Today’s Activities

 Pick one - or more if you like !

**1**. **Yoga** - yoga session with cosmic kids

  <https://www.cosmickids.com>

**2. Yoga Moves - practice some yoga moves by following picture instruction cards**

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**3. Dance - get moving with the help of GoNoodle**

<https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>



Have Fun & Remember

Together We Can Do Great Things