










#30DAYSOFPPLAY

Fun, daily yoga & mindfulness activities for kids

Tick off the activities as you do them below.

Don't worry about doing them in the right order. Just have fun!

<p>1. LEARN A SONG!</p> 	<p>2. PLAY FOOT-BALLOON!</p> 	<p>3. NAME ALL THE COSMIC KIDS FRIENDS!</p> 	<p>4. INVENT A CHARACTER!</p> 	<p>5. TAKE A BRAIN BREAK!</p> 	<p>6. MAKE A SUPERHERO MASK!</p> 	<p>7. PLAY YOGA STATUES!</p> 	<p>8. TRY SUPER YOGA!</p> 	<p>9. SPOT THE DIFFERENCE!</p> 	<p>10. BOUNCE LIKE A BUNNY!</p> 
<p>11. THINGS THAT MAKE YOU HAPPY!</p> 	<p>12. DO A BODY SCAN!</p> 	<p>13. DESIGN A ONESIE!</p> 	<p>14. DRAW A BACKGROUND!</p> 	<p>15. ENJOY A NAMASTORY!</p> 	<p>16. DO A SCAVENGER HUNT!</p> 	<p>17. PLAY GRANDMA'S YOGA STEPS!</p> 	<p>18. TEACH YOGA TO A GROWN-UP!</p> 	<p>19. MAKE A SMOOTHIE!</p> 	<p>20. CELEBRATE A FRIEND!</p> 
<p>21. DO A TASTE TEST!</p> 	<p>22. HAVE A DRESS UP DAY!</p> 	<p>23. GO ON A SOUND HUNT!</p> 	<p>24. PLAY KEEPER OF THE KEYS!</p> 	<p>25. TRY HOT AIR BALLOON BREATHING!</p> 	<p>26. MAKE A FAMILY TREE!</p> 	<p>27. HAVE A YOGA DANCE PARTY!</p> 	<p>28. MAKE A POTION!</p> 	<p>29. MAKE A MIND JAR!</p> 	<p>30. CHILL OUT WITH PEACE OUT!</p> 

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LEARN A SONG!



Try learning the Washing Machine Song with Jaime. Listen to the whole song a few times, copy her actions and have fun!



Play

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PLAY FOOTBALL-00N!



This is a game that's great for strengthening the ankles and feet as well as the core. It also helps with coordination.

WHAT YOU NEED

- 1 or 2 balloons depending on the size of the group
- Friends or family to play with



HOW TO PLAY

In small groups (ideally around 6-8 people), lie in a circle on your back, heads in the middle. Keeping your arms down by your sides, palms flat for support, use your feet and ankles only to pass the balloon all the way round the circle. Doing this with socks on is really hard, so bare feet are essential!

If the balloon is dropped, you can make a rule that takes it back to the start to make it more challenging. If you want to increase the difficulty, try it with 2 balloons!

NAME ALL THE COSMIC KIDS FRIENDS!



There are 17 friends in this picture. Can you find out or remember the names of each one and write it next to the number?



- | | |
|---------|----------|
| 1 | 10 |
| 2 | 11 |
| 3 | 12 |
| 4 | 13 |
| 5 | 14 |
| 6 | 15 |
| 7 | 16 |
| 8 | 17 |
| 9 | |

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INVENT A CHARACTER!



Who or what could you make a Yoga Adventure about? Think about what your character might look like, where they live, what they love to do and eat. Draw them or pretend to be the character.

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TAKE A BRAIN BREAK!



Cosmic Kids Brain Breaks are physical breaks for home or school - fast, fun ways to yoga-move, sing and change the energy! You can find them on YouTube.

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MAKE A SUPERHERO MASK!



