January Fun for the FSO

On Sunday, January 21st, the Children’s School friends gathered for mindfulness and movement at Amazing Yoga Oakmont. The children and parents practiced yoga breath, stretches for the body, and even stretches for our eyes! We finished the class with a flow and a yoga pose freeze dance. Finally, we laid still and listened to our breath. The children’s favorite part was the yoga pose freeze dance. They were eager to show off their favorite poses, including crab, down dog, and tree. Stay posted for another yoga event in the spring!

On Sunday, January 28th, about 40 Children’s School friends and their families gathered at the Cohon University Center gym for a lively game of kickball. We had two games going at the same time since so many friends came to play. The children and parents kicked the ball, ran the bases, and laughed together! They enjoyed snacks and talking between kicks. After the kickball fun was over, friends used their Children’s School beach balls to play and burn what energy they had left. It was a great day!!!!