

SOGO Squirts Week 22

V is for Volcano!



Volcano Yoga Flow



Move your body in a way that helps you feel happy and calm. Try this mini yoga flow!

- Mountain Pose- Stand with your feet facing straight in front of you, arms at your sides or with your hands together at your heart. You are as strong and powerful as a mountain.
- Inhale and bring your arms up above your head like lava about to explode from a volcano.
- Exhale (Breath out) quickly and move your arms out like lava flowing out of the volcano.
- Inhale and bring your hands together at your heart.
- Do this volcano flow 5 times. Try jumping your feet out wide when you exhale and the lava flows from your volcano.

Now that you've practiced being an exploding volcano and added your breath, lets add some music! Dance and move along with Dance n' Beats Lab. This song is called "Explode Volcano".

<https://youtu.be/pNnLCdsc11g>

Running Adventure!

Go on a walking hunting for the letter "V" and number "22". Take a family run (or walk) through your neighbourhood, starting and ending at your house. Look for the letter "V" and number "22", on signs, houses, and cars. Remember not to touch the letters, only find them with your eyes! Tally count how many you find. Let us know how many you find, and how many blocks you walked on our facebook page!

Letter "V"	Number "22"