



YOGA & MINDFULNESS!

- READ Continue reading this series with this animated book of *Yoga Friends* by Mariam Gates available on Hoopla Digital: <https://bit.ly/35NX5SJ>
- For mindfulness and breathing exercises, check out *Breathe Like a Bear* by Kira Willey, available in audiobook or animated book on Hoopla Digital <https://bit.ly/2yEnBSq>. Any of the included 30 basic breathing exercises/mini meditations can be done at time during the day to reset!
- PLAY/WRITE Create a yoga cube! Using a small cardboard box, decorate each side with some of you and your child's favorite yoga poses. You can use this list to pick poses: www.namastekid.com/tool-type/kids-yoga-poses/ For the decoration, use what you have on hand: tape, construction paper, markers, or crayons. When complete, roll the cube on the floor to come up with a fun and unique pose sequence. How many can you do in a row?
- SING After some fun movement, finish with this calming song from the storytime team JBrary. You can cater to any age group. The video includes a small baby, but older kids will be able to move their arms along with the rain and splash along with the song! <https://youtu.be/IAea9WRxFY0>