

YOGA

WELLBEING ACTIVITIES TO TRY:

Did you know yoga is great for mental health as well as physical health?

Find a quiet warm place to perform the following:

Sit quietly and breathe slowly in through your nose and out through your mouth. Put your hands on your tummy so you can feel it moving in and out as you breathe in and out.

Try the positions opposite. Can you hold your balance for 3 seconds or longer?

Find out the names of the positions you are practising.

Can you find out other positions to practise?

OTHER PLACES TO GET IDEAS: CLICK ON THE LINK

<https://www.youtube.com/user/CosmicKidsYoga>

