Yoga Adventure

**EPISODE GUIDE**

1. **SQUISH THE FISH**
   - **Life is an adventure. We choose to be brave!**
   - We go on an ocean adventure with Squish, leaving our families behind. We meet a shark, open a treasure chest - and learn to have our own adventures.

2. **PARSNIP THE CAT**
   - **We focus on what we're doing - and don't distract others!**
   - Parsnip is a tightrope-walker in the circus. Can she stay focused on her performance and learn to ignore Meldrum the Mouse's deliberate distractions?

3. **KICKAPOO THE KANGAROO**
   - **We're polite and say hello - so people help us.**
   - We travel to Australia and help little Kickapoo the Kangaroo find her friends. Even the mean-looking creatures are helpful because we ask politely.

4. **PEDRO THE PENGUIN**
   - **Our dreams can come true, but only with persistence.**
   - Pedro wants to fly and no one has the heart to tell him he can’t. So he keeps trying until he makes his dream come true.

5. **JOYBOB THE POLAR BEAR**
   - **We really can change the world through kindness.**
   - Whenever there's a problem for any of the animals, Joybob sorts it out by sharing peace, love and joy. We learn how to help people with kindness.

6. **ENZO THE BEE**
   - **Success comes if we work hard and stay creative!**
   - Enzo is determined to work hard and go the extra mile to make sure he wins the honey competition and his Queen’s heart.

7. **SPARTZ-24 - ROBODOG OF THE FUTURE**
   - **We listen to our body to learn what it needs!**
   - We travel to the future to meet Spartz-24. He teaches us that we need to listen to our bodies, to learn when we need to relax or re-energise.

8. **CRACKER THE DRAGON OF WONDER**
   - **Life is wonderful. We enjoy the sights, sounds and feelings!**
   - We meet a dragon who makes fireworks. We look at colours and listen to sounds and enjoy that special feeling of wonder.

9. **MIKE THE COSMIC SPACE MONKEY**
   - **We have empathy for everyone, not just the people we like!**
   - We rescue our friends from the evil alien mudfish Snarge. But when he's in trouble, we decide to help Snarge too - and see things from his point of view.
TWILIGHT THE UNICORN OF DREAMS
We enter a dream world with Twilight the Unicorn and discover the secret to getting the best sleep ever.

FERNANDO THE SILVER FOX
Who's afraid of the dark? Certainly not Fernando who shares how he thinks about night time so we don't need to be either.

BABS THE BEAVER
We work with Babs to build a playground for the community. A story to inspire working hard and being an active member of society.

POPCORN THE DOLPHIN
We go on an epic undersea adventure with Popcorn and learn that a positive attitude helps us through the challenges we meet.

DODGSON THE DODO
Dodgson goes on a mission to find others who are the same as him, but there isn’t anyone. So he decides to enjoy being different.

FRANK THE FROG
We travel to the rainforest for a special Olympic Games. We meet Frank the Frog and learn how to support others and what being a friend means.

TOMMY THE BEDTIME TURTLE
A story focusing on the bedtime routine. Tomm shows us how he sets himself up for a great night’s sleep.

MARV THE METAL DETECTIVE
A story that helps younger kids identify materials - specifically metal. A story written for pre-schoolers originally but funny for older kids too.

LULU THE BABY LIONESS
Lulu can’t work out how to roar and gets really frustrated! Eventually she learns how to calm herself down - and just in time her roar arrives.

STAR WARS
A yoga adventure based on Star Wars - A New Hope.

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10 18:00  FRANK THE FROG
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12 17:21  TOMMY THE BEDTIME TURTLE
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13 17:55  FERNANDO THE SILVER FOX
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14 15:54  MARV THE METAL DETECTIVE
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15 19:06  BABS THE BEAVER
We work with Babs to build a playground for the community. A story to inspire working hard and being an active member of society.

16 20:11  LULU THE BABY LIONESS
Lulu can’t work out how to roar and gets really frustrated! Eventually she learns how to calm herself down - and just in time her roar arrives.

17 23:26  POPCORN THE DOLPHIN
We go on an epic undersea adventure with Popcorn and learn that a positive attitude helps us through the challenges we meet.

18 24:46  STAR WARS
A yoga adventure based on Star Wars - A New Hope.

19 19:07  DODGSON THE DODO
Dodgson goes on a mission to find others who are the same as him, but there isn’t anyone. So he decides to enjoy being different.

