

Online resources for Rainy day yoga time or YouTube videos kids' yoga, pintables & tips

<https://www.youtube.com/user/CosmicKidsYoga>

<https://www.youtube.com/watch?v=vlv6Y1tq1sQ>

<https://www.headspace.com/kids>

<https://chopra.com/articles/3-kid-friendly-meditations-your-children-will-love>

<https://www.doyouyoga.com/14-effective-meditations-for-young-children-76520/>

Free pintables for kids and teachers:

<https://childhood101.com/yoga-for-kids/>

Pinterest has unending possibilities! <https://www.pinterest.com/pin/359021401518399659/>

<https://www.kidsyogastories.com/printable-yoga-cards-for-kids/>

Sign up to receive free tip of the week:

<https://www.miniyogis.com/>