YOGA & MINDFULNESS!


- 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, makers, 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/lAea9WRxFY0