

## Meeting Sensory and Motor Needs through Movement and Imitation

1. Yoga

[https://www.youtube.com/results?search\\_query=Cosmic+Kids+Yoga](https://www.youtube.com/results?search_query=Cosmic+Kids+Yoga)

2. 3 minute Mindfulness Activity for Kids

[https://www.youtube.com/watch?v=ihwcw\\_ofuME](https://www.youtube.com/watch?v=ihwcw_ofuME)

3. Animal Walks

<https://www.youtube.com/watch?v=vywo8eUk1Dc>