

Physical Education Activities

Butterfly Kids Yoga: Join Ms. Ali, from Yoga170 (local studio) for short clips intended to provide a quick movement break (yoga-style) for both little yogis and older kids too. Some of you may be familiar with the studio from your after school program!

www.butterflykidsyoga.com/events

Cosmic Kids Yoga: Enjoy different many different types of yoga (high energy to guided relaxation) & a variety of characters (Star Wars, Trolls, Pokemon & more!):

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