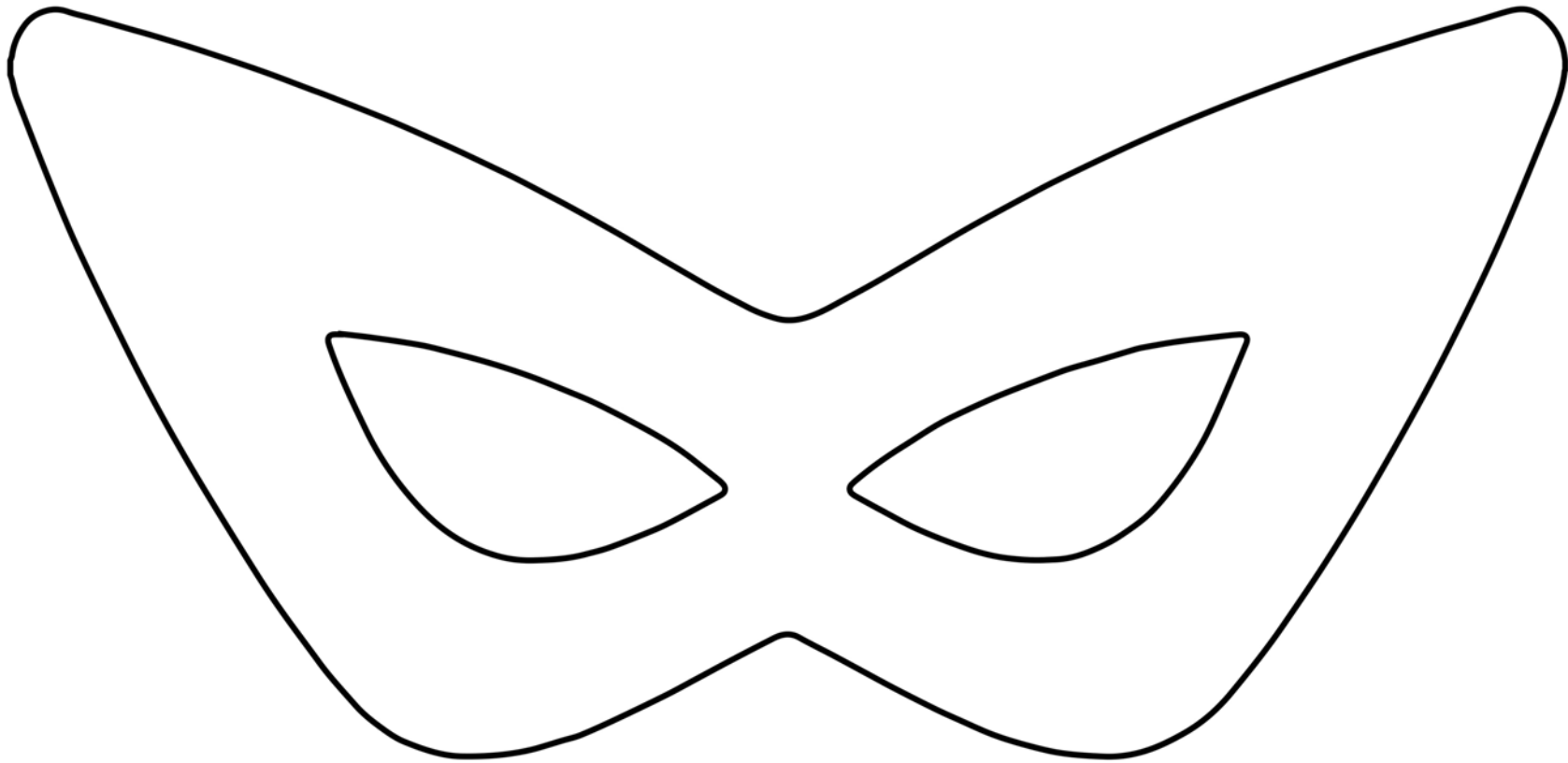
For this you'll need our printed mask template on card, elastic/string or ribbon, glue, coloured pens/crayons & some crafty decorations like pompoms. Follow the link to access full instructions.

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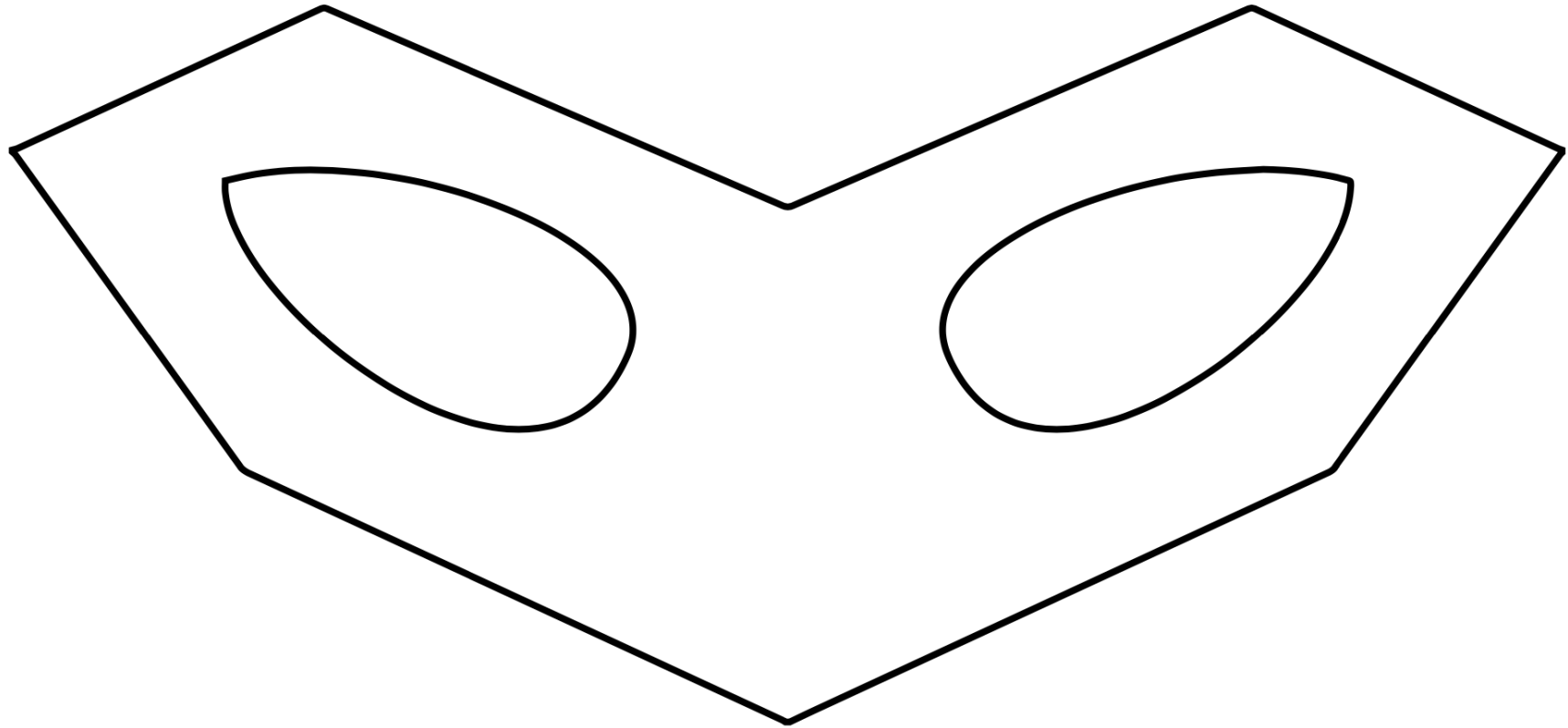


