




Summer e-Learning Resources – Phys Ed & Health

Icon	Link	Description
	<p style="text-align: center;">Cosmic Yoga https://www.youtube.com/user/CosmicKidsYoga</p>	<p>YouTube videos focusing on yoga and mindfulness for kids</p>
	<p style="text-align: center;">GoNoodle https://www.gonoodle.com/</p>	<p>Exercise, movement, brain breaks, calming activities, and so much more</p>
	<p style="text-align: center;">Little Sports https://www.youtube.com/channel/UCTIwFB4ciFi5ZClu-VlwaOg</p>	<p>Guided exercise videos for kids</p>
	<p style="text-align: center;">Kids Health https://kidshealth.org/en/kids/center/htbw-main-page.html?WT.ac=k-nav-htbw-main-page#catfit</p>	<p>Videos, articles, and more to help you learn all about how the body works and how to stay healthy. (available in English Spanish)</p>