

Curriculum Share

DRDP Measure:

Perceptual Motor Skill

Age Group:

Young toddler- Preschool

Metamorphosis of a Butterfly Yoga

Try this fun movement activity with your child! Stretching and breathing are both great ways to help your child develop body and spatial awareness, gross motor skills, emotion regulation, support their play, and strengthen your bond.

[Click here](#) for an article about practicing yoga with your child!

