

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://www.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