



HOPE  
is all you need



# KIDS YOGA CLASSROOM ACTIVITY PACK



 **5** min  
quick-start!

 **ZERO  
PREP!**

  
Perfect for  
any class!

**BUBBLEPLUSH™**  
YOGA BALL BUDDY

yoga • Mindfulness • Brain Breaks

# Quick Contents...

## Why Kids Yoga in the Classroom

Research-backed evidence from parents and teachers about the benefits of yoga and mindfulness in the classroom. Perfect for getting buy-in.



## Level 1 – Get started in 2 clicks!

A quick-start section full of episodes listed by length and benefit to get a yoga adventure or brain break activity started in less than one minute!



## Level 2 – Making yoga a habit

Take little yogis to the next level by making yoga a habit in the classroom with certificates, wall charts and a classroom poster.



## Level 3 – Introducing Mindfulness

Level up again by introducing mindfulness sessions. Each Zen Den or Jaime Time episode teaches us a tool we can keep with us and bring out when needed.



## Level 4 – Create your own adventures

A great way to combine storytelling and creativity with yoga moves and poses – create your own adventure using a storyboard and pose cards.



## Level 5 – Unlock 500+ sessions!

Access hundreds of yoga adventures, mindfulness videos, brain breaks and teacher resources through the Cosmic Kids app.





# Why kids yoga in the classroom?

**50M+** 

video views every year on YouTube

**150k+** 

classrooms using Cosmic Kids worldwide


**60+** 

countries using Cosmic Kids Yoga daily

**500+** 

yoga adventures and mindfulness videos - and counting!

## ★ What it helps with...!



**Focus**

Helps children settle quickly and engage with learning




**Emotions**

Gives children tools to manage big feelings



**Transitions**

Smooths tricky moments between lessons



**Classroom energy**

Creates a calmer, more positive environment



**Confidence**

Builds self-awareness and resilience

*It's the calmest part of our day. They genuinely look forward to it – and so do I.*

Primary Teacher, UK

[cosmickids.com/impact-report](https://cosmickids.com/impact-report)





# Just press play!



Pick an episode and press play! Every video is a complete, story-led class – kids follow Jaime, no leading required!

## Yoga Adventures - The full experience

15-25 MIN · STORY-LED



### Alan the Camel

Alan is the kindest of Camels! We need to help him find the crystal rose stolen by the snake charmer. A story about honesty and doing the right thing.

Honesty

24:23



### Colonel Crockles

We throw a party for Colonel Crockles to cheer him up. A story all about being kind to the older members of our communities.

Kindness

19:05



### Calypso the Flamingo

We are party organisers and work together to help Calypso have the best 8th birthday party ever!

Teamwork

15:44

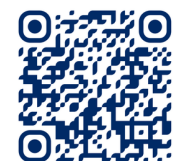


### Arnold the Ant

Join Arnold, an ant who lives in an apple, on a kids yoga adventure about having big dreams to go to space.

Determination

09:26



Full Yoga Adventure playlist here! →



# Just press play!



Short, body-led resets for any time the room needs a shake-up

## Brain Breaks!

5-10 MIN · OUTCOME-LED



### Sit and Stretch

Chair-based yoga brain break for kids, with breathing sequence ending with an inspiring visualisation!

Seated

Breathing Exercise

06:17



### Stretch Safari

A fast-paced yoga-based workout for kids. Get the wiggles out & build your knowledge of all the yoga poses.

High Energy

Gamified Yoga

05:25



### Walking Through the Jungle

A call-and-response song with yoga poses to sharpen the mind and energise the body.

Call and Response Song

05:36



### Underwater Party

A fast-paced yoga-based workout for kids. Get the wiggles out & build your knowledge of all the yoga poses.

High Energy

Gamified Yoga

04:59

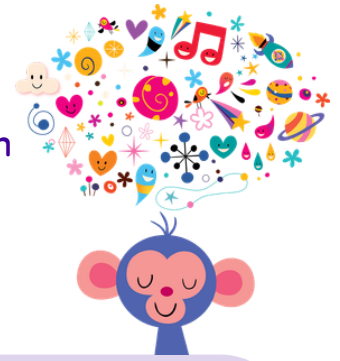


Full Brain Break  
playlist here! →



# Just press play!

Minimal movement, maximum mindful impact. Useful introduction to understanding feelings and giving children mindfulness tools.



## Zen Den Mindfulness

★ 5-10 MIN · OUTCOME-LED



### Be the Pond

Children learn to notice and accept their feelings by imagining emotions as different fish swimming in a pond.

Understanding Emotions

Regulation

🕒 05:36



### The Listening Game

A fun mindfulness game that helps children strengthen concentration and listening skills by focusing carefully on the sound of a chime.

Listening

Developing Attention

🕒 06:34



### Why are some people mean?

This thoughtful Zen Den explores how hurt feelings can spread from person to person like a 'Mean Bug'.

