

Mindfulness Activity Videos

(Available via YouTube)

“Melting Exercise - Learn To Destress” | Guided Meditation For Kids | Breathing Exercises | GoNoodle

<https://youtu.be/fTzXFPh6CPI>

“Learn To Bring Down Stress” | Guided Meditation For Kids | Breathing Exercises | GoNoodle

https://youtu.be/bRkILioT_NA

“Chin Up - Learn to Stay Positive” | Meditations for Kids | GoNoodle

<https://youtu.be/zJEwsoEggCM>

“Grow Your Strength & Confidence” | Activities For Kids | Exercise | GoNoodle

https://youtu.be/rC0m_-HQcRU

“On & Off Exercise - Learn To Destress” | Guided Meditation For Kids | Breathing Exercises | GoNoodle

<https://youtu.be/1ZP-TMr984s>

“Twist and Turn” | Guided Meditations for Kids | GoNoodle

<https://youtu.be/CGw0rFaMyE8>

“De lo Sin Sentido a lo Mentalmente Consciente” | Meditación para niños | Español | GoNoodle (Spanish)

<https://youtu.be/MscDGZIMKMw>