

## Mindful Resources for Elementary

Yoga	Kindness/Gratitude	Meditation	Apps	Zones/Emotions
<p><b>Kira Willey Yoga Songs for Kids- Dancing Mountain</b></p> <p>Follow the voice prompts, listen to the song and complete the actions! Have fun!</p> <p><a href="https://www.youtube.com/watch?v=9-tx3zxPd60">https://www.youtube.com/watch?v=9-tx3zxPd60</a></p> <p><b>Cosmic Kids Yoga</b></p> <p>Yoga Dance Party! (12 min)</p> <p><a href="https://www.youtube.com/watch?v=23VdtT0vQUY">https://www.youtube.com/watch?v=23VdtT0vQUY</a></p> <p>Super Yoga- Dinosaur Disco (4 min)</p> <p><a href="https://www.youtube.com/watch?v=isAbhjiYamA">https://www.youtube.com/watch?v=isAbhjiYamA</a></p>	<p><b>Kira Willey- Kindness Mantra (Song)</b></p> <p><a href="https://www.youtube.com/watch?v=qe16MupkgYQ">https://www.youtube.com/watch?v=qe16MupkgYQ</a></p> <p><b>Sesame Street- Try a little Kindness with Tori Kelly</b></p> <p><a href="https://www.youtube.com/watch?v=enarNnEzwi4">https://www.youtube.com/watch?v=enarNnEzwi4</a></p> <p><b>Cosmic Kids Zen Den- Why are some people mean?</b></p> <p><a href="https://www.youtube.com/watch?v=b5LLfdhGekA">https://www.youtube.com/watch?v=b5LLfdhGekA</a></p>	<p><b>Mindfulness Video- Planting Seeds of Mindfulness</b></p> <p>Mindfulness is a powerful way to handle stress, and live life more fully.</p> <p><a href="https://www.youtube.com/watch?v=QNmMH6tqiMc">https://www.youtube.com/watch?v=QNmMH6tqiMc</a></p> <p><b>Cosmic Kids Yoga Guided Relaxation for Kids</b></p> <p>Balloon Peace Out</p> <p><a href="https://www.youtube.com/watch?v=ZBnPlqQFPKs">https://www.youtube.com/watch?v=ZBnPlqQFPKs</a></p>	<p><b>Chill Outz</b></p> <p>Chill Outz® is a collection of fun animated stories teaching children proven techniques to stay mindful &amp; relaxed anywhere, anytime.</p> <p><b>Breathing Bubbles</b></p> <p>Breathing Bubbles is an app that helps kids practice releasing worries and focusing on good feelings by allowing kids to select the emotion they are feeling and how strongly they are feeling it. Kids can choose to handle their emotion by releasing a worry or receiving a joy as Manny the Manatee walks them through deep breathing and visualization.</p> <p><b>Kids Yoga Deck.</b></p> <p>Children will love to move their bodies as they flip through their very own yoga deck. With clear pictures and step-by-step instructions, these yoga poses are fun, child-friendly, and great for every body!</p>	<p><b>DJ Learns the Zones of Regulation</b></p> <p><a href="https://www.youtube.com/watch?v=JVtBWiy-VKo">https://www.youtube.com/watch?v=JVtBWiy-VKo</a></p> <p><b>Inside Out- Guess the Feelings</b></p> <p><a href="https://www.youtube.com/watch?v=dOkyKyVFnsS">https://www.youtube.com/watch?v=dOkyKyVFnsS</a></p> <p><b>Sesame Street- Belly Breathe with Elmo (Colbie and Common)</b></p> <p><a href="https://www.youtube.com/watch?v=mZbzDOpylA">https://www.youtube.com/watch?v=mZbzDOpylA</a></p>