

To Think about Jesus

Chair Yoga

Use these stretches and chair yoga poses to help slow down and focus on the Savior.

Find the full lesson plan, extension ideas, and song suggestions in the blog post here:

<https://www.primarysinging.com/to-think-about-jesus-chair-yoga/>

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To Think about Jesus - Verse 1:

Slightly Twist at Torso

Slowly Nod Up & Down

Rotate Both Wrists

Lean Forward

Hug Knee, Rotate Ankle

Gently Roll Shoulders



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