**Class Discovery- Week 6**

Hi Class Discovery!

This week can you have a go at one of the cosmic kids yoga videos.

You will find these by going onto YouTube and typing in “Cosmic Kids Yoga.”

There are lots to choose from so you can pick one you think you’d like to try! Remember we did the “Squish the fish” one in class and we had a lot of fun!

This is a good way to keep fit and healthy and have fun at the same time. Maybe your grown-ups at home could join in too :o)

I hope you are all staying safe :o)

Mrs Strachan