

Ideas for meditation

https://www.youtube.com/watch?v=V1-0JJw_IQ guided imagery

<https://www.youtube.com/watch?v=DWOHcGF1Tmc> your secret treehouse

<https://www.youtube.com/watch?v=HtYIQiXyrsE> friendly wishes

https://www.youtube.com/watch?v=VZ_wdeog5Ek Happy minds

https://www.youtube.com/watch?v=Bk_qU7l-fcU Mindfulness meditation

<https://www.youtube.com/watch?v=iEEJT9cYsm0> calm compilation

<https://www.youtube.com/watch?v=GNKA2k44aTw> The magnificent garden

YOGA IDEAS

<https://www.youtube.com/watch?v=X655B4ISakg> Yoga for kids

<https://www.youtube.com/watch?v=SusCrvowaQM> Quick yoga breaks

https://www.youtube.com/watch?v=on_9AhPQigE Calm the mind Yoga

<https://www.youtube.com/watch?v=3Rcb96N1L2k> worry box

<https://www.youtube.com/watch?v=zMHOGzFTPSg> brilliant balance

<https://uk.video.search.yahoo.com/search/video?fr=mcafee&p=cosmic+kids+yoga+harry+potter#id=1&vid=21ae2e4506105a05cda7819e935ac5bc&action=click> Cosmic Kids- Harry Potter

<https://uk.video.search.yahoo.com/search/video?fr=mcafee&p=cosmic+kids+yoga+harry+potter#id=6&vid=f1cf7e9111da7bd657f8c0367538b382&action=view> Cosmic Yoga- Movie Marathon

<https://uk.video.search.yahoo.com/search/video?fr=mcafee&p=cosmic+kids+yoga+harry+potter#id=8&vid=93f9be7d99868d99446b7314e085da99&action=view> Cosmic Yoga- Brilliant books

<https://uk.video.search.yahoo.com/search/video?fr=mcafee&p=cosmic+kids+yoga+harry+potter#id=16&vid=ab54211c75b6765b81793e14ce469585&action=view> Yoga and mindfulness to stay strong

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