



Social Emotional Virtual Learning

ECSE/K-2nd Grade

Mindful Movement

April 17th, 2020



ECSE to 2nd Grade Social Emotional Learning

Lesson: 4/17/2020

Learning Target:
Practice moving mindfully.

This is a video and reflection.

Let's Get Started:

We need to move every day.

Watch this video in [English](#) or [Español](#).

Do yoga and move your body!



What was your favorite part?

Show me!