

SOGO Squirts Week 8

H is for Happy

Draw something that makes you feel happy! Don't forget to colour it in with colours that make you feel happy!



Adventure Challenge

Go on a walking hunting for the letter "H". Take a walk through your neighbourhood, starting and ending at your house. Look for the letter "H", on signs, houses, and cars. Remember not to touch the letters, only find them with your eyes! Count how many you find. Keep a tally!



Sing and Dance the Happy Song!

Let's sing and dance about being happy with Elmo, Abby and Rosita. Follow this [link](https://www.youtube.com/watch?v=5015skRvqs8). (https://www.youtube.com/watch?v=5015skRvqs8)

Happy Kids Yoga Flow

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

Sleeping Pose:

Start by laying on your back. Stretch your arms over your head and point your toes.

Dead Bug Pose:

Raise your legs straight into the air (as if you were standing on the ceiling).
Raise your arms into the air (as if you were shaking hands with the ceiling).

Happy Baby:

Bend your knees so that they come to your armpits. Grab onto your feet, or your big toes. Roll around on your back, try straightening your legs while you are still holding your feet.

Dead Bug Pose:

Release your feet and straighten your arms and legs towards the ceiling back into Dead Bug Pose.

Sleeping Pose:

In super slow motion lower your arms and legs back to the ground. See if you can sing your favourite song faster than you arms and legs move. Once your body is flat on the ground take 3 deep breaths in through your mouth, and breath out (exhale) through your mouth.

Happy baby pose



Dead Bug Pose



Sleeping pose

