

DISCOVERY KIT



HANDS-ON KNOWLEDGE AT YOUR FINGER TIPS

Yoga and Mindfulness

Item Type	Description	Cost
Object	Skywin Kids Yoga Dice (4 6-sided dice)	\$30
Object	Alex Active Yoga Kids Activity Exercise Mat	\$27
Book	Little Flower Yoga for Kids	\$23
Book	Yoga Frog	\$11
Book	Good Night Yoga	\$13
Packaging & Processing Fee:		\$25
Total Kit Replacement Cost:		\$129

ABOUT THIS KIT:

This kit introduces children to basic yoga poses, healthy physical activity, and mindfulness. Build confidence using the dice game for multiple players.

For ages 4 and up

Please note: this kit must be returned to a staff member at the Kenai Community Library Location. Please verify all parts are present before returning.

Did you enjoy this kit? We'd love to see how you used it! Tag us on social media and let us know! #KCLkit

Kenai Community Library **Facebook** page

Email us at kenailibrary@kenai.city

Or visit <https://www.kenai.city/library/page/steam->