We set ourselves up for a good night’s sleep.

We achieve the greatest things when we work together.

We try our best, and remember to support others too.

We are ourselves! Our uniqueness is what makes us special.

We are mindful about materials and textures.

Stay calm, keep breathing and think positive!

We notice when we get frustrated - and try to calm down.

We set ourselves up for a good night’s sleep.

We try our best, and remember to support others too.

We are ourselves! Our uniqueness is what makes us special.

We sleep well and enjoy our dreams.

We are ourselves! Our uniqueness is what makes us special.

We are always a force for good!
NELSON THE PIGEON
Nelson goes to London and falls in with a group of unreliable pigeons. He learns to think for himself - and discovers that EATING WELL is important.

We trust our own judgment and avoid being led.

NIBS THE OCTOPUS
Nibs overcomes her nerves when she signs up for the Sea Factor by being herself. She lets things flow and creates an amazing performance!

Our most powerful performance is when we play ourselves.

SHERIFF UPDOWN THE RABBIT
Sheriff Updown has to deal with a range of bad guys. He uses his Zappy Happy - showering them with love until they can’t fight any more.

We fight evil with love, not hate.

STELLA THE STICK INSECT
Stella is nervous about going to the Bug Ball - but she learns that if she is herself and lets go, she has fun and makes friends.

We let our light shine.

NORRIS THE BABY SEAHORSE
Norris isn’t invited by some of the other fish to join their club - so he creates a new and better one for himself and all the nice fish.

We leave bullies behind by creating cool things.

TALLULAH THE OWLET
Tallulah has a big test coming up at school...and she’s not sure she can pass. Let’s help her get ready to do as well as she can.

We find wisdom through calmness.

ALAN THE CAMEL
Alan is the kindest of Camels! We need to help him find the crystal rose - stolen by the snake charmer. A story about honesty and doing the right thing.

We don’t steal or lie.

MIMI THE MERMAID
We face our fear and meet a witch who makes Mimi a special potion so she has real legs just for our party!

We face our fears.

HARRY POTTER
A yoga adventure based on Harry Potter Book 1.

In the story of good against evil, love always wins in the end.

TINY THE T-REX
Tiny’s been eating too much candy. It’s time to go the dentist - but there’s no need to be frightened. Dentists make our mouths healthy!

We look after our teeth.
Betsy has three wishes - to be a ballerina, to ride a bicycle and to have a party with her bunch.

An Easter adventure - we want everyone to have an egg for Easter but the Tickly Monkeys have stolen them. Can we rescue them?

We go to a theme park with Pedro the Penguin and enjoy the experience of trying out lots of new rides!

Muttnik's lost in Space! Where could he be? We follow the clues and learn what we should do if we ever get lost

Join Jaime on a kids yoga adventure into the rainforest to learn about solving boredom! A little boredom can lead us to great ideas if we just breathe!

We wish others well as well as ourselves.

We share things, and say 'please' and 'thank you'.

Christmas is about family and giving.

Love will melt a frozen heart.

We are open to new experiences.

We know what to do if we get lost.

We learn when we get frustrated - and how to calm down.

We make the most of the treasure in our life.

We are open to new experiences.

We learn when we get frustrated - and how to calm down.

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Love will melt a frozen heart.
ALICE IN WONDERLAND
A yoga adventure based on Lewis Carroll’s book.

Even though we might be small, we have big dreams.

COLONEL CROCKLES THE CROCODILE
Colonel Crockles the Crocodile cherishes memories and making new memories. He still likes to have fun and we help him host a fancy dress party.

We respect and cherish the senior members of society.

MINECRAFT
A yoga adventure based on the first 24 hours in the game Minecraft.

We aim to be self-sufficient.

CALYPSO THE FLAMINGO
We are party organisers and work together to help Calypso have the best 8th birthday party ever!

We work together and build on each other’s ideas.

WE’RE GOING ON A BEAR HUNT
A yoga adventure based on Michael Rosen’s wonderful book. A great way to learn prepositions - under, over and through!

We have a spirit of adventure.

MOANA
A yoga adventure based on the Disney movie, Moana.

We face up to challenges in our lives - and learn as we go.

RUBY BROOME
Ruby is a witch and is getting teased at school. Then Halloween arrives and the bullies learn that Ruby can stand up for herself.

We celebrate and value each other’s differences.

STAR WARS - THE FORCE AWAKENS
A yoga adventure based on the movie, Star Wars, The Force Awakens.

