



GLENDALE UNIFIED SCHOOL DISTRICT
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Students Wellness Services
Dr. Ilin Magran
Director

Stretch, Dance & Yoga

- [**Mental Health Benefits of Exercising**](#)
Exercise has been found to help treat and prevent depression, anxiety, substance abuse, and more.
- [**Free yoga**](#)
Make sure you're taking care of yourself and fitting in your yoga regardless of your schedule OR budget. Here's a 2-week calendar of FREE classes to carry you through this weird time.
- [**Cosmic Kids Yoga**](#)
This popular YouTube channel offers yoga, mindfulness and relaxation designed specifically for kids ages 3 and up.
- [**Jam with Jamie**](#)
Join in on a virtual jam session! Every day, performers nationwide perform live music classes for little kids to sing and dance and get out the "wiggles."
- [**Code.org**](#)
Your kids can learn to code a dance party to share with their friends online. Or if you prefer to minimize their screen time, you can also help them learn coding concepts without a computer using their [unplugged activity](#).
- [**GoNoodle**](#)
GoNoodle® engages 14 million kids every month with movement and mindfulness videos created by child development experts. Available for free for school and home use.
- [**Kidzbop Dance Break**](#)
Kidz Bop is a great YouTube channel with plenty of dance along videos and a few dance tutorials to popular music – just search 'dance along' or 'tutorial' within their channel and you will get a good range of lessons.
- [**Saskia's Dance School**](#)
Is exactly that – Saskia's Dance School in which the teacher of the school, Saskia films her students performing simple warm ups and dance routines and uploads them to YouTube for her students and other kids to follow along. They have put together a kid's and teens' easy dance videos playlist comprised of a good amount of three to five-minute follow along dance routines.

- [Dinosaur Yoga](#)

The latest yoga picture book from bestselling author Mariam Gates introduces children to the joys and benefits of yoga—through dinosaurs!

- [Yoga Animal Poses](#)

Educational video for kids to learn how to relax in a different way. Would you like to be as agile as animals? Learn the cobra, the cat or the dog pose to strengthen your back, arms and tummy. Apart from practicing several yoga poses, you'll also relax a lot.