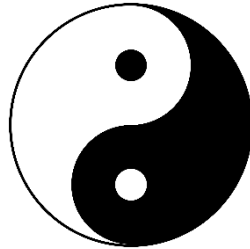


Be Kind to Yourself – Mindfulness and Yoga Ideas

Take some time to be kind to yourself and your body. Meditation and yoga are really helpful to give your mind space to think clearly and improve your wellbeing. Click on one of the links and have a go.



Meditate

[Friendly Wishes \(Peace Out: Guided Meditation for Kids\) | Cosmic Kids - YouTube](#)

Frozen Yoga

[Frozen | A Cosmic Kids Yoga Adventure! - YouTube](#)

Minecraft Yoga

[Minecraft | A Cosmic Kids Yoga Adventure! - YouTube](#)

Alice in Wonderland Yoga

[Alice in Wonderland | A Cosmic Kids Yoga Adventure! - YouTube](#)

Sonic the Hedgehog

[Sonic The Hedgehog | A Cosmic Kids Yoga Adventure! - YouTube](#)