



# Yoga Adventure

## EPISODE GUIDE

On Cosmic Kids App

On YouTube

On Amazon Prime



15:14

**SQUISH THE FISH**



*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.*



Life is an adventure. We choose to be brave!



14:46

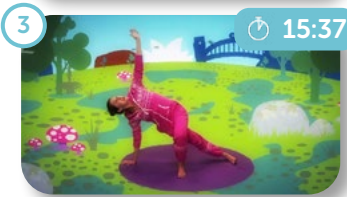
**PARSNIP THE CAT**



*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?*



We focus on what we're doing - and don't distract others!



15:37

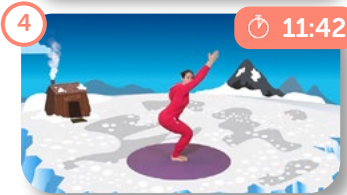
**KICKAPOO THE KANGAROO**



*We travel to Australia and help little Kickapoo the Kangaroo find her friends. Even the mean-looking creatures are helpful because we ask politely.*



We're polite and say hello - so people help us.



11:42

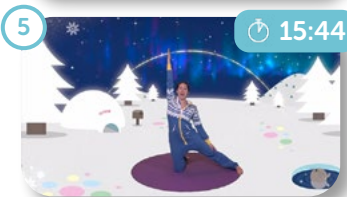
**PEDRO THE PENGUIN**



*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.*



Our dreams can come true, but only with persistence.



15:44

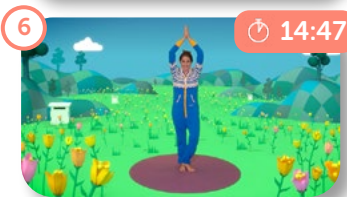
**JOYBOB THE POLAR BEAR**



*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.*



We really can change the world through kindness.



14:47

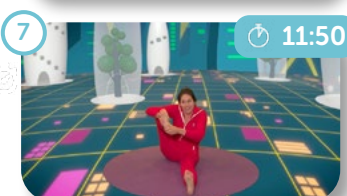
**ENZO THE BEE**



*Enzo is determined to work hard and go the extra mile to make sure he wins the honey competition and his Queen's heart.*



Success comes if we work hard and stay creative!



11:50

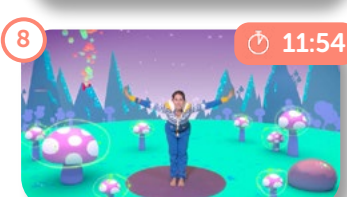
**SPARTZ-24 - ROBODOG OF THE FUTURE**



*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.*



We listen to our body to learn what it needs!



11:54

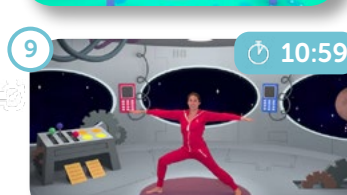
**CRACKER THE DRAGON OF WONDER**



*We meet a dragon who makes fireworks. We look at colours and listen to sounds and enjoy that special feeling of wonder.*



Life is wonderful. We enjoy the sights, sounds and feelings!



10:59

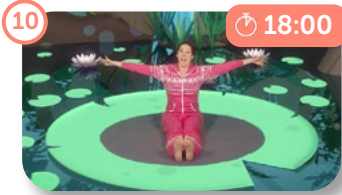
**MIKE THE COSMIC SPACE MONKEY**



*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.*



We have empathy for everyone, not just the people we like!



## 10 FRANK THE FROG

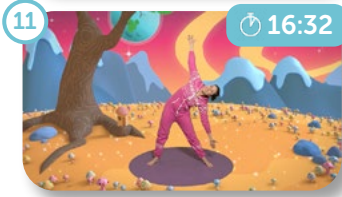


18:00

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.



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



## 11 TWILIGHT THE UNICORN OF DREAMS

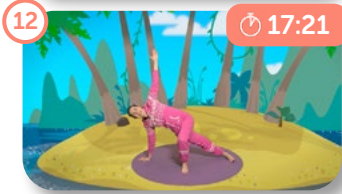


16:32

We enter a dream world with Twilight the Unicorn and discover the secret to getting the best sleep ever.



We sleep well and enjoy our dreams.



