**RAZMIGAJ SE**

Ker se je zunaj shladilo se lahko razmigaš kar doma.

Pošiljam ti nekaj zanimivih in zabavnih načinov gibanja.

**POLOŽAJI ŽIVALI V JOGI**

Poskušaj se razgibati in pozabavati z oponašanjem živali. V vsakem položaju poskušaj zdržati pol minute (štej si do 30).

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | In this post, you can learn what is Mindfulness and Acceptance and how to reach that point.  Do not be afraid to learn new techniques.   #mindfulness #acceptnace #strategies #anxiety #antianxiety #depression #meditation #yoga #relax #calm #love #nobrokencrowns #jackthecat |  | In this post, you can learn what is Mindfulness and Acceptance and how to reach that point.  Do not be afraid to learn new techniques.   #mindfulness #acceptnace #strategies #anxiety #antianxiety #depression #meditation #yoga #relax #calm #love #nobrokencrowns #jackthecat |
| OPICA |  | ŽIRAFA |  | FLAMINGO |
|  |  |  |  |  |
| In this post, you can learn what is Mindfulness and Acceptance and how to reach that point.  Do not be afraid to learn new techniques.   #mindfulness #acceptnace #strategies #anxiety #antianxiety #depression #meditation #yoga #relax #calm #love #nobrokencrowns #jackthecat |  |  |  | In this post, you can learn what is Mindfulness and Acceptance and how to reach that point.  Do not be afraid to learn new techniques.   #mindfulness #acceptnace #strategies #anxiety #antianxiety #depression #meditation #yoga #relax #calm #love #nobrokencrowns #jackthecat |
| KRAVA |  | MAČKA |  | PES |
|  |  |  |  |  |
| In this post, you can learn what is Mindfulness and Acceptance and how to reach that point.  Do not be afraid to learn new techniques.   #mindfulness #acceptnace #strategies #anxiety #antianxiety #depression #meditation #yoga #relax #calm #love #nobrokencrowns #jackthecat |  | In this post, you can learn what is Mindfulness and Acceptance and how to reach that point.  Do not be afraid to learn new techniques.   #mindfulness #acceptnace #strategies #anxiety #antianxiety #depression #meditation #yoga #relax #calm #love #nobrokencrowns #jackthecat |  | In this post, you can learn what is Mindfulness and Acceptance and how to reach that point.  Do not be afraid to learn new techniques.   #mindfulness #acceptnace #strategies #anxiety #antianxiety #depression #meditation #yoga #relax #calm #love #nobrokencrowns #jackthecat |
| KAČA |  | LEV |  | METULJ |
|  |  |  |  |  |
|  |  |  |  | In this post, you can learn what is Mindfulness and Acceptance and how to reach that point.  Do not be afraid to learn new techniques.   #mindfulness #acceptnace #strategies #anxiety #antianxiety #depression #meditation #yoga #relax #calm #love #nobrokencrowns #jackthecat |
|  |  |  |  | ŽELVA |

**VRZI KOCKO IN SE RAZGIBAJ**

|  |  |
| --- | --- |
|  | 20 POSKOKOV IZ POČEPA |
|  | 15 TREBUŠNJAKOV |
|  | 20 POSKOKOV PO ENI NOGI |
|  | 5 SKLEC |
|  | DOTAKNI SE STOPAL  (zadrži 15 sekund) |
|  | TEČI NA MESTU  (1 minuto) |

Za konec pa še zapleši.

Klikni na spodnje povezave, izberi si ples ter se ga ob posnemanju nauči. Lahko pa ga zaplešeš po svoje.

<https://www.youtube.com/watch?v=ayCLci4JIt4&feature=emb_logo>

<https://www.youtube.com/watch?v=I2lPyRwFKi4>

<https://www.youtube.com/watch?v=ihJEH3GcK7U>

Pozdrav,

Učiteljica Irena