Play

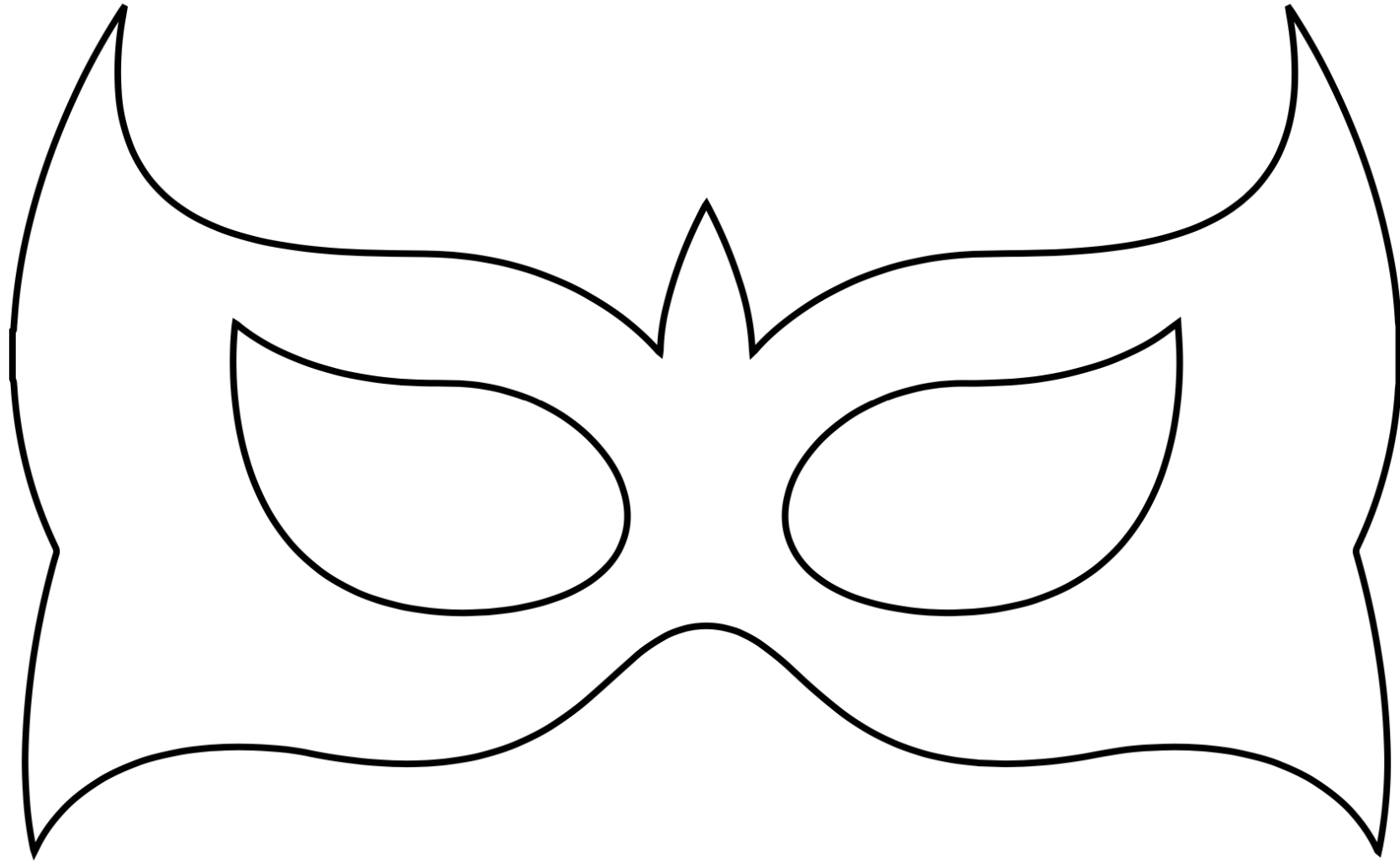
SUPERHERO MASK TEMPLATE



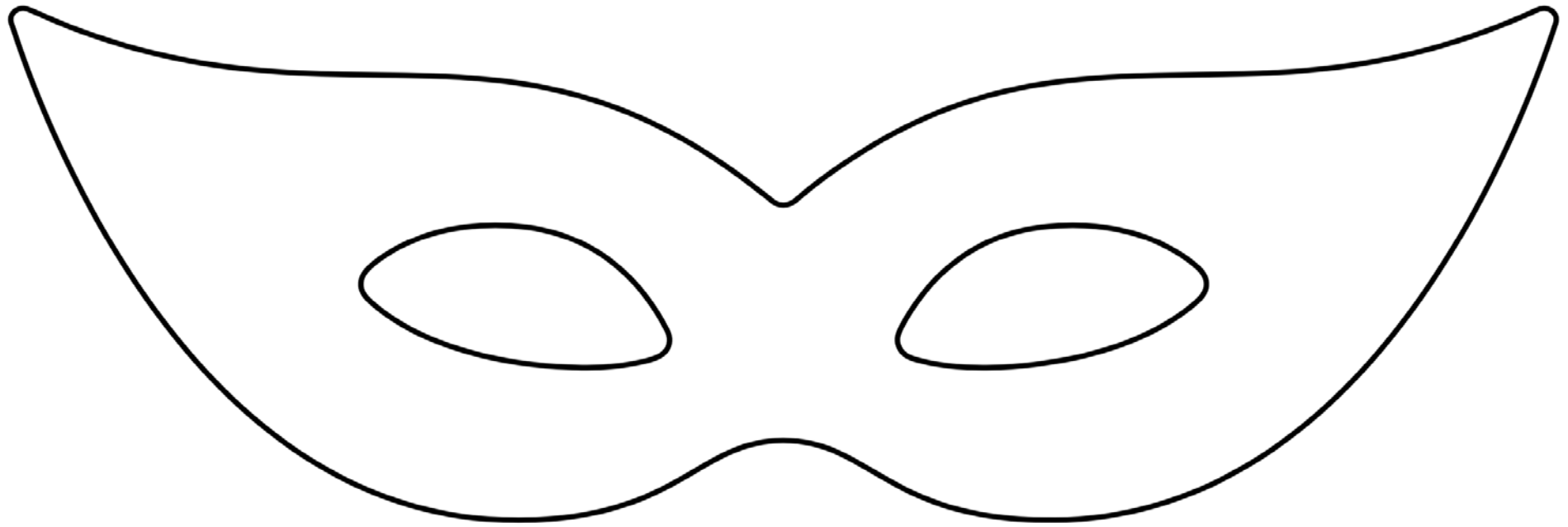
SUPERHERO MASK TEMPLATE



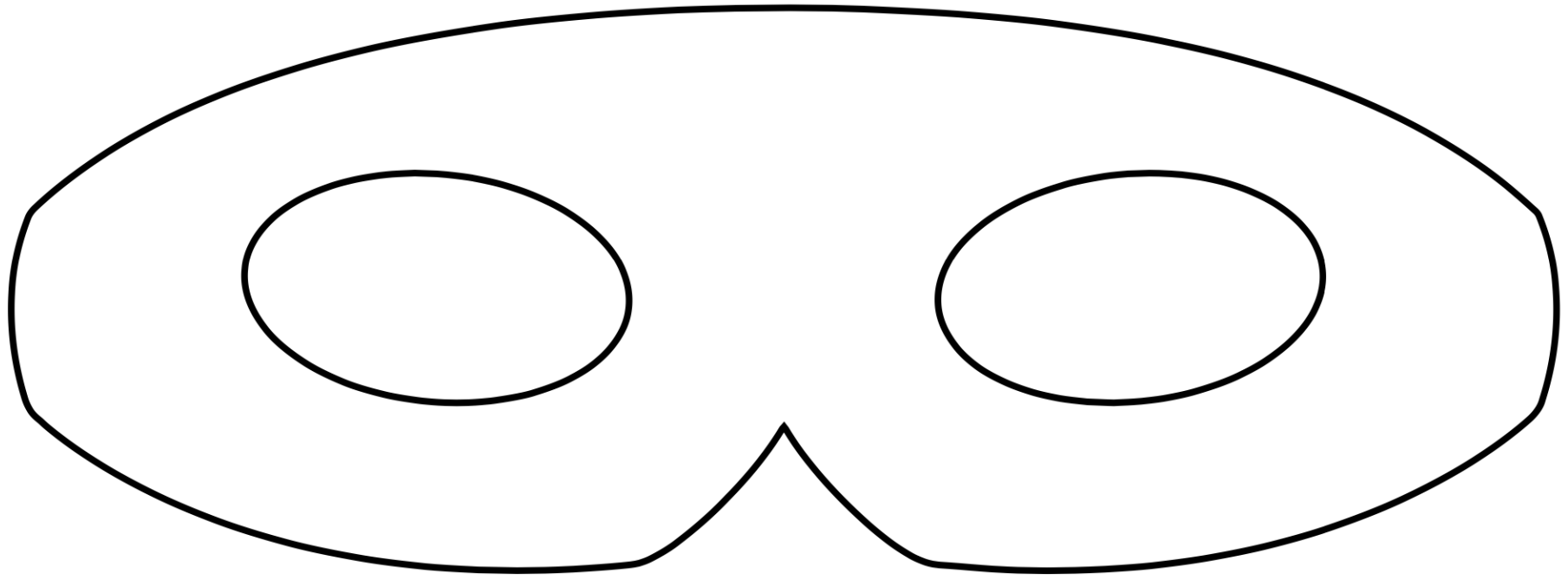
SUPERHERO MASK TEMPLATE



SUPERHERO MASK TEMPLATE



SUPERHERO MASK TEMPLATE



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PLAY YOGA STATUES!



