

Mindfulness and Relaxation



You Tube link	Specific focus	Length/ timings
Rainbow Relaxation: Mindfulness for Children	Stretching muscles and breathing deeply	3.46
Calming Affirmations from Mind Full Morning	Calming Affirmations	2.16
Belly Breathing: Mindfulness for Children	Belly Breathing	4.05
Morning Relaxing Music For Children - Childhood Memories (Hayfield)	Relaxing music and images	3 hours+
Mindfulness Meditation for Kids - 5 Minutes Guided Meditation for Children	Guided meditation	5.34
Time Out (Peace Out: Guided Meditation for Kids) Cosmic Kids	Guided Meditation	5.33
Mindful Morning Tapping for Young Kids - "Good Morning."	Mindful morning taps	1.56
Yoga Freeze Dance Action Song for Kids Warm Up Yoga Guppy by Rashmi Ramesh	Yoga Freeze dance	3.26
Salamander Yoga! 5-minute Yoga Break Scratch Garden	Yoga	5.34
The Body Scanner! Mindfulness for Children	Mindfulness	5.50
Melting Exercise - Learn To Destress Guided Meditation For Kids Breathing Exercises GoNoodle	Destress melting exercise	3.43
Breathing Exercise with Retention for Kids Fish Breath Yoga to Improve Lung Capacity Yoga Guppy	Calming fish breathing	3.31
Bubble Bounce! Mindfulness for Children (Mindful Looking)	Mindfulness for looking	4.02
Candle and Flower Breathing - Relaxing Mindfulness & Deep Breathing Exercise for Calm & Focus	Breath - candles and flowers	2.26
Swirling Meditation for Kids GoNoodle	Meditation - swirling	2.58
Butterfly Hug! 6-Minute Self-Soothing Meditation For Children Using The Butterfly Hug Technique.	Butterfly hug - self soothing	6.06
Reach For The Moon Calm and Imagination for Kids GoNoodle	Calming and stretching - reach for the moon	3.02