Create a Fun Playlist

*Check out some of our suggestions on Spotify!*

**Cue Smiling**
Every 5 minutes remind students to smile.

**Alternate Nostril Breathing**
Explain cleft while drawing attention to the palate. A cleft occurs when certain body parts and structures do not fuse together in utero. Each year, 200,000+ children are born with cleft in the developing world.

**Childs Pose**
Begin in child’s pose - a resting pose, because a child shouldn’t struggle. Every child is born whole. Everyone is complete.

**Cobra (or a Peak Pose)**
Remind students to smile, relax the jaw, release the tongue from the palate. Become aware of the palate. Become aware of the effortless flow of breath through the nose.

**Savasana**
Listen to the teacher within. There are no secrets in yoga, just things to learn. Likewise, Smile Train teaches, trains, empowers and funds local doctors in 90+ countries to provide life-changing surgeries for children with untreated clefts. One act of kindness has a ripple effect. Thank your students for their support. Together, we are changing the world, one smile at a time.