Also known as Yoga Freeze. Hugely energising, fun and a great way to learn postures. You might want to have our free Yoga Pose Universe poster on hand to familiarise everyone with the poses too.



WHAT YOU NEED

- Music
- Space to dance



HOW TO PLAY IT

Play the music and everyone dances around the space. Press pause and call out a yoga pose. All the kids take the pose and freeze in it. This is a great way to help the kids learn the postures as well as test them to see how well they can remember them. Alternatively you can let the kids choose what posture they want to take when the music stops.

This is a great yoga party game - you can award a sticker for the best held postures and have fun seeing if you can make them move - try pulling a silly face to make them laugh!



Link

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TRY SUPER YOGA!



Join Jaime for Super Yoga. 5 to 7 minute high energy yoga based on a just-dance style game. Follow the link or find them on YouTube.



Play

SPOT THE DIFFERENCE!



Can you spot the 12 differences in this Marv the Metal Detector picture? You'll find the answers at the bottom of the page



1. Banana, 2. Bow-tie, 3. Clock, 4. Clouds, 5. Book on table, 6. Bookshelf, 7. Marv's eyes, 8. Rug, 9. Cushion, 10. Candle, 11. Butterfly, 12. Curtains.

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BOUNCE LIKE A BUNNY!

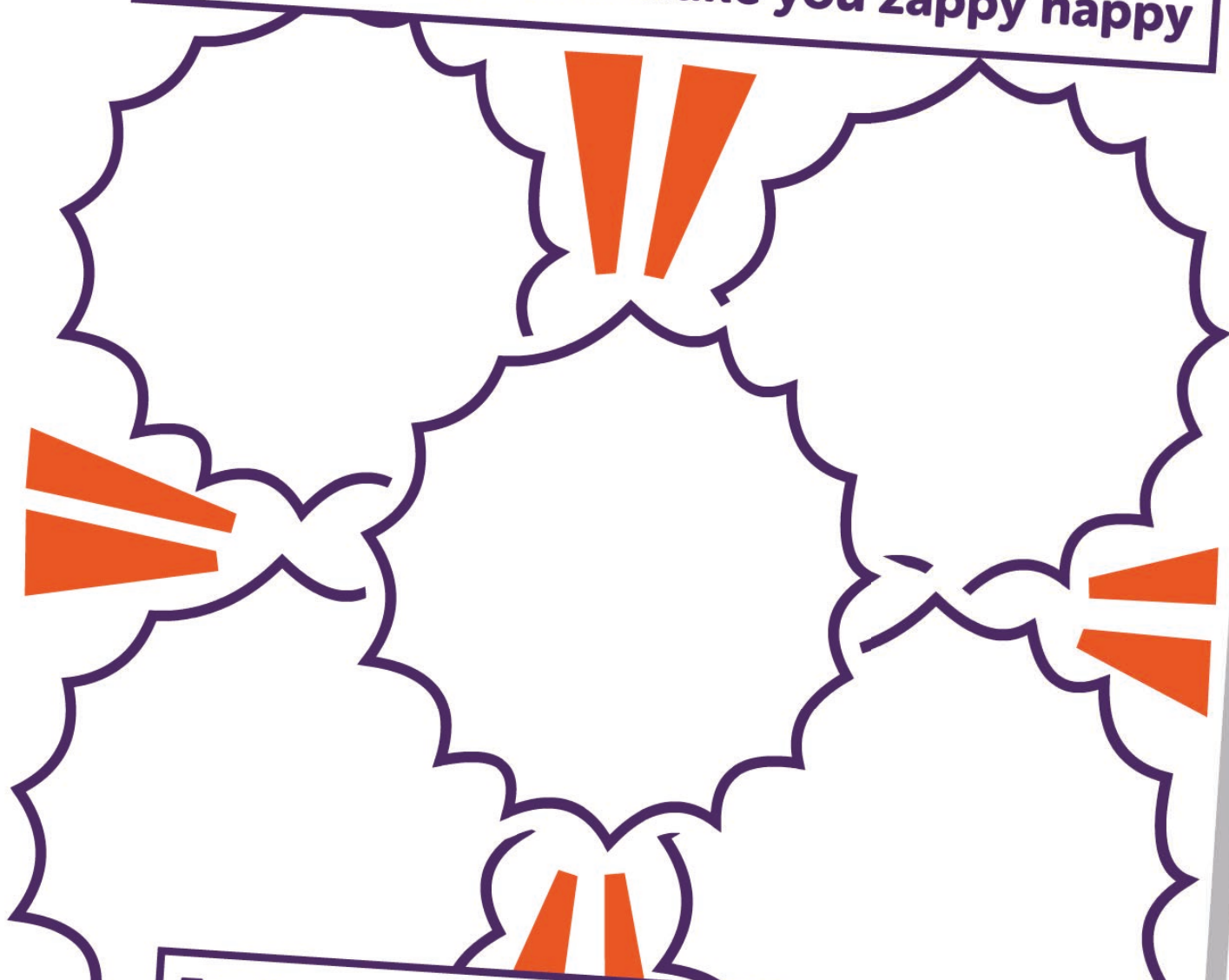


Gather your friends and family and challenge them to a Bunny Hop competition. You can follow the link to watch Jaime show us how to do one or make up your own version.