## 12 TOMMY THE BEDTIME TURTLE

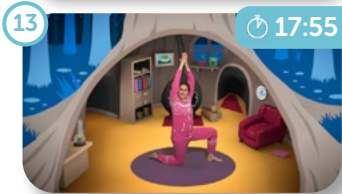


17:21

A story focusing on the bedtime routine. Tomm shows us how he sets himself up for a great night's sleep



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



## 13 FERNANDO THE SILVER FOX

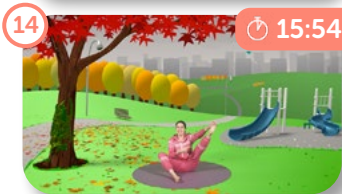


17:55

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.



When we feel afraid, we notice it and learn more.



## 14 MARV THE METAL DETECTIVE

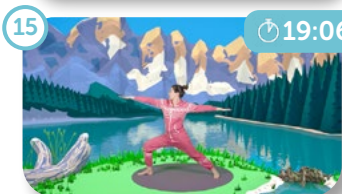


15:54

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



We are mindful about materials and textures.



## 15 BABS THE BEAVER

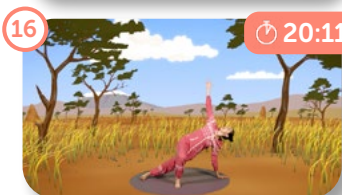


19:06

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



We achieve the greatest things when we work together.



## 16 LULU THE BABY LIONESS

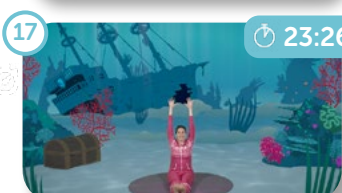


20:11

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.



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



## 17 POPCORN THE DOLPHIN



23:26

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



Stay calm, keep breathing and think positive!



## 18 STAR WARS

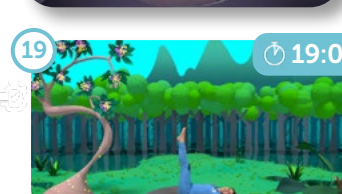


24:46

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



We are always a force for good!



## 19 DODGSON THE DODO



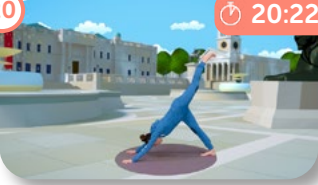









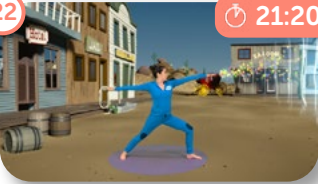




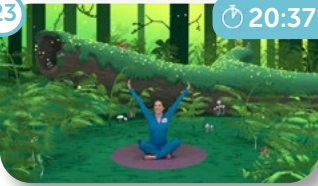









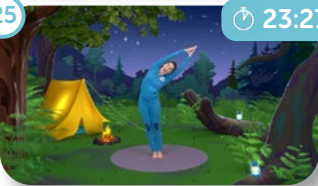




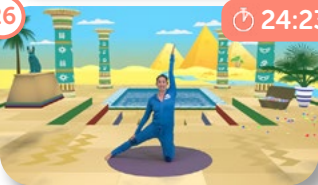









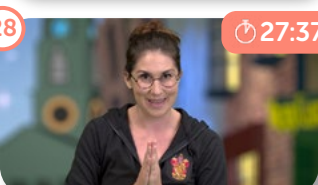



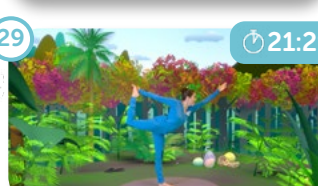




19:07

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.

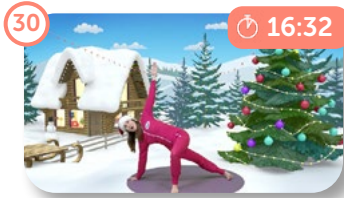


We are ourselves! Our uniqueness is what makes us special.

