

## Mindful Monday – Week 10

You are  
braver than  
you believe,  
stronger than  
you seem,  
and smarter  
than you  
think.

Christopher Robin, Winnie the Pooh

the Stir

### Virtual tours

Best FREE virtual tours for kids: explore museums, castles and more from your living room

All available online and completely for free, these are the best online virtual tours for kids - taking them through some of the most famous museums, castles and sites in the world

<https://www.goodtoknow.co.uk/family/best-virtual-tours-for-kids-536089>

The Visit London website offers links to theatre productions, concerts, dance, opera, comedy, online workshops as well as many different ways to keep fit and mindful.

<https://www.visitlondon.com/virtually-london>

### How to Make an Elephant Corner Bookmark

What you need:

- blue or gray origami paper or regular paper cut into a square
- blue or gray paper
- black marker
- scissors
- glue
- wiggle eye stickers or googly eyes (optional)



Follow the link below and watch a video;

<https://www.easypeasyandfun.com/elephant-corner-bookmark/>



Enjoy a ride on a magic carpet

<https://www.youtube.com/watch?v=80QVNBVPXI>



# the ABCs of YOGA

## for KiDS



 <b>A</b> Airplane	 <b>B</b> Butterfly	 <b>C</b> Cobra	 <b>D</b> Dog	 <b>E</b> Easy Pose
 <b>F</b> Frog	 <b>G</b> Grasshopper	 <b>H</b> Happy Baby	 <b>I</b> Inhale	 <b>J</b> Jack-in-the-Box
 <b>K</b> Kite	 <b>L</b> Lion	 <b>M</b> Mouse	 <b>N</b> New Pose	 <b>O</b> Otter
 <b>P</b> Peacock	 <b>Q</b> Queen	 <b>R</b> Rag Doll	 <b>S</b> Swan	 <b>T</b> Triangle
 <b>U</b> Unicorn	 <b>V</b> Volcano	 <b>W</b> Waterfall	 <b>X</b>	 <b>Y</b>
				 <b>Z</b> Zero

## I Am Amazing

Write something amazing about yourself in each of the sun's rays. As you color the sun, think about all the incredible things that make you special.

