

Meditation, Deep Breathing, Mindfulness, Yoga for Children

Videos

<https://www.omgmeditate.com>

OMG I can meditate! This is a site which introduces 10 minute meditation sessions for children and adults. Created for beginners.

<https://www.gonoodle.com>

Go Noodle. This is a site which includes body breaks, short and long workouts for children and tweens, yoga (Maximo) and now belly breathing. It's free, fun and kids love it.

<http://www.cosmickids.com>

Cosmic Kids Yoga. This is a site with 20 minutes yoga routines woven into stories. It is aimed at preschool and Kindergarten children.

<http://www.cosmickids.com/mindfulness-meditation-videos-kids>

Linked to Cosmic Kids Yoga, these videos teach meditation, mindfulness, deep breathing, etc. to young children.

https://www.youtube.com/watch?v=_mZbzDOpylA Elmo teaches kids to belly breathe in a song with Common and Colbie Callait.

<https://www.youtube.com/watch?v=Sv56HngtRSU> This is a ten minute spaghetti toes relaxation video with fish swimming in the background.

www.youtube.com/watch?v=G6FDts-erVw

This is a Sesame Street video featuring Cookie Monster who is learning to listen with his whole body. It is a parody of The Karate Kid called The Biscotti Kid.

Texts

http://www.anxietybc.com/sites/default/files/calm_breathing.pdf

This is a short text about teaching your child how to breathe calmly.