Yoga

Conversation Questions

- What does it feel like when things are chaotic?
- When do you feel like there is a lot of chaos around you?
- What kinds of things do you do to calm down or make the chaos stop?
- Talk to your kids about what you do to calm down in stressful situations.

PBS Resources

Hugh Jackman: Concentrate | Sesame Street
Talk about what it takes to concentrate on something.
[pbslearningmedia.org/resource/sesame-hugh-jackman-concentrate/hugh-jackman-concentrate-sesame-street/](pbslearningmedia.org/resource/sesame-hugh-jackman-concentrate/hugh-jackman-concentrate-sesame-street/)

Yoga for Kids | Breathe with Me
Try a breathing technique together
[pbslearningmedia.org/resource/yoga-for-kids-breathing-exercises-video-gallery/breathe-with-me/](pbslearningmedia.org/resource/yoga-for-kids-breathing-exercises-video-gallery/breathe-with-me/)

Happy Healthy Kids | Stretchy Self
Try some stretching techniques