Empathy

Kindness

🕒 05:55



### Your Hero Team

This empowering mindfulness session builds confidence and self-belief through visualisation.

Bravery

Confidence

🕒 08:48



Full Zen Den playlist here! →



# 3 Easy Yoga Ball Activities!

Yoga ball activities for calm, balance & focus

## 1 Big Balloon Breaths

Use the ball to feel your breath moving in and out – just like inflating a balloon!

### How to do it

1. Sit comfortably and hug your ball
2. Breathe in slowly, feeling your tummy and the ball expand.
3. Breathe out slowly, noticing the ball feeling smaller.



🕒 3-5 mins

## 2 Moon Rock Balance Challenge

Pretend your yoga ball is a glowing moon rock. Keep it steady and practice your balance!

### How to do it

1. Choose a yoga pose
2. Stay in the pose for 10 seconds, balancing & holding your moon rock with care!
3. Try different poses! How steady can you be?



🕒 3-5 mins

## 3 The Snake Stretch Roll!

Roll your yoga ball under your belly, and using the ball for stability raise your chest up like a cobra!

### How to do it

1. Kneel down & place your hands on the ball.
2. Raise your chest like a cobra, rolling the ball under your belly as you stretch
3. Focus on your breathing & hiss!



🕒 3-5 mins

# Make yoga a habit



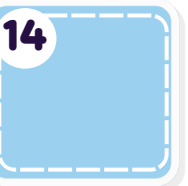
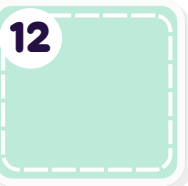
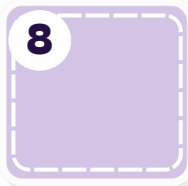
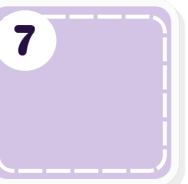
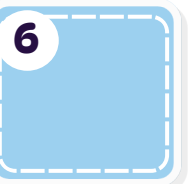
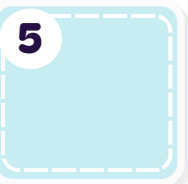
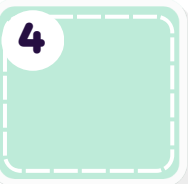
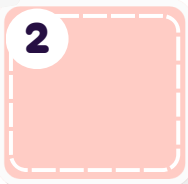
## 5 Day Streak -

Complete one Yoga Adventure, Brain Break or Zen Den every day for 5 days.



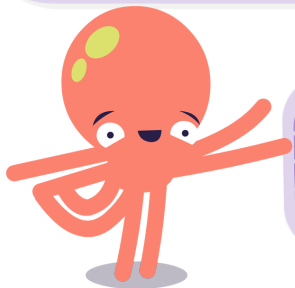
## 2-Week Mission -

Complete ten sessions in 14 days to earn your certificate!

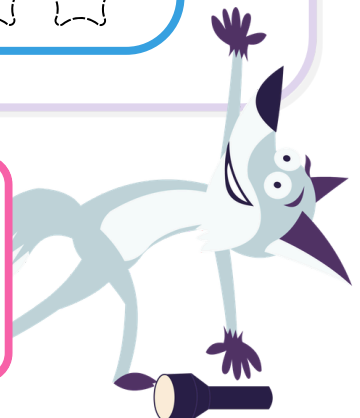


Fill the bar!

See your progress grow!



More ways to make yoga a habit here! →



# Make yoga a habit

Print one for every child!



Hang on the wall, take home or blu-tacked to the fridge!



The certificate is a free PDF — print as many as you need, simply write each name on the dotted line.



Celebrate progress and build confidence every day!



## Download the certificate pack!

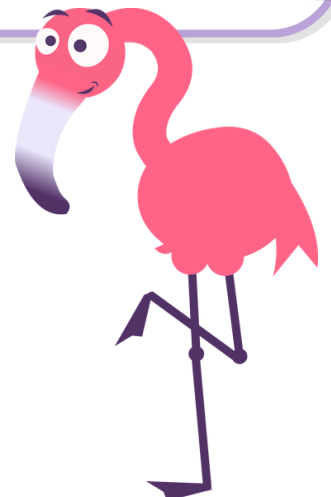
Scan the QR code to get a free certificate pack, plus PDF copies of the 5-day mission and two week challenge to make participation simple!

