

CACFP JANUARY DIGITAL FLYER

Click the SNOWFLAKES!

Cosmic Kids Yoga *A Frozen Yoga Adventure!*

interactive adventures that get kids into yoga and mindfulness!



GoNoodle *Melting Exercise*

guided meditation for kids - learn breathing exercises and ways to destress!



Craft Corner *Marble Painting*



Song Section *The Airplane Song*



Let's Make a Snack!



Sign up for GoNoodle! **FREE!**

a wide variety of videos for kids that focus on movement & mindfulness, including music, dancing, yoga & deep breathing

