s1-phgxs> – Coco the butterfly
- <https://www.youtube.com/watch?v=R-BS87NTV5I> – Harry Potter and The Philosopher's Stone
- https://www.youtube.com/watch?v=j_3weVPH0-U – The Wizard of Oz
- <https://www.youtube.com/watch?v=u8sEfRXRuAw> – Alice in Wonderland
- <https://www.youtube.com/watch?v=TslMInvEU8A> – Cracker the Dragon