

Try some yoga!  
Perfect for  
adults and kids!



## SPRING YOGA



**I am the sun.**  
EXTENDED MOUNTAIN POSE

**I am a tree.**  
TREE POSE

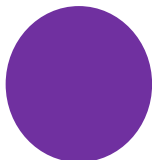
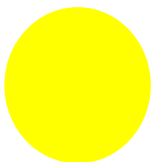
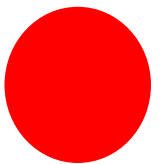
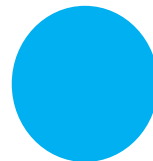
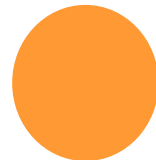
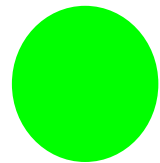
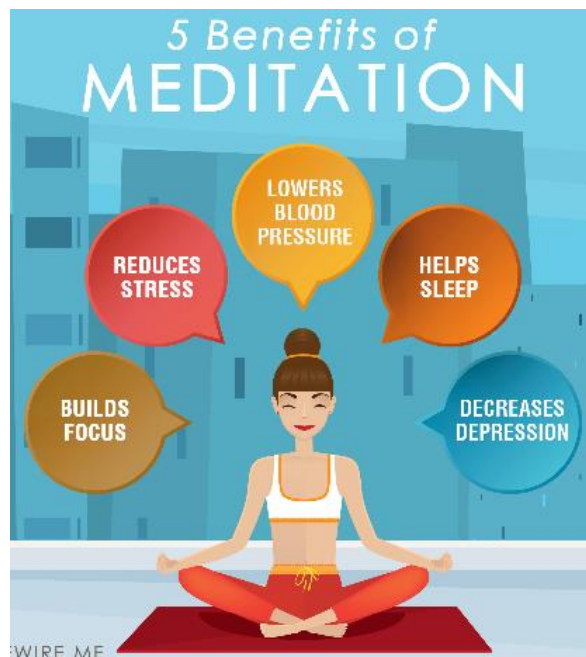
**I am a flying bird.**  
WARRIOR 3 POSE

**I am the falling rain.**  
STANDING FORWARD BEND

**I am planting seeds.**  
SQUAT POSE

© Kids Yoga Stories.

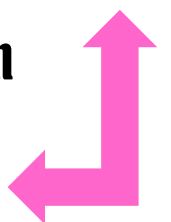
# Mindful Monday Week 1 - Happiness



**Meditation for Kids - The Butterfly - Kids' Meditation**

<https://youtu.be/mX4JBBicBk>

Use the link or search for The Butterfly Kids' Meditation on youtube.



Find somewhere comfortable to sit or lay, your eyes can be open or closed, don't worry if your mind drifts off somewhere else, it's normal for that to happen, just bring your mind back and carry on.