

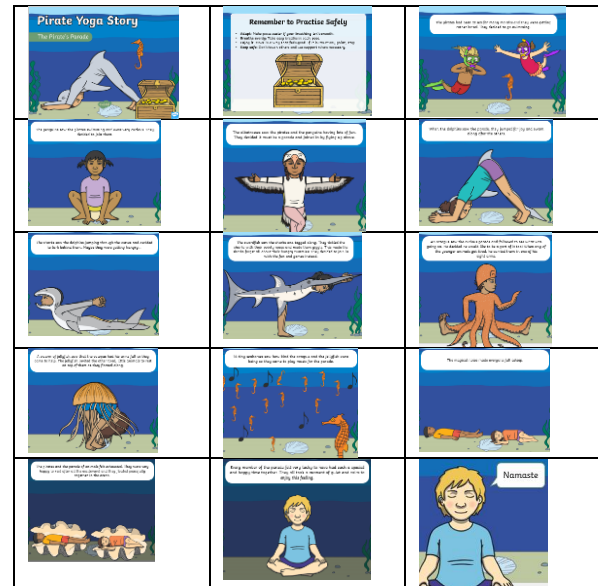
# Health and Wellbeing

## Yoga Activities LKS2

### 5 Minutes a Day Yoga Routine!

1. Candel 	2. Frog 	3. Cat 
4. Dog 	5. Lion 	6. Bird 
7. Tree 	8. Warrior 	9. Bridge 
10. Relax 	Do these poses one after the other slowly for 5 minutes.	

### Pirate Yoga Story



The PowerPoint of the story is attached.  
Pirate Yoga Story.pptx

### Keeping Yourself Calm Poses

When you are feeling anxious or stressed try these poses.



### Bedtime Yoga Poses



Don't forget Cosmic Kids is a free YouTube Yoga Class we have done in school.  
[https://www.youtube.com/watch?v=T\\_OP5qrVoyg](https://www.youtube.com/watch?v=T_OP5qrVoyg)