Play

Draw 5 things that make you zappy happy

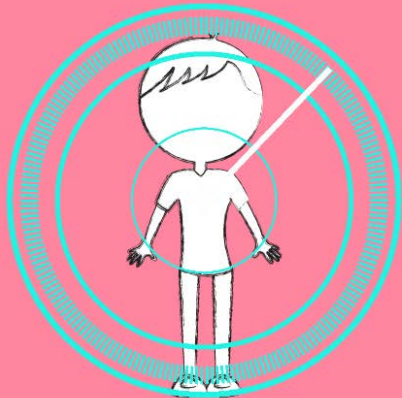


Top tip – It might be a colour, a flower, a person, a place, a feeling... Whenever you need a **ZAP** of happiness, think of these things!

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TRY A BODY SCAN!



Great for the whole family, a body scan is a fantastic tool for improving self awareness, deepening relaxation and creating better focus. Try our Zen Den version on YouTube or IGTV.

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DESIGN A ONESIE!

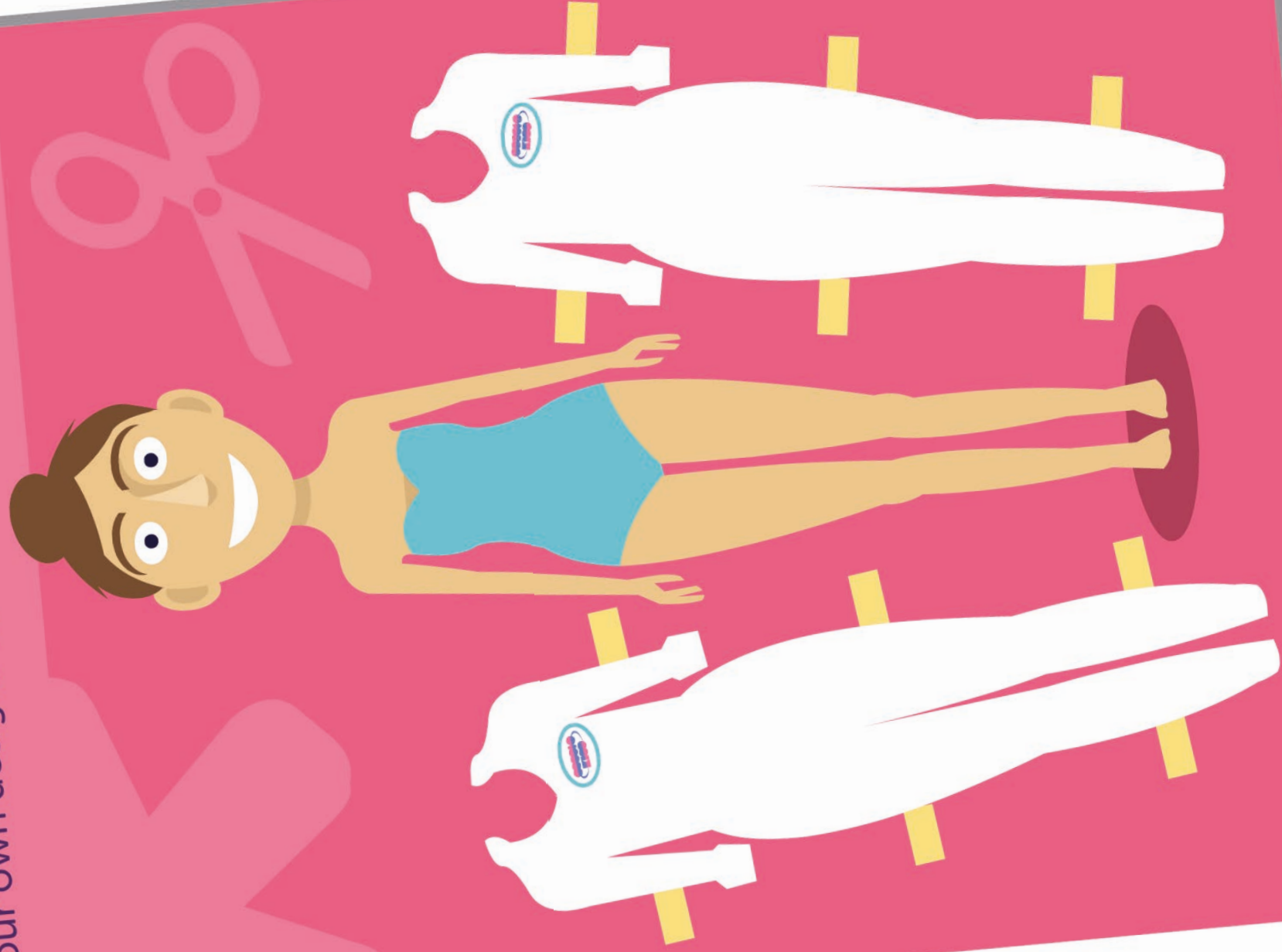


Print and decorate a onesie for Jaime using the worksheet in our #30DaysOfPlay pack OR draw and colour in your own dream onesie.

