

Being In The Moment

Coram Creates Session 1: A collection of videos to help you be more in tune
with the present moment!

<https://youtube.com/playlist?list=PLkl3Vi1FEtKuiFYLffwecLhUaXwPaTDgu>



Part 1: The Hello song



Part 2: Birdsong



Part 3: Mindfulness Jars



Part 4: Relaxing



Part 5: Our 5 senses



Part 6: It's raining! A Storytime