

# Whole Body Wellness

Wellness is an active process of becoming aware of and making choices towards a healthy and fulfilling life. Promoting physical and mental health as a family teaches your child the importance of giving your body all the things it needs, which builds positive life-long habits.

[Mind Yeti Videos](#)

[Cosmic Kids Yoga](#)

[Go Noodle](#)

[ABC Please](#)

[Monday Mandala](#)

For additional resources in the River Forest and Oak Park area, please see the links below:

[River Forest Township Resource/General Assistance Guide](#)

[Community Resources For Your Family in Oak Park](#)

[Pandemic EBT \(P-EBT\) Snap Benefits](#)

Fun and educational online resources:

River Forest Public Library

Oak Park Public Library

National Geographic for Kids

Top 10 Virtual Museum Tours

Bill Nye the Science Guy

Free Online Games for Kids by Commonsense Media

Khan Academy for Kids age 2-7

Khan Academy Imagineering

BrainPop

Cosmic Kids Yoga