

Mindful Resources for Elementary

Yoga	Kindness/Gratitude	Mindfulness & Meditation	Apps	Zones/Emotions
<p>Cosmic Kids Yoga Disco (12min)</p> <p>https://www.youtube.com/watch?v=PSgZl8f5leU</p> <p>Rainbow Yoga with Adriene</p> <p>https://www.youtube.com/watch?v=dF7O6-Qablo</p> <p>Strengthen Your Focus-Empower Tools with Go Noodle</p> <p>https://www.youtube.com/watch?v=0vuaCHEAs-4</p>	<p>“Be Kind” Read Aloud by Story Time Family</p> <p>https://www.youtube.com/watch?v=kAo4-2UzgPo</p> <p>Sesame Street- Mark Ruffalo & Empathy</p> <p>https://www.youtube.com/watch?v=9_1Rt1R4xbM</p> <p>Cosmic Kids Zen Den- How to Make Good Choices</p> <p>https://www.youtube.com/watch?v=6cxt_Ki4GSo</p>	<p>Cosmic Kids Zen Den: What is Mindfulness and how do you do it?</p> <p>https://www.youtube.com/watch?v=8rp5bpFIUpg</p> <p>Peace Out Guided Relaxation for Kids: Starfish</p> <p>https://www.youtube.com/watch?v=a1dgkivX9-A</p> <p>Kira Willey- Just Be</p> <p>https://www.youtube.com/watch?v=-Gj76Ma8zLU</p>	<p>Smiling Mind offers hundreds of mindfulness activities for all ages. In addition to breathing meditations, the app has sensory exercises, like listening to music. There are programs for kids in different age groups, as well as for schools, workplaces, and sports. The app also keeps track of when kids meditate.</p> <p>Breathe, Think, Do With Sesame This free Sesame Street app isn't specifically for meditation, but it's great for introducing very young kids to the concept of calming down through breathing. The app teaches kids the “Breathe, Think, Do” method. Kids help an animated monster facing a frustrating situation to calm down by taking long, deep breaths. Afterwards, they help the monster think of a solution and do it.</p>	<p>Read Aloud “Even Super Heroes Have Bad Days” by Social Sprouts</p> <p>https://www.youtube.com/watch?v=UF9Y6F2lwag</p> <p>Read Aloud “The Wolf Who Learned Self Control” by Social Sprouts</p> <p>https://www.youtube.com/watch?v=UTTCYeyxG_I</p> <p>Read Aloud “Listening to My Body” by Social Sprouts</p> <p>https://www.youtube.com/watch?v=NIV00-BUvlo</p> <p>Kira Willey- Get Your Grumpies Out</p> <p>https://www.youtube.com/watch?v=4ji6z7AWeBM</p>