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KIDS!**

Design a new onesie!

Cut out the pictures of Jaime and her onesies with
Then colour and decorate the blank onesies with
your own design! Use the tabs to try them on!



DRAW A BACKGROUND

Here is a picture of me in a Yoga Adventure



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Below is a picture of me on a blank background.

Can you draw a scene around me?



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ENJOY A NAMASTORY!



Namastories are short rhyming stories written and read by Jaime, you can find them on YouTube or our App. Why not try making up your own rhyming story?

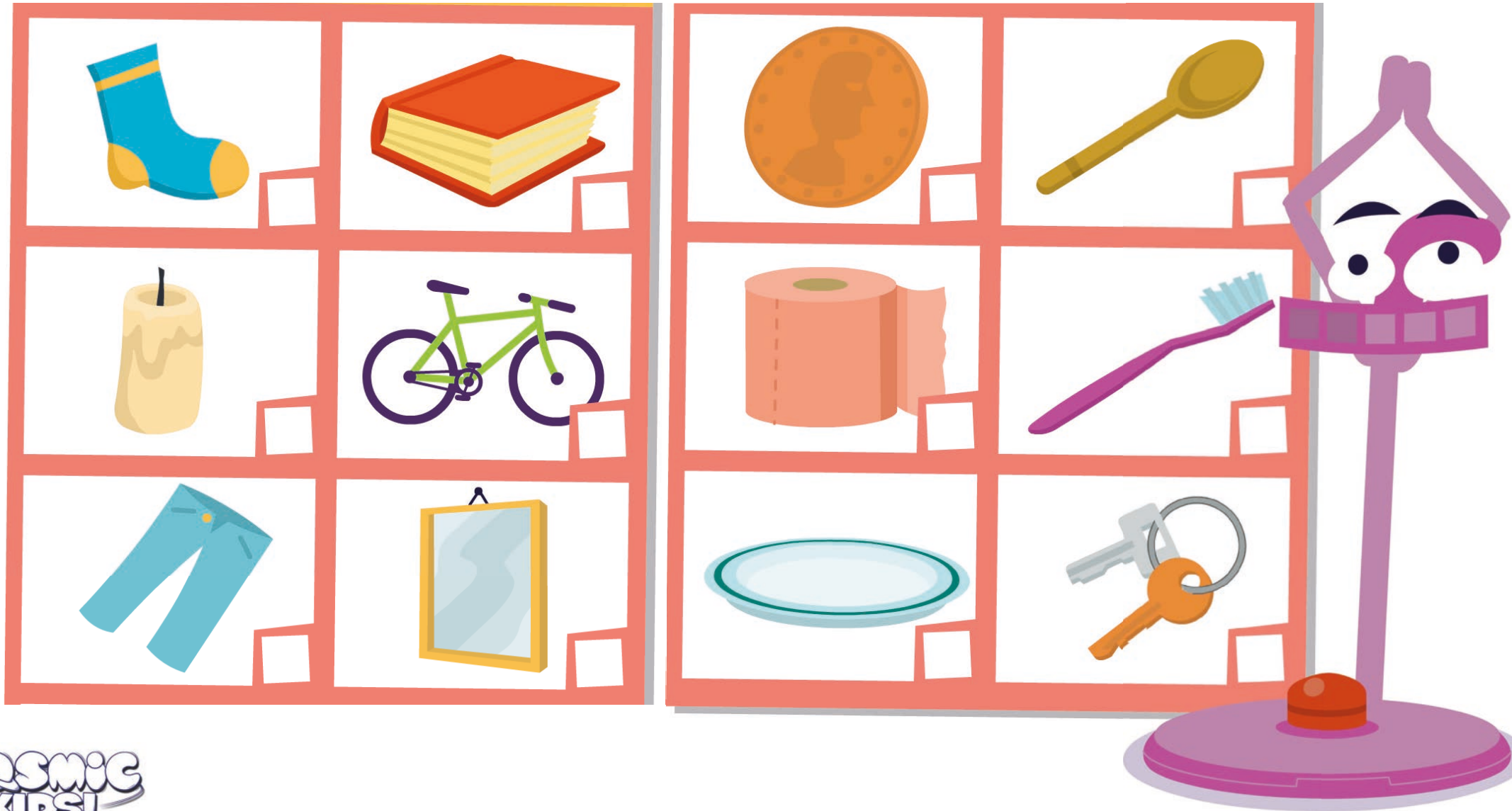


Play

MARV'S SCAVENGER HUNT

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Find the following items around the house and then check the boxes when you find them. If you think any of them are metal when you find them Marv said call out BEEP BEEP METAL METAL!



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PLAY GRANDMA'S YOGA STEPS!



This is a fun game to play alongside a story like Red Riding Hood. Great for listening and controlling movement.

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WHAT YOU NEED

- Space
- 4+ people



HOW TO PLAY

Stand one person at one end of the space, facing away from the others in the group. This person is 'Grandma'!

The others make a line (side by side) some distance (a good ten paces ideally) back from Grandma. When Grandma isn't looking the line of others has to tiptoe quietly, without running towards her.

Every time Grandma turns around everyone freezes into a yoga pose – so all she sees are trees, houses, flamingos, dogs surfers etc!

