

PE 1st December

Last week you created a game. This week I would like you to take some time to be peaceful and take part in some Yoga.

This address will take you to one I think you will enjoy:

<https://www.youtube.com/watch?v=2FoUbNg8XcM>

But if you go into Youtube and type in Cosmic Kids Yoga you can complete any of the ones you want to 😊