# Yoga Adventure EPISODE GUIDE

- 20**  **20:22** **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.**
- 21**  **18:32** **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.**
- 22**  **21:20** **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.**
- 23**  **20:37** **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.**
- 24**  **16:41** **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.**
- 25**  **23:27** **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.**
- 26**  **24:23** **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.**
- 27**  **22:51** **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.**
- 28**  **27:37** **HARRY POTTER**    
*A yoga adventure based on Harry Potter Book 1.*  
 **In the story of good against evil, love always wins in the end.**
- 29**  **21:29** **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.**

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16:32

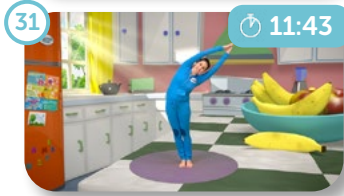
## CHRISTMAS SPECIAL



It's Christmas Eve, so we pop North to visit Santa to help him get organized for his big night!



Christmas is about family and giving.



11:43

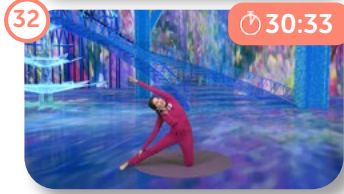
## BETSY THE BANANA



Betsy has three wishes - to be a ballerina, to ride a bicycle and to have a party with her bunch.



We wish others well as well as ourselves.



30:33

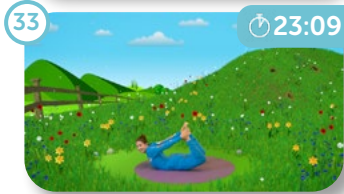
## FROZEN



A yoga adventure based on the movie Frozen.



Love will melt a frozen heart.



23:09

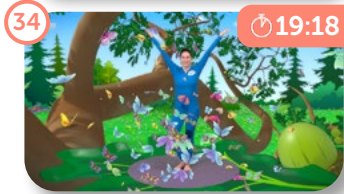
## PETER COTTONTAIL AND THE TICKLY MONKEYS



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



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



19:18

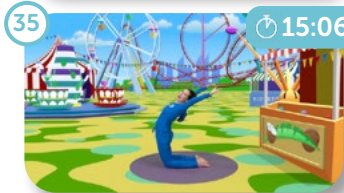
## THE VERY HUNGRY CATERPILLAR



A yoga adventure based on Eric Carle's book, *The Very Hungry Caterpillar*. Good for learning the days of the week and counting - and healthy eating.



Eating healthily will turn us into a beautiful butterfly!



15:06

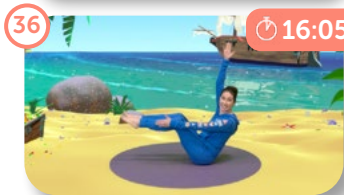
## PEDRO THE PENGUIN GOES TO THE FUNFAIR



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



We are open to new experiences.



16:05

## POPCORN AND THE PIRATES



We meet Popcorn the Dolphin again - but this time we encounter some scary pirates. She reminds us to 'Stay Calm, Keep Breathing and Think Positive!'



We make the most of the treasure in our life.



17:53

## MIKE AND MUTTNIK ON THE MOON



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



We know what to do if we get lost.



32:44

## COSMIC KIDS LIVE - LULU THE BABY LIONESS



Join Jaime for a real life Cosmic Kids class at YouTube's HQ in London. We head to Africa to see Lulu and help her with that roar of hers!



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



14:15

## STEEZZI THE PARROT
















































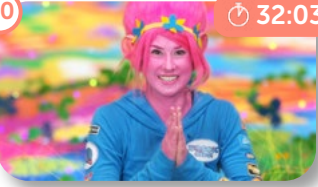









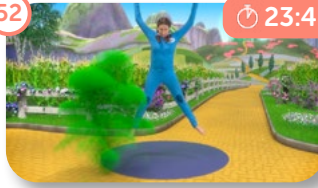




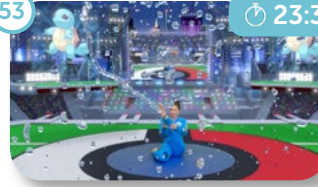




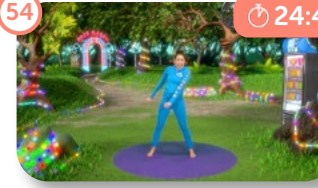









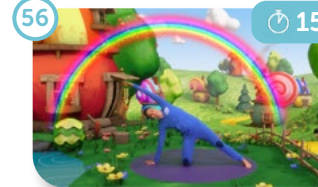






Join Jaime on a kids yoga adventure into the rainforest to learn about solving boredom! A little boredom can lead us to great ideas if we just breathe!













