GRACE PLACE®
For Children & Families

Home-Learning Activity

WEEK OF: April 6 - 10, 2020

THIS ACTIVITY IS FOR GRADE/S: K-1st

Title of Activity:

Cosmic Kids Yoga A-G

Learning Outcome:

Students will move and stretch their bodies by exploring the Cosmic Kids alphabet yoga poses.

Description of Activity:

Step 1: Click the link below in "Activity Resources" to watch the video.

Paso 1: Haga clic en el enlace abajo "Activity Resources" para ver el video.

Students will watch the yoga video made by Ms. Kelsi. They will follow along and do the yoga poses.

Activity Resources:

Miss Kelsi doing yoga
https://www.youtube.com/watch?v=KI2YIaOOfx0&t=8s