

Yoga, Mindfulness, and Other Physical Activity Resources

Yoga Exercises at Home:



Picture found at <http://viralcaja.com/asanas-yoga-24-yoga-plantea-para-principiantes-copiar/>

Online Resources:

- Cosmic Kids Yoga:
https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ
- Yoga for Kids:
<https://www.youtube.com/channel/UCJEi1foUiGOBzzQM3QA2H5A/search?query=kids>
- Yoga Ed. for Kids:
<https://www.youtube.com/channel/UCZkbiujyDoXqoPPr5D74I7A/videos>
- At Home PE and Health Resources for Parents:
<https://www.catch.org/pages/health-at-home>
- Online Exercise and Activities: <https://www.gonoodle.com/>
- Free Mindfulness Exercise for Kids:
https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/?utm_sour

[ce=Mindful+Schools+Newsletter&utm_campaign=7968a81a59-EMAIL_CAMPAIGN_NEWSLETTER_2020_03_18_NONREG&utm_medium=email&utm_term=0_024a46d2a1-7968a81a59-21252787](https://www.idtech.com/blog/indoor-activities-for-kids)

- Indoor Activities Suggestions: <https://www.idtech.com/blog/indoor-activities-for-kids>
- Importance of Moving: <https://health.gov/moveyourway#parents>