

Learning every day in every  
way through play

# Yoga and mindfulness

Do stretches or lie on the ground with your child and watch the clouds move or how leaves sway in the breeze.



More activities like this:

- Brainstorm with your child activities that help them to feel calm.
- Research some stretches together and copy them or find an online kids yoga session like [cosmickids.com](https://cosmickids.com)
- Practice some mindfulness with your child, like closing your eyes for 1 minute.
- Do some breathing exercises with your child, especially if they are feeling angry.

What children are learning:

- Musical concepts such as beat and rhythm
- Maths skills through repeating sound patterns
- Exploring the sounds that different objects make
- Developing whole body coordination
- Improving language skills through singing