

The Heart of Christmas Worksheet

Please spend some time during this season to sit down with your child and look at this Harmony Kids Yoga worksheet. Ask your child to share who the most special people and things are in their lives, these are the ones that they love and treasure. Make a list and print the names of these special ones into the "Gift Of Christmas Box." below. Enjoy this special time together celebrating those that your child loves and truly treasures this Christmas. Love Harmony Kids Yoga

