

# Fine & Gross Motor Activities

## Family Yoga



**April 20, 2020**

# Family Yoga

Lesson: [April 20, 2020 ]

## Learning Targets:

Flexibility

Strength

Coordination

Breath Control

Body Awareness

Sensory Input

## Background:

By moving around and being active, kids can improve their health and increase their ability to focus and learn.

Let's get started:

1. [Yoga for children with special needs](#)
2. [Yoga for Kids!](#)
3. [Cosmic Kids Yoga Disco | Washing Machine Song!](#)
4. [Yoga for beginners](#)



There are a lot of great yoga videos online.  
We encourage you to search and find ones that fit the needs  
of your child and family!

