

## Being Active

Please keep exercising and being active.

The link below is for children to practice yoga. Feel free to join in with your children!

<https://www.youtube.com/watch?v=7NWzS2xziI4&list=PLPOqSFjuZxwwrv6Wm-TlvrV9-KhzPfcPW&safe=active>

The next session of Joe Wicks' workout is below -

<https://www.youtube.com/watch?v=SbFgQarDM50&safe=active>