

SCHOOL GAMES



Meditation and Yoga

[Butterfly Body Scan \(5min 15sec\)](#)

[Be the Pond \(5min 35sec\)](#)

[Friendly Wishes \(8min 35sec\)](#)

[The Friendly Whale \(17min 56sec\)](#)

[Relaxing Music \(1hr 2min 47sec\)](#)

[Free Yoga Resources](#)