Real power comes from knowing ourselves.

DIGGORY THE DUMP TRUCK
We join Jaime and Diggory on an adventure with all the other toys - to save Derek the Diplodocus’s tail!

We are stronger when we work together.
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1. **TROLLS**
   A yoga adventure based on the movie, Trolls. Join Jaime as we bring happiness back to Bergen Town!
   - Happiness comes from within us!

2. **MR HOPPIT THE HARE**
   Mr Hoppit the Hare wants to stop the other animals coming in to his field, but soon learns that life is richer when you make everyone feel welcome! Inspired by the brilliant David Sedaris.
   - We are kind to strangers.

3. **THE WIZARD OF OZ**
   We’re off to see the Wizard! A kids yoga adventure based on the wonderful movie, the Wizard of Oz.
   - There’s no place like home!

4. **POKEMON**
   A yoga adventure based on Pokemon. Catch ‘em all!
   - We all have power inside – we just need to find it.

5. **FAIRY FLOSS**
   A yoga adventure about Fairy Floss and friends. We floss (a lot), and we dance and we stretch…plus we save the day with yoga moves!
   - Dancing makes everyone happy!

6. **THE TWITS**
   A yoga adventure based on the Roald Dahl story, The Twits. We meet the Mugglewumps – a family of monkeys living in the garden of Mr and Mrs Twit and hatch a plan for their urgent escape.
   - We help our friends and neighbours!

7. **COCO THE BUTTERFLY**
   We meet a freshly-hatched butterfly called Coco. She’s not sure how to cope with the monumental change that comes from suddenly growing wings and flying!
   - We learn to embrace change in our life

8. **SLEEPING BEAUTY**
   Enjoy our kids yoga version of the classic fairytale of Sleeping Beauty! Lots of sparkles, magic and yoga poses to keep you moving whilst having fun!
   - True love is a super power!
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THE GRUFFALO
Julia Donaldson’s classic story as a yoga adventure. A wonderful woodland adventure featuring a fearless mouse and a monster with orange eyes and a black tongue!

We stay calm so we can think clearly.

MINIONS
We join Gru for Minion Training. BANANASTE!

We take our silliness seriously!

THE OWL AND THE PUSSYCAT
A lovely yoga adventure based on the Edward Lear poem. We do a yoga pose for every letter in the alphabet!

We send happy wishes to absent friends.

THE THREE LITTLE PIGS
A modern take on a classic tale which teaches us about materials we can use to build our houses and how to work together to overcome a big bad wolf!

We stay safe and learn how to protect ourselves.

ROOM ON THE BROOM
A story in yoga poses about kindness and relationships inspired by the kids storybook, Room on The Broom.

We look out for our friends and show kindness to all.

GIRAFFES CAN’T DANCE
A yoga adventure inspired by Giraffe’s Can’t Dance - story about finding the right music for you to dance to!

We believe in ourselves and celebrate our uniqueness

SUPER MARIO!
A yoga adventure inspired by the video game Super Mario - yoga poses and relaxations exploring the platforms, levels and scenes of Marioland.

Making mistakes can be the best way to learn.

SAFEGUARD THE SOAP
A yoga adventure to teach us how to wash our hands properly and have a lot of fun while we do it!

We learn the proper technique and say goodbye to germs
**INTRODUCTION TO KIDS YOGA**
The best place to begin! Our steadiest kids yoga adventures - perfect for kids who are getting started with Cosmic Kids.

**YOGA POSE UNIVERSE**
Short fun videos offering memorable explanations of yoga poses to kids.

**ZEN DEN - MINDFULNESS FOR KIDS**
A fun series about mindfulness for kids aged 5+. Jaime makes mindfulness relevant for kids, helping them develop awareness of their emotions and techniques for self-regulation.

**JAIME’S BRAIN BREAKS**
Shorter physical breaks for home and school. Fun ways to yoga-move, sing and change the energy!

**GUIDED RELAXATIONS FOR KIDS**
A series of audio-only guided relaxations, written and voiced by Jaime, introducing calmness and mindfulness to kids.

**COSMIC KIDS YOGA DISCO**
Yoga moves set to music! Helping kids enjoy moving their bodies.

**NAMASTORIES - COSMIC KIDS FABLES**
Gentle, rhyming stories with hand-drawn illustrations and a focus on vocabulary and verse. Namastories help kids understand the world and their place in it.