



## Mindful Activity of the Day Series: Keeping Yourself & Your Children Active, Engaged, and Stress-Free During the School Closure

Mindful Activity of the Day – YouTube Videos & Guided Cards

Each day practice a mindful activity to calm your body and mind during our school closure. Practice by yourself or do as a family. Enjoy 😊

Mindful Activity Day #1: Mountain

<https://mailchi.mp/2483dfa594e9/mindful-activity-of-the-day-1-mountain?e=c998d25bf3>

Mindful Activity Day #2: Mandala Meditations

<https://mailchi.mp/bd80df95badb/mindful-activity-of-the-day-1-mountain-375366?e=c998d25bf3>

Mindful Activity Day #3: Washing Machine

<https://mailchi.mp/2f36428db81a/mindful-activity-of-the-day-3-washing-machine?e=c998d25bf3>

Mindful Activity Day #4: Special Place Meditation

<https://mailchi.mp/yoga4classrooms/mindful-activity-of-the-day-3-special-place-meditation?e=c998d25bf3>

Mindful Activity Day #5: Balloon Breath

<https://mailchi.mp/yoga4classrooms/mindful-activity-of-the-day-5-balloon-breath?e=c998d25bf3>

Mindful Activity Day #6: Warrior Series

<https://mailchi.mp/yoga4classrooms/mindful-activity-of-the-day-6-warrior-series?e=c998d25bf3>

Mindful Activity Day #7: Magic Massage

<https://mailchi.mp/yoga4classrooms/mindful-activity-of-the-day-7-magic-massage?e=c998d25bf3>

Mindful Activity Day #8: Tree Pose

<https://mailchi.mp/yoga4classrooms/mindful-activity-of-the-day-8-tree-pose?e=c998d25bf3>

Mindful Activity Day #9: Power Breath

<https://mailchi.mp/yoga4classrooms/mindful-activity-of-the-day-9-power-breath?e=c998d25bf3>

Mindful Activity Day #10: Gratitude Relaxation

<https://mailchi.mp/yoga4classrooms/mindful-activity-of-the-day-10-gratitude-relaxation?e=c998d25bf3>