

Exam prep: Relax with Flo

We all know that to do well on exams, studying is a must. But did you know that learning to relax is just as important? That's because stress is kryptonite when it comes to concentration—not to mention it can lead to mind blanks. Fortunately, doing activities like yoga can help your child relax. Encourage your child to be like Flo!

Important: The images below illustrate the main yoga poses. Don't hesitate to consult another reliable source to ensure your child's safety while practising them.

