



MINDFULLNESS AND YOGA POSES

Mindfulness develops the whole brain and helps children to understand their emotions and feelings.

Practicing Mindfulness helps children to notice the positives, and develop a sense of appreciation, gratitude and contentment.



tree pose



cobra pose



mountain pose

twinkl.com



flamingo pose

twinkl.com



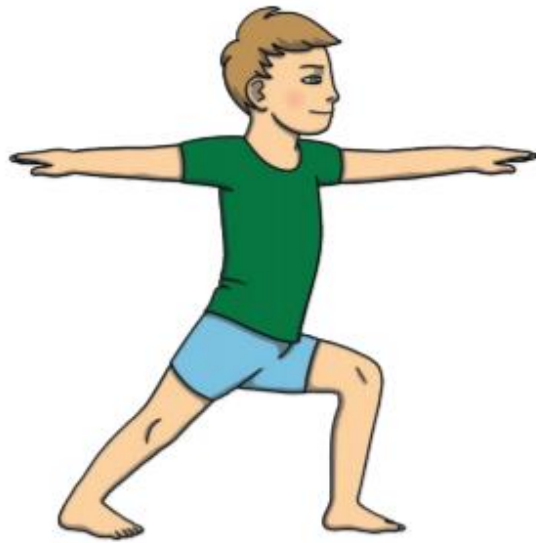
butterfly pose

twinkl.com



elephant pose

twinkl.com



warrior pose

twinkl.com



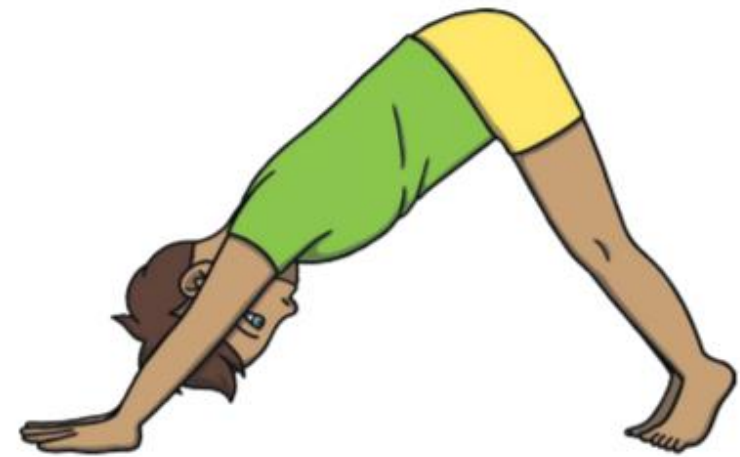
cow pose

twinkl.com



shoulder stand pose

twinkl.com



downward facing dog pose

twinkl.com