



## Home Learning Activities

### Cosmic Kids Yoga

On u tube there is a variety of under the sea Cosmic Kids Yoga sessions to join in with.



Under the Sea: <https://www.youtube.com/watch?v=qC83oFEeVZA>

Squish the fish: <https://www.youtube.com/watch?v=LhYtcadR9nw>

Popcorn the dolphin: <https://www.youtube.com/watch?v=YR1OxBk8BF4>

Underwater Party: <https://www.youtube.com/watch?v=0hvwLdk5D5g>

Norris the baby seahorse: <https://www.youtube.com/watch?v=iFuobePKER8>

Mimi the mermaid: <https://www.youtube.com/watch?v=U1UcBGIIf50>

There are 2 links below for some under the sea 6 minute Yoga sessions (If you just need a quick activity):

Underwater Adventure : channel Mum: [https://www.youtube.com/watch?v=BrYqWAw8P\\_8](https://www.youtube.com/watch?v=BrYqWAw8P_8)

Aquatic animal yoga poses: <https://www.youtube.com/watch?v=z2UQ5-cVHjs>