[cosmickids.com/classroom-pack](https://cosmickids.com/classroom-pack)

### 5 Day Streak



### 14 Day Mission





**YOGA POSE UNIVERSE**

**Aeroplane**

**Hero**

**Bowl**

**Butterfly**

**Digging**

**Telephone**

**Dinosaur**

**Mermaid**

**Flying**

**Spider**

**Tree**

**Dog**

**Happy Baby**

**Archer**

**Boat**

**Chair**

**Giraffe**

**Eagle**

**Dolphin**

**Bear Walks**

**Dancer**

**Door**

**Candle**

**Lizard**

**Crab**

**Pigeon**

**Fish**

**House**

**Bicycle**

**Shark**

**Horse**

**Dragonfly**

**Lion**

**Cat Cow**

**Snake**

**Mountain**

**Deer**

**Flamingo**

**Crow**

**Dragonfly**

**Lion**

**Star**

**Surfer**

**Hot Air Balloon**

**Turtle**

**Washing Machine**

**Camel**

**Crescent Moon**

**Mouse**

**Wizard**

**Sandwich**

**Whale**

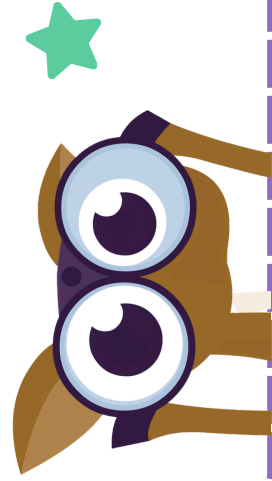


# Cosmic Champion

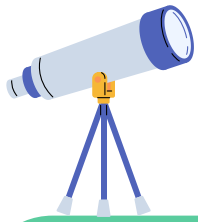


awarded to

5-day streak complete!



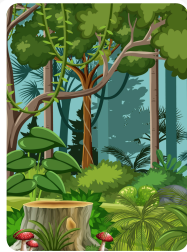
# Build your own adventure



Children (individual, paired or in groups) pick one from each column and build a short yoga sequence using the yoga pose cards that acts out the story. Ten minutes to plan, five minutes to perform!

## Where?

Choose the setting for your story!



Jungle



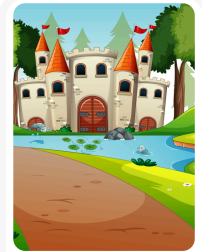
Underwater



Moon



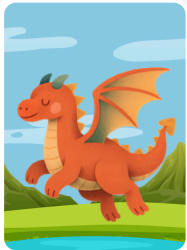
Pirate Ship



Magic Castle

## Who?

Who will be the characters in your story?



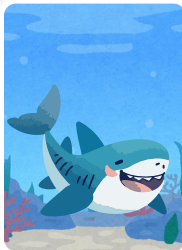
Dragon



Mermaid



Astronaut



Shark



Wizard

## What happens?

What adventure or challenge happens?



Find Treasure



Help a friend



Defeat a monster



Escape the volcano



Explore a new land

## Story Tips!

Stories should have four parts.

1

Two warm up poses in the 'where'.



2

Who do we see through the cosmonoculars?



3

The SURPRISE! One big bold pose.



4

A resting pose where we reflect on the story.





# Introducing Mindfulness --- in the Classroom


Simple tools to help children feel calm, understand their emotions, and make positive choices – all through short, guided videos. Just press play and join in!

1

## Notice Your Feelings

Learn to 'be the pond' when you feel your emotions taking over.



 5 mins

2

## Find Your Calm

Always have a place in your mind you can go to that makes you feel calm.




 5 mins

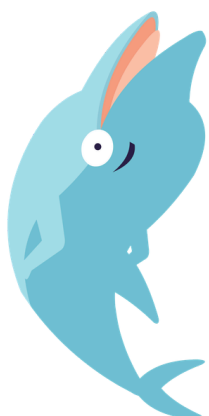
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## Build Inner Strength

Learn how to develop a growth mindset you can use any time.



 5 mins



*Small moments,  
Big difference!* 





Mindfulness helps children develop the skills they need to thrive - in school and in life.



Emotional Awareness



Self Regulation



Resilience



Empathy



Decision Making

4

### Be Kind & Connected

How we can connect with others, even if they seem 'different' from ourselves.



5 mins

5

### Make Good Choices

A technique to help us stop, think, and then make a good choice.



5 mins

All Videos Support Key Wellbeing in Schools!

## How to use in your day

1

### Start the day!

Set the tone with a calm, focussed mind.



2

### Reset anytime!

Reset the energy in the classroom in as little as 5 mins..



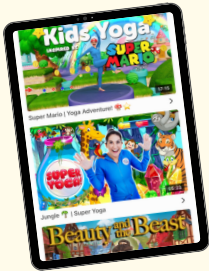
3

### Wind down...

Wind down with breathing exercises & mindfulness tools..



# Take it further!



## Download the Cosmic Kids App

500+ episodes ad-free and ready to stream instantly!

Effectively organised by duration, theme, benefit and more...



## On YouTube & YouTube Kids



Ad-supported episodes available to watch on YouTube and the YouTube Kids platforms.



## Teacher Hub

Become a certified kids yoga teacher, download class plans, activity pack and much more!



**GRAB**  
**40% OFF**  
**12-Months!**

**Use code: TEACH40**

[app.cosmickids.com](http://app.cosmickids.com)

