



KINDY YOGA

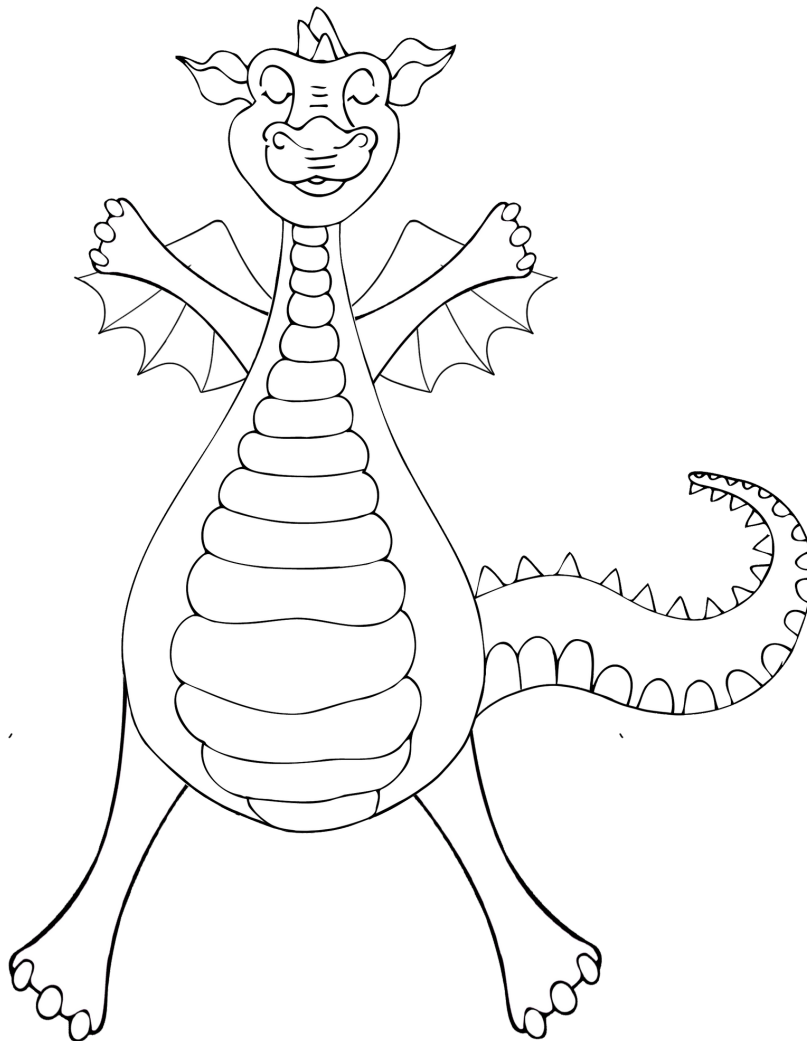
HOW DOES IT HELP ME?

- it stretches my whole body
- it helps me to concentrate so I can learn better
- it gives me more energy
- it helps me to balance so I can play well and use my body better
- it is fun to do so it makes me happy!

POSE OF THE WEEK



THE STAR



Can you please colour me in?

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Name:

Date: