

**BORING  
LITTLE  
GIRLS  
CLUB**

Offering 30 days of free yoga and mediation classes

<https://thebroadplace.com.au/course/the-broad-place-high-vibe-program-for-challenging-times/>

<https://www.yogagirl.com/practice>

Practicing yoga at work

<https://sites.ualberta.ca/~active/workplace/trr/tools/yoga-at-desk.html>

30 fun ways to get 30 minutes of physical exercise

<https://www.health.qld.gov.au/news-events/news/30-ways-to-get-active-exercise-fun>

49 fun physical activities to do with kids aged 2 to 4

<https://activeforlife.com/49-fun-physical-activities-to-do-with-kids-aged-2-to-4/>

Top 25 At Home Exercises

<https://www.acefitness.org/education-and-resources/lifestyle/blog/6593/top-25-at-home-exercises/>

Physical Activities for Kids of All Ages

<https://www.familyfuntwincities.com/physical-activities-for-kids/>