

# 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/](https://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/](https://pbslearningmedia.org/resource/yoga-for-kids-breathing-exercises-video-gallery/breathe-with-me/)



### Happy Healthy Kids | Stretchy Self

Try some stretching techniques

[pbslearningmedia.org/resource/hhk-stretchy-self/happy-healthy-kids-stretchy-self/](https://pbslearningmedia.org/resource/hhk-stretchy-self/happy-healthy-kids-stretchy-self/)