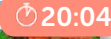





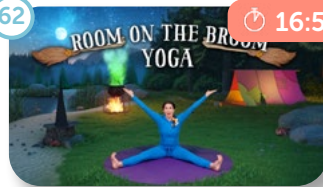



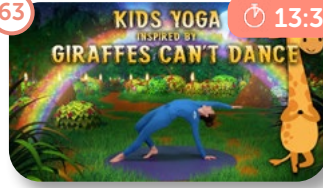







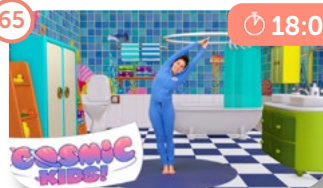



When we're bored, we breathe...and get creative.

# Yoga Adventure EPISODE GUIDE

- 40**  **ARNOLD THE ANT**     
*Arnold is a small ant with big dreams...of becoming an astronaut! Let's see if he makes it!*  
 **Even though we might be small, we have big dreams.**
- 41**  **ALICE IN WONDERLAND**    
*A yoga adventure based on Lewis Carroll's book.*  
 **Our imaginations are full of possibilities.**
- 42**  **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.**
- 43**  **MINECRAFT**    
*A yoga adventure based on the first 24 hours in the game Minecraft.*  
 **We aim to be self-sufficient.**
- 44**  **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.**
- 45**  **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.**
- 46**  **MOANA**    
*A yoga adventure based on the Disney movie, Moana.*  
 **We face up to challenges in our lives - and learn as we go.**
- 47**  **RUBY BROOM**    
*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.**
- 48**  **STAR WARS - THE FORCE AWAKENS**    
*A yoga adventure based on the movie, Star Wars, The Force Awakens.*  
 **Real power comes from knowing ourselves.**
- 49**  **DIGGORY THE DUMP TRUCK**    
*We join Jaime and Diggory on an adventure with all the other the toys - to save Derek the Diplodocus's tail!*  
 **We are stronger when we work together.**

- 50**  **TROLLS**    
  
*A yoga adventure based on the movie, Trolls. Join Jaime as we bring happiness back to Bergen Town!*  
 **Happiness comes from within us!**
- 51**  **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.**
- 52**  **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!**
- 53**  **POKEMON**    
  
*A yoga adventure based on Pokemon. Catch 'em all!*  
 **We all have power inside - we just need to find it.**
- 54**  **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!**
- 55**  **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!**
- 56**  **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**
- 57**  **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!**

- 58**  **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.
- 59**  **MINIONS**  *We join Gru for Minion Training. BANANASTE!*  
  We take our silliness seriously!
- 60**  **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.
- 61**  **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.
- 62**  **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.
- 63**  **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
- 64**  **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.
- 65**  **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



## SELECTED PLAYLISTS AND SERIES



### INTRODUCTION TO KIDS YOGA

*The best place to begin! Our steadiest kids yoga adventures - perfect for kids who are getting started with Cosmic Kids.*



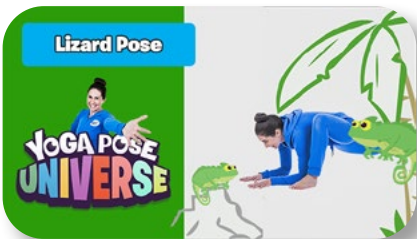
### ZEN DEN - MINDFULNESS FOR KIDS

*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.*



### GUIDED RELAXATIONS FOR KIDS

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



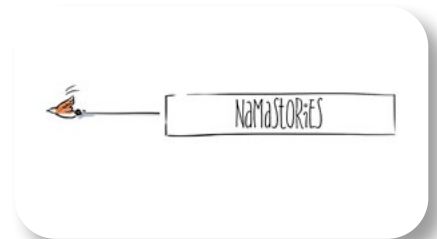
### YOGA POSE UNIVERSE

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



### JAIME'S BRAIN BREAKS

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



### 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.*



### COSMIC KIDS YOGA DISCO

*Yoga moves set to music! Helping kids enjoy moving their bodies.*

