

# RAK CLUB

Hello Everyone! It's Mrs. Knight! I miss seeing all your smiling faces so much that I wanted to send you some of our favorite songs and activities from the RAK Club!

Click on the links below and have fun!!

## Every Little Cell In My Body Is Happy

Click [here](#) to listen and dance to a happy song from *KiddingAroundYoga!* As you sing and dance think about all the wonderful things our bodies do for us each and everyday!

Finish the sentence below :

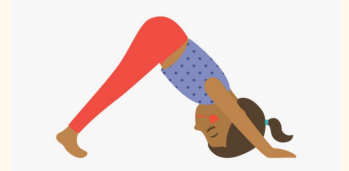
I am grateful for my body because \_\_\_\_\_.



## Yoga Sun Salutations

Get your body moving with Mrs Knight's Yoga Sun Salutations!

Click [here](#) to do yoga with me!



## Relax In Your Secret Garden

Ready to feel peaceful and relaxed? Picture in your mind your very own Secret Garden as you listen to this [Guided Visualization](#) from *KiddingAroundYoga!* When you are finished listening, draw your Secret Garden on a piece of paper - add to your drawing each time you listen !

Never forget how special, smart and loved you are!

- Mrs. Knight