

# Time to get Moving!

It can be hard to find the time or space to exercise, but it is important for your children to get some physical activity daily.

Here are some suggestions:

1. Get outside and take a walk (if it is not raining)
2. Dance along with Kidz Bop
  - a. [Kidz Bop - Fight Song](#)
  - b. [Kidz Bop - Best Day of My Life](#)
  - c. [Kidz Bop - Sorry](#)
3. Exercise with Little Sports for a lower intensity workout
  - a. [Little Sports - Physical Activity For Kids At Home](#)
  - b. [Little Sports - 11 Fun Exercises Routines For Kids](#)
  - c. [Little Sports - 9 Best Standing Exercises For Kids](#)
4. Yoga with Cosmic Kids for the little ones
  - a. [Cosmic Kids - Farm Yoga](#) (about 12 minutes)
  - b. [Cosmic Kids - Jungle Yoga](#) (about 13 minutes)
5. Yoga with Cosmic Kids that follows the movie story
  - a. [Cosmic Kids - Force Awakens Yoga](#) (about 24 minutes)
  - b. [Cosmic Kids - Moana Yoga](#) (about 31 minutes)
  - c. [Cosmic Kids - Pokemon Yoga](#) (about 25 minutes)
  - d. [Cosmic Kids - Trolls Yoga](#) (about 32 minutes)
  - e. [Cosmic Kids - Minecraft Yoga](#) (about 20 minutes)