

Hello, 3rd graders! You might remember doing some children's yoga with me when you were in 1st grade. These short exercises can really help you to calm down and connect to positive feelings. I want to share a resource that I love called Cosmic Kids yoga. It's kind of silly, but I promise it will make you smile. Try one when you wake up in the morning!

Go to Youtube and search "Cosmic Kids Yoga". There are tons of videos to choose from!

If you're feeling creative, consider this activity from the Kids for Peace website. Using some materials from your house, create a heart with a kind message written on and tape it to a front facing window in your house or apartment. Your message should be large enough that people walking by can see it! Visit kidsforpeaceglobal.org for more activities to spread kindness during this time.

I'd love to hear from you! Email me at erika.mardock@ops.org.