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TEACH YOGA TO A GROWN-UP!



Choose a few of your favourite yoga poses and teach them to a grown-up! Use our Yoga Pose Universe series on YouTube or our free poster to help you choose the poses.

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MAKE A SMOOTHIE!



Example recipe:

- 1 cup of strawberries
- 1 cup of banana
- Milk / Juice / Water
- Ice (optional)

Ask a grown up to help you with this. Chop up the fruit, add it to a blender with some milk or juice.

Mix until smooth. Drink. YUM!

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CELEBRATE A FRIEND



Cut out the certificate below or design your own Certificate of Friendship. Write your friend's name on it, then write yours too and pass it on. Print as many as you like for all your buddies.

CERTIFICATE OF FRIENDSHIP

To: _____

From: _____

Thank you for being
such an awesome friend!



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DO A TASTE TEST!



This activity teaches us to eat mindfully. You will need something small but tasty to eat. Start by picking it up, look at it, smell it, feel it. What do you notice? Now close your eyes & pop it in your mouth but don't gobble it down yet. Notice how it feels on your tongue. Now bite it, chew it and move it round your mouth. How does it feel and taste now? Eating slowly, stops us getting too full and helps us stay healthy!

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See also Zen Den



Play

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HAVE A DRESS UP DAY!



Think of a character you want to be and see what you can find around the house that could help you become them. Dig out the dress-up box or create your own costume from junk and craft materials.

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KIDS!**

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GO ON A SOUND HUNT!



Go for a walk and pause every so often to tune in to your surroundings. What can you hear? Birds tweeting? Dogs barking? Traffic? Make a note of everything you hear. This is a great way to focus on our senses and become more aware of our surroundings.



WRITE DOWN WHAT YOU HEAR HERE!

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

PLAY 'KEEPER OF THE KEYS'!



This is a fun sensory game that requires keen listening and silent, well controlled movement.

WHAT YOU NEED

- Space
- 4+ kids
- Blindfold, Keys, Chair

HOW TO PLAY IT

Have the children sit in a semi-circle with a chair in the middle of the flat edge of the semi-circle. Place the keys underneath the chair. One child is nominated to be the keeper of the keys. The keeper of the keys has locked our friend up in a dungeon and is keeping the keys beneath their guard chair. They are blindfolded.

The others children are hoping to free our friend from the dungeon. They take turns crawling forward from their place to get the keys without being heard. If the keeper hears that person, they must point to where the noise is coming from. If they manage to point at the child crawling towards them, that person goes back to their start position. If a child manages to rescue the keys they become the next keeper of the keys.

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TRY HOT AIR BALLOON BREATHING!



Sit comfortably with your legs crossed. Cup your hands around your mouth and take a big breath in. Purse your lips and slowly breathe out like you're blowing up a balloon. As you do your arms come up and out. When you've finished slowly rock from side to side like a hot air balloon in the sky and enjoy the peaceful feeling.

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See also our IGTV




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MAKE A FAMILY TREE!



Can you name all the people in your family? With yourself at the centre, draw them around you. How are they connected to you? Don't forget to include your pets 

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27

HAVE A YOGA DANCE PARTY!



Pop on the Cosmic Kids Dance Compilation on YouTube, dust off your disco ball and have a boogie around the lounge.

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MAKE A MAGIC POTION!



Using a large bowl and a spoon, see what ingredients you can find to create a potion. Anything will do like leaves, mud, feathers, bubble bath. Best done outdoors or in the bath!

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MAKE A MIND JAR!



A mind jar helps us understand that our mind gets stirred up and that calmness can bring it back to feeling clear again. Whenever you feel your mind is getting busy, you can shake it up, then watch it, calmly as the sparkles settle as it goes from busy to clear.



WHAT YOU NEED

- An empty jar with a lid and no labels
- Hot water (ask a grown up to help with this)
- Glitter glue

HOW TO MAKE IT

- Pour the hot water into the jar
- Add the glitter glue
- Screw the lid on tightly and shake

TOP TIP

Next time you're upset or angry, give it a shake then sit still and wait for the glitter to settle as you take deep breaths. This will help calm your mind.

Search for our Zen Den video 'Whirly Burly Snow Storm' for more on this.



Play

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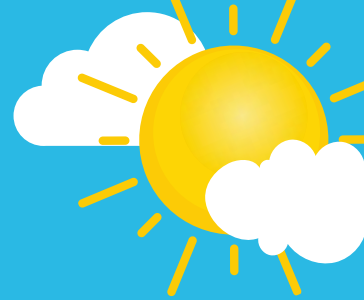
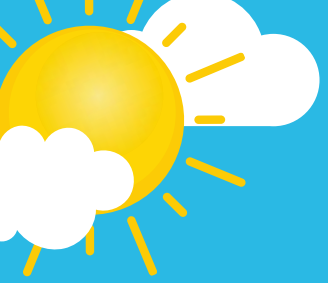
CHILL OUT WITH PEACE OUT!



Try our Peace Out series of guided relaxations on YouTube. Great for giving your brain a rest, preparing you for a big day or just to help you chill out and relax after a hectic summer break!



Play



Thank you for taking part in the Cosmic Kids

#30 DAYS OF PLAY



WANT MORE?

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Subscribe to the Cosmic Kids YouTube channel

