

Stay at Home Exercises for Kids

YOGA

Frozen | A Cosmic Kids Yoga Adventure!
<https://youtu.be/xlg052EKMtk>

Trolls | A Cosmic Kids Yoga Adventure!
<https://youtu.be/U9Q6FKF12Qs>

Moana | A Cosmic Kids Yoga Adventure
https://youtu.be/5y3gCrL_XIM

Minecraft | A Cosmic Kids Yoga Adventure!
<https://youtu.be/02E1468SdHg>

FAMILY FUN CARDIO

Have a Blast With This Family Fun Cardio Workout!
<https://youtu.be/5if4cjO5nxo>

KIDS CIRCUIT WORKOUT (for PARENTS TOO)!
https://youtu.be/_97QFX3w1E4

15 Minute Workout for Kids and Adults
<https://youtu.be/rwhjV3YkUOs>

TODDLER DANCE CLASSES

Free Online Toddler Frozen Dance Class
<https://youtu.be/iG6rxoVWRoQ>

Free Online Toddler Hip Hop Dance Class
<https://youtu.be/ozx6fKFcsE8>

Free Online Kids Bop Dance Party
<https://youtu.be/9H3xCysOhiw>

MINDFULNESS FOR KIDS

Superpower Listening | Cosmic Kids Zen Den - Mindfulness for kids
<https://youtu.be/jJ9zpRAPIul>



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